

Importance of Music in Life

Music is the pleasant sound (vocal or instrumental) that leads us to experience harmony and higher happiness.

Music is an essential part of human life. The importance of music in various spheres of human life is briefly discussed below:

Fine Arts: Music is one of the fine arts. Like other forms of art, it requires creative and technical skill and the power of imagination. As dance is an artistic expression of movement and painting of colors, so music is of sounds. What a pretty sight is to the eyes, aroma is to the nose, delicious dish is to the palate and soft touch is to the skin, so music is to the ears.

Music is an important aspect of Education: According to Plato, one of the eminent Greek philosophers, music is an important aspect of education. In his scheme of education, he has laid emphasis on three disciplines:

1. Gymnastics for the training and development of the body,
2. Mathematics for the training and development of brain, and
3. Music for the realization of the soul.

Music is loved by all living creatures: Love for music is not a tendency of human-beings only. It is a common characteristic of nearly all living creatures. The moment musical notes softly enter our ears; they rouse the dormant love for it. Mythology as well as folk tales bears evidence to the fact that even animals respond with joy to the melodious vibrations of the harp. The cows used to respond to the call of Lord Krishna's flute and flock round him when it was time to return home.

Healing powers of Music: Music has unlimited powers, is a well-established fact. It has a soothing and healing power. Just as the application of balm relieves our brain of its ache and tension, so music can relax the tense muscles of our body. The melodious notes of music have the capacity to cure the mental or physical fatigue of a weary person.

Treatment of ailments: Music has miraculous powers for treating certain mental ailments such as anxiety, abnormal excitement or depression. It is also helpful for the treatment of patients suffering from insomnia. It has excellent exhilarating power. It can be compared to mother's love. Just as a child forgets everything and feels joy in mother's lap, in the same way we forget all worries and anxieties in musical environment.

Magical power: Music has magical power. This is testified by the fact that Orpheus, a legendary Greek musician could make stones dance to his music. The stories of Tansen and BaijuBawra are not unknown to us. They could light lamps, melt stones, blossom flowers in autumn, cause rain just by the accurate use of the 'accurate tune'.

Emotional and spiritual uplifting: There is no doubting the various powers of music, but the aspect of music which is of the greatest value to the human being is its emotional aspects. No achievement can be as great as the emotional and spiritual uplifting that we get from music.

SOME IMPORTANT BENEFITS

Nearly everyone enjoys music, whether by listening to it, singing, or playing an instrument. But despite this almost universal interest, many schools have to do away with their music education programs. This is a mistake, with schools losing not only an enjoyable subject, but a subject that can enrich students' lives and education. Read on to learn why music education is so important, and how it offers benefits even beyond itself.

1. **Musical training helps develop language and reasoning:** Students who have early musical training will develop the areas of the brain related to language and reasoning. The left side of the brain is better developed with music, and songs can help imprint information on young minds.

2. **A mastery of memorization:** Even when performing with sheet music, student musicians are constantly using their memory to perform. The skill of memorization can serve students well in education and beyond.

3. Students learn to improve their work: Learning music promotes craftsmanship, and students learn to want to create good work instead of mediocre work. This desire can be applied to all subjects of study.

4. A sense of achievement: Learning to play pieces of music on a new instrument can be a challenging, but achievable goal. Students who master even the smallest goal in music will be able to feel proud of their achievement.

5. Kids stay engaged in school: An enjoyable subject like music can keep kids interested and engaged in school. Student musicians are likely to stay in school to achieve in other subjects.

6. Success in society: Music is the fabric of our society, and music can shape abilities and character. Students in band or orchestra are less likely to abuse substances over their lifetime. Musical education can greatly contribute to children's intellectual development as well.

7. Emotional development: Students of music can be more emotionally developed, with empathy towards other cultures. They also tend to have higher self-esteem and are better at coping with anxiety.

8. Students learn pattern recognition: Children can develop their math and pattern-recognition skills with the help of musical education. Playing music offers repetition in a fun format.

9. Fine-tuned auditory skills: Musicians can better detect meaningful, information-bearing elements in sounds, like the emotional meaning in a baby's cry. Students who practice music can have better auditory attention, and pick out predictable patterns from surrounding noise.

10. Music can be relaxing: Students can fight stress by learning to play music. Soothing music is especially helpful in helping kids relax.

11. Musical instruments can teach discipline: Kids who learn to play an instrument can learn a valuable lesson in discipline. They will have to set time aside to practice and rise to the challenge of learning with discipline to master playing their instrument.

12. Preparation for the creative economy: Investing in creative education can prepare students for the 21st century workforce. The new economy has created more artistic careers, and these jobs may grow faster than others in the future.

13. Development in creative thinking: Kids who study the

arts can learn to think creatively. This kind of education can help them solve problems by thinking outside the box and realizing that there may be more than one right answer.

14. Kids can learn teamwork: Many musical education programs require teamwork as part of a band or orchestra. In these groups, students will learn how to work together and build camaraderie.

15. Better self-confidence: With encouragement from teachers and parents, students playing a musical instrument can build pride and confidence. Musical education is also likely to develop better communication for students.

POWER OF MUSIC IN LIFE

Music is one of the most important and powerful things in my life. My life without melodies and harmonies would be totally empty. Listening to and playing different tunes helps me to de-stress, relax and it can also help to motivate me in trying times. I love listening to music while on my way to school, as I feel it helps me to prepare for the day that waits. I think it is like the memoirs to my life as it has been there throughout everything with me.

When I was younger, I didn't have the great love for musical as I do now. I mainly listened to whatever was playing in the background or what my parents were listening to. I didn't have much of a care for musical compositions. There was sometimes a little bit of pop music thrown in to the mix here and there, but that's really all I liked back then. Whether I was in the car, the house, or anywhere else there was sure to be some Beatles, Buddy Holly, or the Dubliners constantly playing somewhere in the background. At the time I didn't care for that genre of music much, but now as I'm older, I enjoy it as it allows me to reminisce on memories from times of my childhood. Once I hit my teenage years music became my life and gradually started to inhabit my soul.

I believe music has the ability to convey all sorts of emotion. Whether the emotion is joy and happiness or sadness and despair through rhythms, harmonies and the lyrics music shows it. The song "A little bit longer" by Nick Jonas is such an emotional and inspiring song that when I hear it, I always come close to tears, especially when I watch it being played live. The effect that music can have on our emotions is tremendous, as it can bring people to floods of tears or bursts of laughter.

I believe music affects people in many different ways. To me music is more than just something to listen to or play, it's something to feel. Music is extremely important in my life. I think it brings me closer to my friends and



family. I also feel that it helps me to get through things. For example, I remember doing the twenty six kilometregaisce hike and the whole way along the hike we sang songs. Music is an immensely powerful thing and has a huge place in my life right next to my heart.

Music can be the most important and powerful things of anyone life who loves to listen or play music and know its importance in their life. One who listen or play music never get fed up of any problems in the life. It helps in distressing and relaxing the mind as well as motivates to do something better in the life. Many people love to listen and play music at many occasions or events. Some of the people become used to of listening music in their all time such as in the office, home on the way, etc. It keeps away from all the problems of life and gives solutions. Now-a-days, there is a trend of playing slow music in the offices of big companies while employees are working in order to keep mind fresh, peaceful, concentrate, bring positive thoughts as well as increasing the performance of the employees.

I got my music loving habit in the generation from parents and grandparents because my father and grandfather were very fond of listening music. Slow music always run in my home from morning till night. I don't know much about the musical compositions but I generally like to listen music whenever I travel or during my study time. On the weekend, we dance, listen music or play music with family at home or at picnic on any favorite place. Music touches my soul and spirit and makes me realize that I have no any problems in this world.

Music is very powerful and has ability to convey positive messages to all sorts of emotion without telling and asking anything to anyone. It is voiceless however tells everything and shares all the problems more than the human being. Music has inspiring and promoting nature which increases the concentration power of the human being by removing all the negative thoughts. Music is the thing which helps us in re-memorizing our good memories of the past with our loved ones and dear ones. It has no limitations, drawbacks and guidelines; it only needs anyone to listen or play passionately with full devotion. When we listen music, it brings amazing feeling in the heart and mind which connects our spirit to the supernatural power of God. There is a very true saying about the music that "music imitates life and life imitates music". Being inspired, I also started learning music and playing guitar and hope would be a good music player a day.

Music is one of the greatest creations of human kind in the course of history. It is creativity in a pure and undiluted form and format. Music plays a vital role in our daily life. It

is a way of expressing our feelings and emotions. Music is a way to escape life, which gives us relief in pain and helps us to reduce the stress of the daily routine. It helps us to calm down, an even excites us in the moment of joy. Moreover, it enriches the mind and gives us self-confidence.

Many people also believe that any music you respond to positively will work for you, regardless of its content. Thus, even pop music might work wonders for you.

Music affects all of us in some way or the other. It also is the most common interest of many people. People who love music, listen to it while traveling, reading, meditation, walking, some even have soft music while working in their busy routine. It helps them to relax and escape from the stress of our day-to-day lives. It can transport us to another time or place and it is a great feeling of seeing or doing or experiencing something different. People have special music corner for themselves and some people give importance to listening in silence and some people love to read with light music and even some people love listening to music before sleeping. Many people love listening to music in bathroom because they feel it is one of the few rooms in the home where privacy is routinely respected. Some people also love to sing in the bathroom and are called 'bathroom singers'. Music has now become a part of our life as it serves different purposes for each one of us.

Conclusion: Music washes away from the soul, the dust of everyday life and inspires one to live a lofty life. There is absolute tranquility and harmony, when the magical notes of music enters one's heart. Such experiences are beyond words and can only be experienced. The notes of music take the listener to the region of the unknown where there is only emotional ecstasy and transport him to a world of melody and sympathy.



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