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INFLUENCE OF DIFFERENT MUSIC GENRES ON HUMAN

Abstract: The article considers the influence of different genres of music on a person. Music has a much greater impact on our lives than you can imagine. In our complex world, any phenomenon can be used both for good and for harm. Music is no exception. It creates a mood, awakens emotions in us, it can lead to excitement, tune in a sad or joyful mood. Everything can be found in music: calm, energy, and health. You just need to be able to listen. The article attempts to analyze the positive and negative effects of music on the human organism.

Keywords: music, music genres, health, music therapy, classical music.

The music is phenomenal. Its relationship with a person is amazing. Melodious sounds perform wonders - the person awakens, the soul is transformed, the state and mood change. Music strengthens any joy, calms any sadness, expels illnesses, softens any pain. Music dominates our emotions. And emotions, it turns out, even defeat physical pain.

The objective of this work is to consider the influence of different genres of music on the human organism. Knowing which genres have a beneficial effect on us, music can be used to improve our own mental and physical conditions.

There have been a great many attempts to describe the impact of music on human health, dating back to the ancient times of the legendary Orpheus. Even in antiquity, music was separated from the rest of the arts. According to ancient scholars, she obeyed some objective laws and existed independently of man. Surprisingly, the origins of modern music were the ancient Greek scholar Pythagoras. More precisely, music existed long before Pythagoras, but he was the first to describe in mathematical terms what notes are, as well as pleasant and unpleasant hearing sounds. After all his experiments, music was declared an exact science, the main laws of which are harmonic proportions. Pythagoras treated many diseases of the spirit, soul and body, playing special musical compositions composed by him. We find a lot of evidence from ancient authors regarding the impact of music on a person’s mental condition. Information on the applied use of music in various human activities is also reported in the works of Plato, Aristotle, Aristophanes, Aeschylus, Hesiod, Virgil, Plutarch and other world-famous ancient authors. These ideas, which quite intelligently integrated the humanitarian achievements of their time, became the fundamental guidelines for the entire ancient society for the next several centuries.

The impact of music on the human mind and on its psyche has been repeatedly confirmed by many scientists. Since the XIX century, science has accumulated a lot of vital information about the impact of music on humans and
living organisms obtained as a result of experimental research. It has been scientifically proven that music can strengthen the immune system, reduces morbidity, improves metabolism and, as a result, recovery processes are more active. Back in the XIX century, the scientist I. Dogel established that under the impact of music, blood pressure, the frequency of contractions of the heart muscle, rhythm and depth of breathing, both in animals and in humans, change. The famous Russian surgeon Academician B. Petrovsky used music during complex operations: according to his observations, under the influence of music, the organism begins to work more harmoniously. Russian scientists I.M. Sechenov, S.P. Botkin and I.P. Pavlov discovered dependence - with the help of music, you can control the disynchronous rhythms that appear in the brain under stress. Famous Russian scientists V.M. Bekhterev, I.M. Sechenov and others noted the enormous influence of music on the nervous system, on respiration, and blood circulation. Certain melodies can raise or lower blood pressure, speed up the pulse or slow down. At the beginning of the XX century, it was experimentally proved that musical sounds make every cell of our body vibrate, electromagnetic waves affect the change in blood pressure, heart rate, rhythm and depth of breath. Particularly intensively studied the influence of music in recent decades. It is no accident that in modern medicine music therapy is gaining more and more popularity along with herbal medicine and art therapy. It is about restoring human health through music lessons [1].

If we talk about the beneficial effects of music on a person, then classical music comes first. Its main secret is that it is written in accordance with the heart rhythm of a person. Classical music helps to cope with stress, and also normalizes the emotional condition, strengthens the feeling of peace and serenity. Studying the influence of classical music on humans, scientists used the method of MRI diagnostics and found that when listening to this genre, almost all parts of the cerebral cortex are activated. This indicates that the classic helps to improve concentration, develops memory, stimulates thinking and even raises the level of IQ, and also promotes the development of creative abilities. Such music improves mood, improves the overall psycho-emotional state. Very often listening to the classic genre before an exam or an important meeting helps to concentrate, remove anxiety and tune in the right way. To improve the overall somatic state, music with a predominance of major notes is ideal. So, for example, the works of Mozart, Mendelssohn, Strauss help with migraines. Also, music can cause an immunostimulating effect, improve the state of hearing when it is impaired, in combination with other methods, it can cure stuttering. Another positive genre for the human organism is jazz. Major motifs of this style contribute to the treatment of depression. When used during dance, jazz improves the respiratory and cardiovascular systems, as well as the circulation of blood in the body. Slow jazz helps lower blood pressure and relax muscle tension with hypertonicity. Such genres of music as country and reggae generally relax the organism, and cheer up [2].
However, there are genres that have a negative effect on humans. The human organism consists of 80% water, respectively, the correctness of the physiological processes depends on its structure. According to recent studies, it was found that heavy music, hard rock, metal, destroy the structure of water, which means that they interfere with the proper functioning of the human organism systems. Superfrequencies, monotonous repetitions, hard rhythm, and often high volume are inherent in this direction. It arose on the basis of African cults of idolatry and various shamanistic rituals that were able to bring a person into a state of trance. Rock has the ability to charge with tremendous energy, but completely destabilizes the internal balance. Oddly enough, not all rock music has a negative impact. There is such a direction as “melodic rock”. When creating melodies of this genre, classical musical instruments are used, which greatly softens the sound. At the physiological level for humans, the most dangerous is the rhythm. It is able to influence the motor center of the brain, the endocrine system and the areas that are responsible for the proper functioning of the reproductive system. As a result, there may be cases of hormonal disruptions and sexual dysfunctions. With prolonged listening, there is a change in the heart rate and, accordingly, the rhythm of breathing, a sharp jump in blood sugar, and a malfunction of the pancreas. These changes, combined with overexcitation of the nervous system, lead to irreversible processes in the organism, which are manifested in digestive disorders and cardiovascular system. Not only rock music negatively affects the human organism. No less harmful and similar influence has club pop music and electro. In combination with special lighting effects, and volume, it causes disorientation in space. Also, disruption of the musculoskeletal system is possible, it is manifested in the difficulty to coordinate the movements of one's own limbs. Fortunately, with proper listening to the above genres, the organism will not experience irreparable changes.

Music therapy is one of the most common methods of modern psychotherapy. Depending on the psychological problem, a certain genre is used in certain conditions. Music has the ability to treat on a level with antidepressants and soothing pills, but has no side effects and toxic effects on the organism. Just fifteen minutes of listening to music can be compared to an hour of walking in the fresh air.

Thus, certain musical genres positively affect the human organism, its mental and physical condition. And listening to music is one of the great tools to manage your health.

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