

Can music contribute anything of worth?

Music is an indispensable part of life as its contributions have been numerous. Music has affected every part of human life and without music life would be flavorless. Many people only have been able to see music as a way of past time and have overlooked its other benefits. Music has contributed much to the field of medicine helping people to relax and control their stress and depression. Economically as well we all know how big the music industry has gotten and how much it has contributed to the society. Besides these, it has also been able to affect people psychologically, and give an identification of a person, a group, a culture as well as the whole country. It has given a true meaning to freedom of speech.

Music is something by which people can relax and calm themselves of the fast paced life of today. There are various artists who create such music which help to calm the sense and help to relax people. Ragas and mantras, to which if we listen, help to relax the chakras in the body and help to keep the mind refresh and active. A slower tempo beat promotes a calm and meditative state in the body. Music changes the brainwave activity levels and enables the brain to shift speeds on its own as needed, even after the person stopped listening to it. Research has also shown that music with strong beat can stimulate brainwaves to vibrate in sync with the beat. With faster beats bringing sharper concentration and more alert thinking. It has also been one of the most effective treatment as well as prevention for depression and anxiety causing no side-effects to the body.

Music therapy can help counteract and prevent not only damaging effects of chronic stress but also promote health. Music has been found to lower the blood pressure, boost immunity, ease muscles tension and more. Different types of music help in different ways. Fast paced music can help pump adrenalin, which is a good cardiovascular exercise. With so many benefits and such profound physical effects, it's no surprise that so many are seeing music as an important tool to help the body in staying healthy.

By increasing the stimulation of the brain, music helps to enhance the learning capability as well. Kindergarten rhymes are the first piece of music that we learn. By putting catchy music and easy words children are able to learn the rhymes faster. It is believed so that music actually increases the brains ability to learn. We also can see practically that we tend to learn the lyrics and some musical piece very easily without any effort. Some music are even found to be addictive and the body will keep wanting more of it like the music of the game Mario is ranked the most addictive music of the 20th century. Similarly the message to keep ourselves clean, good habits, manners all have been created as a rhyme to teach children moral values is the best way to make the children remember all of these things.

From children to grown ups, music has always been able to aware people of the things happening around in the society. From political injustice to social discrimination or be it a cry for world peace, music has always been one of the most effective medium to bring it out in the public. Songs like 'heal the world' by Michael Jackson and John Lennon's immortal 'imagine' speaks about a world where everyone life as one and inspires the people to keeping their differences aside and help to make this world a better place. 'I shot the sheriff' by Bob Marley and 'another brick in the wall' by Pink Floyd talks about the political system. The first talks about the social discrimination done by the police while the other protests against the dullness of the education system of the country. There is no stopping the power of music. Its reach is far and wide and all the people can access it easily and get the message which lies beneath.

To create such master pieces that have changed the world, people have to be creative so we can say that music breeds creativity. People always have been fascinated by soothing sounds and try to procreate it. In this process the horizon of a person's creativity will be made boundless. Creating music is not a child's play. It's a very intense process and needs lot of discipline to master. To learn all the notes and fluctuation pattern is also very tough. So in this process the student also develops his mental remembering skills and hand-eye coordination. For example in US marching bands are huge deals. There are many competitions held to find the best marching band from collages. For the preparations of these competitions they practice hard. So we can also say that the

practice of working hard is also grown inside the student. We can also take the example of the orchestra. It teaches the students about team work and how every one has to do their job to make their music successful. So academically music has been and will keep on teaching the students something that isn't there in the text books. People with the help of music try to bring out the individuality. Different people try to express themselves with the help of music. In this process people also bring out their religious beliefs as well. There are church choirs which sing songs remembering and spreading beliefs of Jesus Christ. Similarly Hindus have Bhajans to show respect to their gods and believe that it is a way to communicate with them. Like this religion can also be spread and preserved with the help of music. Music is also an irreplaceable part of festivals. Jingles like merry Christmas and singing carols is a part of the western culture. Similarly singing bhailo and deusi during tihar festival in Nepal is also something that has been a part of our culture from years before. Music also gives a nation an identity. National anthems are sung whenever there is something to celebrate in a country like when a player wins an international competition his country's national anthem is played which develops a sense of nationality.

Music is something that people want and for good music they are willing to empty their pockets. So by this the music industry is making billions of dollars every year. The music industry has been a boon for the economy because the tax revenue collected from the sales is huge sums of money which all goes to the government and the country development. Music has also affected the gaming, movie and advertising industry as well. People watch and buy movies with good sound tracks. A good jingle is always in the people's mind and when they go shopping they tend to remember the jingle and buy the item of which the jingle was of. So like this individually music industry is big but with its branches also drawing huge chunks of money, it is clear that it will only grow in the years to come.

As we can see that music has, is and always will be affecting the humans. Music is there for a reason. The importance of music in today's world is significant and have contributed much of worth and from its growing popularity it is clear that in the years to come music is a force that is to be reckoned of.
