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COURSE NAME:

Music and its Psychological Effects

Assignment Title:

(Music and its Psychological Effects)

ATLANTIC INTERNATIONAL UNIVERSITY

Sept/2022

Introduction

Music plays a preponderant role in the conception of the human being. It is a fundamental element in the sociality of the man in that it allows him to know what he is in reality. It reminds the human being that he is a singular, that is to say, he is unique among his fellow men. It also leads him to know that he is a social being, that is to say, that he must make an alliance with his fellow men. It is unanimously presented by the authors as a powerful companion of the man, in that it accompanies him in all the stages of his life: conception - childhood - adolescence - youth - adult and old age. Man is inevitably crossed by music. It is possible to underline its importance that leads the man, being psychosomatic in the daily life. It is indeed a powerful restorer when it crosses an emotional, passionate or sentimental crisis. In its liberating function, it leads to the deconstruction and the reconstruction of the human being in all its dimensions. It allows the man, reasonable being to escape from the straitjacket of loneliness, depression, sadness, misery, war.

It is reconstructive as it allows him to find joy, inner peace, pleasure, lost friendship or broken alliance, lost beauty, recovery of health. It is therefore beneficial for the spiritual, socio-emotional, physical and cognitive well-being of the human being. On the spiritual level, it favors the strong link between finitude, the human being and the infinite which is transcendental. To put it simply, through it, transcendence and the worshiper meet in a perpetual alliance. It promotes the rebalancing of self and carries man, a social being to create both weak and strong bonds or positive bonds. From a physical perspective, it's a great place to be, as it boosts our levels of dopamine (the pleasure hormone), serotonin (the basis of most antidepressants) and endorphins or endogenous morphine (the source of goosebumps and the soaring effect of music), Written by Zimmerlich for Neon.

In view of its multidimensional functions, it is important to raise a few questions that are considered relevant: What do we mean by the notion of music? What efforts can we make to understand music? What positive effects can music have on the individual? On the family? On society as a whole? Young people and the consumption of contemporary music, how can we measure the dangers in Haitian society? In a more specific context: What do you learn from the article? How can you apply the knowledge to study better at AIU? What are the specific details in the article that are highlighted?

Meaning and significance of music

In this section, it is essential to provide the meaning and significance of the concept of music. The authors argue that all societies are influenced by music, which is a true object of history. Everyone, or almost everyone, in one way or another is affected by music: either by composing it, or playing it, or listening to it, often performing it with others. No one can escape from it. In this case, what is really music?

Understanding the concept of music

It is useful in any scientific research to try to define precisely the main variable. It seems appropriate to give a precise definition to the concept of music. First, we will let the French philosopher, Henri Bergson, 1932, express himself: Whether music expresses joy, sadness, pity, sympathy, we are at each moment what it expresses... To tell the truth, it does not introduce these feelings in us; rather, it introduces us in them. Reflecting on this last sentence, we are driven by the desire to know what it is exactly, and we think it only fair to quote an extract from the article entitled "What is music?", written by the journalist and radio host O. Bellamy:

It is a thought, says the composer. It is a construction, says another composer. It is a series of equations, says the mathematician. It is the art of combining sounds, says the musicologist. It is an emotion, says the amateur shyly. It is a revelation, says the poet. It is the language of the soul, says the writer. It is a rascal, pests the philosopher annoyed to be distanced with more force and charm. It is a divine miracle, says the religious. It is my life, says the musician. It is my livelihood, said another musician. It is... begins the indecisive one. It is! Says the man of spirit. What is it? Asks the deaf man?

Camille, 2016, in her decryption, stated that music is a succession of sounds. A sound is a vibration of the air that propagates. It is therefore a wave that can be modeled. A sound is said to be pure if the wave is perfectly sinusoidal. From this understanding, it is possible to note that speaking of music refers to something pleasant to the ear. It is indeed something that defines us and our environment. Obviously, music unleashes the passions of men, and men manifest themselves through it, either by creating it or by listening to it. Again, the thought of the journalist Bellamy fits better: "Music is therefore a concept, a mental representation that we associate with a reality of the world and that we define according to what we do with it".

The Universality of Music

Research from many universities around the world shows that music contains a host of unique codes and patterns that are in fact universally understood. In the summary of a new study conducted by Harvard University : "Music is a universal language", Helena Asprou a montré que: "Music is often assumed to be a human universal, emerging from an evolutionary adaptation specific to music and/or a by-product of adaptations for affect, language, motor control, and auditory perception.", (classicfm.com). Certainly, present in all cultures, but the music differs according to religions and multiple social and musical behaviors of the world. In

other words, the passion or excitement is not fixed in all societies. From the perspective of the team that conducted this study, “Music does appear to be tied to specific perceptual, cognitive, and affective faculties, including language (all societies put words to their songs), motor control (people in all societies dance), auditory analysis (all musical systems have signatures of tonality), and aesthetics (their melodies and rhythms are balanced between monotony and chaos).”

To these is added the language that is an important element by the fact that all the societies use words that they consider strong and tender in their songs. In the same vein, researcher Jonathan Bolduc, associate member of the International Brain, Music and Sound Research Laboratory (BRAMS) of the University of Montreal, has also recently shown through his work that “musical activities promote the development of phonological awareness, that is, the skills to perceive, segment and manipulate the sound units of language, such as rhymes, syllables and phonemes.”, Turbis, p., (2014). The intersection of these two ideas leads us to retain three great faculties which are imbricated the ones in the others, namely: perceptive, cognitive and specific affective faculties.

Music is also considered as a tool of cognitive excitation, because cognitive sciences maintain that it would have important consequences on the cerebral development, the emotion of holy or sick subjects. This approach leads us to the definition proposed by Pinker (1997), music would be a pleasant human activity that would borrow the cerebral functions that have been selected by evolution (language in particular). Seen in this light, it is to the human mind what sap is to the tree. It is the life-giving power that acts on the cortex, the part of the brain responsible for analyzing auditory information. For the composition and interpretation of a piece of music or a song requires all the dimensions of man. Being a creative or inventive art, it sets in motion our body, our soul or makes our heart vibrate and makes our emotional intelligence work.

Authors such as (Menon & Levitin, 2005) have highlighted notable physiological effects of music, particularly in the release of dopamine. A study on musical thrill (Blood & Zatorre, 2001) showed that music recruits neural systems of reward and emotion similar to those known to respond specifically to biologically relevant stimuli (such as food and sex), and those activated by drug use, Moussard, 2012, op.cit. The inner sensation that music produces is manifested externally through the movement of the human body. Music produces neurophysiological, vegetative, emotional, and intellectual reactions in the human being. Surprisingly, music controls the stomach, the lower abdomen and the mind of the human being in such a way that it contributes to regulate his nutrition, his affectivity and his cognitive functions. To put it simply, music in its real contribution can lead the listener to find his or her identity "what he or she really is" and to better understand the concept of cultural or national identity "the world outside".)

Music as Self and Social Identity

It is probably unreal to approach the concept of identity in the musical practice. Moreover, in the Haitian musical field, the concept of identity leads us to detect the social belonging or to detect the belonging to such categories of composers or performers and users. In this framework, however, we do not intend to explicitly address the term self-identity or social identity, which can take on a multitude of realities that are sometimes difficult to link together: the identity of a work in the face of the diversified contexts of its nation, the identity of a composer in the face of the immediate or distant environment, the identity of a nation through its music. To be more precise, it will certainly be briefly discussed the popular musical style called "Rabòday" which constitutes according to several national researchers as the cultural identity of the Haitian youth. Currently, it is better to speak of the "generation 2000" or "Children 2000". When we speak indeed of Raboday in the Haitian musical sphere, we are referring to the age

groups 3-22 years old who are looking for themselves and, who at the same time want to unite with a set of individuals or society and; the group 22 years and older who consume it weakly.

Meaning of Rabòday

Rabòday, a style of popular music drawing largely from the roots of black American music (Soul, Hip-Hop, Jazz, Blues), are based on the mixtures of genres or techniques, and integrate technologies related to industrialization, Regis Meyran, 2014. It is precisely the latest local version of urban music, which borrows its name from a rhythm of the traditional Rara. As for the version of the newspaper *Le Nouvelliste* in the year 2020, "The Rabòday is a very cheerful rhythm, very catchy, which invites to dance. It refers to the rara not involving slow rhythms like the bolero. It is both cheerful and lively. It is also associated with the "chay au pied" (relating to those who, in the past, traveled long distances with bare feet), "says the Haitian anthropologist Jean Coulanges. Mr. Coulanges reveals that this sound (rara) typical to Rabòday necessarily mobilizes two instruments. "The drum and the vaccine (bamboo). In fact, it is the total wiggle. You can't dance rabòday," he says.

He also opened the way to DJs who invaded the country with the fashion of the "T-sourit", informal popular discotheques, generally dedicated to a very young public. The star DJ is of course Tony Mahotièrè, better known as "Tony mix". He first carved a place of choice in the Haitian musical scene through the organization of various parties in his neighborhood of Cote Plage 18 "Carrefour" before imposing himself in the hits "Anba Dekonb": "under the rubble", (2010), then the polemical fè "Wana mache": "It must force Wana to walk", (2012), cover of "Mosanto", op.cit. Despite the success of artists such as Tony, Evens Joseph, Jean-Philippe Maçon, this style of music that characterizes the new generation or Children 2000 is often

decried by parents, leaders and other experts because of the obscenity of the lyrics and the sexist remarks against women.

These compositions far from answering the aspirations of the users, the creators do not only make the apology of the violence on the women, but they also involve serious consequences on the individual, family, emotional and societal level. They lead the youth into prostitution, juvenile delinquency, alcoholism, fatalism or social denial, banditry or street crime.

What do you learn from the article?

From this article, I could learn that music brings many benefits to man. First of all, music arouses emotions in the person who listens to it and produces it. Therefore, in the introduction, the author has cleared the problematic around the concept of the by mentioning different questions, such as: What actually is music? How can we understand music? In response, music is described as a true therapy affecting all dimensions of man. It is classified according to its awakening characteristics, its emotional quality and its rhythmic structures. In this order, the question of beauty in music has been raised by the greatest composers. Mozart stated that his compositions should be pleasing to the ear of the audience. It is also to highlight the interaction between music and man. Around the 1970s, for the first time, a large amount of data was collected on the brain activation caused by music.

With the advent of high spatial resolution brain imaging technology and the refinement of more phenomenological measurement techniques, such as electroencephalography (EEG) and magneto encephalography, experts have been able to measure emotions with high temporal resolution. I Samuel 16:14-23 recorded the story of King Saul who was troubled by an evil spirit and was wonderfully relieved by music. Ancient and modern authors confirm this. For example, a Greek physician Asklepiades (124-60 BC) is said to have attested to the therapeutic capacity of

music against mental illness. By the way, I was told that music is one of the five things that have a particularly great power. It can give vigor to the one who is failing and restore the one whose heart is down. When one listens to or produces music, all the dimensions of man are in motion.

How can you apply the knowledge to study better at AIU?

In order to study better at AIU, I must first and foremost value the knowledge that I have been taught through this article. I myself will have to listen to music every day, sometimes in the morning and sometimes at night before I go to sleep. I have to practice them before teaching them to others. I will give lectures on the therapeutic effects of music to people in my community and to members of my Christian congregation. I will let them know that music refreshes the muscles, unleashes the feelings and awakens the memory of man. I will recommend that they listen to music every day, play it and talk about it often with their friends.

In this sense, I could recommend to the different university officials of the city of Cap-Haitian to set up an orchestra or groups; to build music rooms and, to the different religious officials to organize concerts of evangelical songs. Our country needs it, because we are facing unprecedented socio-political and economic difficulties. I will have to promote music to the leaders of psychiatric centers, retirement homes or asylums, because it has been learned that music has great effects on the mentally ill, the depressed, the epileptics, the discouraged, etc...

What are the specific details in the article that are highlighted?

Among the particular details that are highlighted in the article, it is important to underline the statement of Boethius in his treatise *De institutione musica*: "... music is so naturally united with us that we cannot be free from it even if we so desired." Then the details of Johannes Tinctoris (1435-1511) who reported 20 effects of music that were taken up by (Schipperges,

2003). It is therefore appropriate to make a brief presentation: (1) (Music pleases God); (7) (Music repels sadness); (13) (Music makes people happy); (14) (Music heals the sick); (17) (Music attracts love), etc., Hans-Eckhardt Schaefer, 2017.

The physician of Arnstadt, Johann Wittich (1537-1598) summarized the requirement for good health concisely: (To rejoice the heart/ and reverse all discontent/five things have particularly great power): (1) The word of God). (2) A clear conscience). (3) (Music). (4) Good wine. (5) A sensible wife.”

The positive impacts of music

In the medical encyclopedia of Bartolomeo Castelli of 1682 it is stated that music is efficient for both the curing of diseases and for maintaining health, op.cit. p.3. In 1745 the medicine professor E. A. Nicolai (1722-1802) of Jena University started to report on more physical observations: “when one hears music the hair stands on end (see section Goose Bumps—Piloerection), the blood is withdrawn from the surface, the outer parts begin to cool, the heart beats faster, and one breathes somewhat slower and more deeply”.

However, I remember that “The physical effect of music is as such neither sufficiently strong, consistent, free from psychic and aesthetic preconditions nor freely usable as to allow its use as a real medical treatment”. A little further, (Kreutz et al., and 2012) has listed four musical parameters for the activation of emotions appear to be particularly prominent in the literature: musical tempo, consonance, timbre, and loudness.

In the section “Experimental Results of Functional (Tomographic) Brain Imaging (fMRI, PET)”, I learned that Music is a universal feature of human societies, partly owing to its power to evoke strong emotions and influence moods. Understanding of neural correlates of music-evoked

emotions has been invaluable for the understanding of human emotions (Koelsch, 2014), op.cit. p.8.

Conclusion

It has been very rewarding, by the way, to generate thoughts on the effects of music on the holistic functioning of man. I was greatly struck by the plurality of disciplines or sciences that are involved in the analysis of music as a factor contributing to human flourishing. From a spiritual point of view, it brings the individual closer to the transcendental being; the individual closer to the society in which he evolves. From a physiological point of view, it gives incredible results in that it can delay the aging process and give a youthful appearance to the elderly.

Music allows the listener to rediscover the love that is the catalyst for association, living together, harmonization and national solidarity. We have experienced that there is music that favors national rallying or that leads to a kind of resilience when the population goes through difficult times. In short, according to the different authors studied in this article, music constitutes the stimulus for the proper functioning of the brain. All in all, I encourage people to listen to music, to produce music, because it is useful for good health, good mood, good nutrition, sleep, relaxation, peace.

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