

## The Study of Music: What Is The Significance?

“Music should strike fire from the heart of man, and bring tears from the eyes of woman” (Ludvig Van Beethoven). Although the study of music is priceless by itself, it also provides numerous external benefits like keeping one’s brain healthy and allowing for a more in-depth insight into life.

As one grows older in life, many negative aspects are inevitable. One person may slowly lose their sense of hearing or sight, and another may feel the crushing deterioration of their once-healthy bodies. However, regardless of how old you are, listening and studying to music boosts mood and well-being, while simultaneously improving sleep habits and stress-related measures. This is because any involvement in musical actively engages multiple regions of the brain, which ultimately delays cognitive decline. Thus, the same way a gym facilitates physical health, the study of music stimulates mental growth and well-being.

Furthermore, from personal experience, I can safely and assuredly express that the study of music opens doors from your own life and exposes you to the world. For instance, in freshman year, our band played a piece called, “A Movement For Rosa” by Mark Camphouse, which was composed as a tribute for Rosa Parks and her social movements against racial segregation in the 1950s. During my countless hours rehearsing this beautiful piece by Camphouse, I found myself dwelling on the progress humankind has made in terms of society, politics, technology, etc., and how far we still have to travel. In our meticulous preparation of this music, I realized that this was not merely some typical band song; it was an opening to a philosophy of life that I had never pondered. Each eighth-note symbolized the hardships of life. Each fermata indicated the need for people to sit down, pause, and think for once. In the end, the study of this specific music gave me a rare chance to take a more profound, significant outlook on life.

All in all, the implementation of music in some way, shape, or form will indubitably benefit many areas of one’s life. Whether it be a healthier brain or a more insightful outlook, if you are not involved in music, it is safe to say that you truly are missing out.