POSITIVE EFFECTS OF MUSIC TO THE HUMAN BRAIN

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There were times when the intellect of a person was measured by using a test in which the individual needs to answer sets of questions which can vary from logical to mathematical series. The score from the test was computed and then scored, which is what is known as the IQ or the intelligence quotient. It is the most well-used method of measuring intellect back in the days. In fact, Albert Einstein was known to have a very controversial IQ of within the 160 to 180 percentage (Biography.com/Albert-Einstein) and Leonardo de Vinci having a quotient of 220. However, in the recent decades a Harvard Professor conceptualized the theory of Multiple Intelligence wherein an individual can possess type of intellect or several. In this theory a person can be “smart” in a certain type and not in the other but can still be considered intelligent.

In the theory of Multiple intelligence by Professor Gardner, there is a kind of brainpower called Musical-rhythmic and harmonic Intelligence which refers to the ability to relate and interpret music in a level higher than the average people. Individuals who belong to this type of intelligence are hyper sensitive to tones, pitch, sounds, rhythm, tempo, and melody.

Although one does not have to be a Musical-rhythmic and harmonic Intelligent in order to benefit to the positive effects of music to over-all brain function. Music has been known to have a great role in shaping human cultural history. It is due to the fact that music, no matter what genre or style have always had the ability to move people.
Music can affect the higher brain functions and studies have proven that listening to music can improve many facets of life.

Music can improve the mood and reduce stress. Listening to music can alleviate the effects of stress and can easily lift someone’s mood. This is because listening to good music lowers the production of the stress hormone called cortisol and induce the release of the hormone dopamine which our body relates to happiness.

Playing Music and listening to music with other people helps build relationships and connection because it can trigger the release of the hormone oxytocin which is known as the trust molecule which suggest to our brain that the people, we are with are “good people”.

But perhaps the best effect of music to the brain is that it improves the functionality of the brain and progress the productivity and development. In work setting, some employers allow listening to music to increase the efficiency of the staff and help them formulate great ideas. Doctors performing operation also plays music in the operating room, which most of us think that is for the sake of the patient, but in truth it is a way to aide the surgeons keep their calm and to maintain efficient decision making.

For students, music is also beneficial since it can be a way to stimulate the brain while studying which help with the retention of lessons. Upbeat music or music that changes in tempo is the most effective since the change in the notes help stimulate the brain more. Although it is best advised to only listening to music while reviewing and not during active discussion since it can be rather opposite and can be a form of distraction.

Music is the true universal language. It is a form of art and communication as well as a way to make people feel emotions. For some reason, notes that are arranges in certain pattern can be the catalyst of so much learning and growth.
References:

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