THE SOUL OF MUSIC

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Music is one of the humans’ stress reliever and a way of expressing emotion. Its rhythmic sequence make us feel relaxed and provide a pleasant feeling. The combination of tones and lyrics may give us strength to face our personal problems and unfavorable situations in the workplace. After a stressful day or even at work most of us are listening to music for motivational purposes and leisure time. This is not only for the employees but for everyone. Both students and teenagers are enjoying listening to music in expressing their feelings. The old generations also think that this is one way of reminiscing good memories in the past and a time machine that brings back their teenage lives.

Hollinger (2016) believed that music brings people together. People having the same taste of music may reunite in the same ideas and goals. This will make them closer and unified in many ways. Several people use music in expressing their opinions and advocacies. The advantage of being part of a band is that you can share your thoughts in creating a unique music that can be loved by other people. The message that implies by your own music as a group may help others to improve their selves and change their lives as well.

Chappel (2019) stressed that music can lower stress, improves health and help you to sleep better. She believed that music itself is healing. It also decrease the stress hormones in the human body. It washes away the hatred and eliminate things that make us depressed.
Some studies proved that it can cure insomnia. Listening to an audio and relaxing classical music will make your mind peaceful and sleep well. Meditative sounds can make a person calm and lift their spirit.

Additionally, Steinhoff (2016) stated that music plays an important role in the life of a child. According to her, children who are exposed to music in the early childhood will speak more clearly, has a greater mind development and make stronger emotional and social skills. It supports children’s progress in learning words and make a better connection between their mind and body.

Listening to music will make them smarter and may create a positive and happy environment in the child’s growth.

Music is everything. It brings calmness and build brighter imagination. This provides a great impact in everyone’s emotions and contribute eloquently in our culture. It plays an important part in our lives. We can’t imagine the world without music for it has many benefits to a human’s life.

References:

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