

# Psychological Effects of Music



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## Abstract

This paper contains the psychological effect of Music on human body. Effect of music on emotions In Indian classical music, ragas constitute specific combinations of tonic intervals potentially capable of evoking distinct emotions. A raga composition is typically presented as for example, humans may be genetically predisposed to value images or sounds depicting or such as healthy mates, safe environments, and food sources. Artistic phenomena may also acquire value by virtue of "making special" the social patterns, conventions, and experiences that allow life to prosper. We first discuss the meaning of Music, after that emotion and music, an impact of raga therapy, impact of ragas, ragas with music therapy, benefits of raga, positive effect of Dance and therapeutic value of dance.

**Keywords:** Music, Meaning, Emotion, Ragas Therapy, Benefits Of Dance.

## Introduction

Music is a common phenomenon that crosses all border of nationality, race and culture. A tool for arousing emotions and feelings, music is for more powerful than language. An increased interest in how the brain processes musical emotion.

Can be attributed to the way in which it is described as a 'language of emotion' across cultures. Be it within films, live orchestras, concerts or a simple home stereo, music can be so evocative and overwhelming that it can only be described as standing halfway between thought and phenomenon.

## Aims of the Study

The aim of this paper is to provide a psychological explanation for the link between musical activity and emotional states. Our discussion contributes to a psychological account of music therapy through ragas and dance that how music n dance effects on humans body and emotions.

## Meaning of Music

'Music' means vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony and expression of emotion. It is an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony and colour.

'Music' is tones or sounds employed, occurring in single time (melody) or multiple lines (harmony) and sounded or to be sounded by one or more voices or instruments or both.

It is also the art of combining vocal or instrumental sounds to produce beauty of form, harmony and expression of emotion.

## Emotion and Music

A tool for arousing emotions and feelings, music is for more powerful than language. An increased interest in how the brain processes musical emotion can be attributed to the way in which it is described as a language of emotion across cultures. As well all know what emotions are and experience then daily. We experience emotions by listening different music.

Music has the power to stimulate strong emotions within us, to the extent that it is probably rare not to be somehow emotionally affected by music. Through increasing scientific understanding of the universal as well as the individual principles behind music – evoked emotions, we will be able to better understand the effects that music listening can have and make better use of them in an informed manner.

## An Impact of Raga Therapy on Our Human Body

Music therapy as a means to identify with cultural and spiritual identity. The goals of Raga therapy are dependent upon the purpose of music therapy for each individual case. Drug and alcohol centres and schools may use music therapy and behaviour hanging may be an important goal whereas, nursing homes may use music therapy in more of a support role or to relieve pain.

Music is considered a universal language and has influenced the human existence at all levels. It is a medium for communication, which can be both pleasant and healing experience. It is believed that therapy using music improves the quality of a person's life and can be aided in the physical, physiological and emotional integration of the individual in the treatment of illness or disability.

#### Impact of Ragas

The mood and quality of each Ragas are different. Some ragas are very light like *Raag "Iman"* but some are very heavy and gloomy like *Raag Bhairav*, Which is why it is sung in the early morning. '*Malhars*' are sung dedicated to rain. Classical singers says, *Malhars* like *Megh Malhar*, *Miya Malhars* brings rain. So, it partly depends upon the nature of the Ragas and almost classical singers believed that it's good for health if we can sing it during that specific time. Every Raga has its own impact according to their lyrics (*bandish*) also.

#### Ragas with Music Therapy

Raga, is a terminology which is used regularly in Indian Music. First of all what is Raga? In the 7<sup>th</sup> Century the term 'Raga' was defined for the first time by *Matanga* a combination of tones, with beautiful illuminating graces, pleases the people in general in his book, "*Brihadessi*" of *Matanga*.

Ragas is referred to as a miracle of microtones and the *swaras* can range between 5 to 7 which covers 22 *shruti*'s is an octave. The flexibility in Indian music provides the performer an opportunity to oscillate *swaras*, which is where Raga music plays the therapeutic role. The frequencies can reach the neighbouring *swaras* which intensifies the listener's musical experience. Overtime the Raga music therapy system can trim a person's mind and their behavioural pattern.

Every listener will have a connection to their favourite raga emotionally and physically. Research has embarked to rediscover the therapeutic ragas on a trial and error basis which is already providing promising results.

Simple interaction to musical rhythms in *bhajans* and *kirtans* is capable to relaxing the mind which can also provide positive hormonal changes in the system. We all suffer from stress due to our hectic lifestyle and music is a safe solution to take some time off.

'Ragas performed with due devotion, in accord with raga. *Lakshan* or principles (norms) and *shruti shiddhi* (pitch purity) will affect the human body in a favourable manner. Helps maintain good digestion, healthy joints and normal blood pressure. It also encourages mental coherence and detachment.

#### Benefits of Ragas

##### Ahir Bhairav (Re, Ne Komal Swaras)

"It is morning raga. It gives free relaxed feeling of meditation and good for health"

##### Bageshri (Ga, ne Komal Swaras)

"Helps in attaining Guru's grace". Its time of singing is middle evening.

##### Bhairavi (Re, Ga, Da, Ne komal Swaras)

"Reducer anxiety, pressures, skin, disease, allergies. It can be sing at any time". It relaxes the mind and makes us peace.

##### Bhupali (Sudh Swaras)

It awakes someone out of deep sleep.

##### Hindolam

Improves digestive power cures stomach related problems. There are many other ragas which makes us feel that there are some powers of them that is incredible.

It cures mental illness, soothers the turbulent mind and restores peace and harmony. It sharpens the intellect of the singer as well as the listener. Instills courage in one's mind and replenishes the energy in the body.

Ragas are remover of sorrows. Gives a happy feeling. Tonic for nerves. It controls high and low blood pressure, cures heart as well as nervous diseases. It gives fresheners and dynamism

##### Ananda Bhairavi

The raga *Ananda Bhairavi* has an effect in postoperative pain management which is evidenced by the reduction in analgesic requirement by 50% in those who listened to raga it postoperatively 3 days. A significant P value of <0.001 was obtained the prior exposure of *Karnatic* music among the study population has no effect on the reduction in the requirement of analgesics.

##### Positive Effects of Dance

Many educators have just enough time to fit the necessary coursework and activities into each day that there is very little time left to dedicate toward activities not commonly brought in to the standard classroom. Most teachers strive to provide unique ways to stimulate the minds and rounds of their students, but it can be difficult to keep things like that up there days, with most educations bogged down by paperwork and standardized testing preparation.

##### Therapeutic Value of Indian Classical Dances

Indian classical dances and their ancient history indicate that from the very beginnings there dances are aimed at the betterment of health of dancers. In many cases they are compared with yoga as a form of physical and mental exercise. Indian classical dance styles are categorized into major seven kinds: - *Kathak*, *Bharatnatyam*, *Manipuri*, *Kathakali*, *Odissi*, *Kuchipudi*, *Mohiniattam* and all Indian classical dances are to varying degrees rooted in the *Natyashastra* and therefore share common features for example, the mudras, some body positions and the inclusion of dramatic or expressive acting or *Abhinaya*.

Indian classical dances are dances of mind and soul and are extremely traditional. Some organisations and Institute are being involved to do some work for betterment of life by dance therapy. We have different dance forms e.g. *Kathakali*.

##### Kathakali Dance

It is one of the major forms of classical Indian dance. It has now become the icon of the state of Kerala. This dance represents the culture and tradition of Kerala. The early attempt by the tourism sector in the state 'Kerala' to preserve Ayurveda and

use Ayurveda as a tool to promote tourism. *Kathakali* brought humanity to express emotions that go beyond words. The temple rituals, first performed in secret, evolved into vibrant drama that embraces the essence of what it is to be human.

#### **Conclusion**

Music listening can be functional behaviour. It has a very strong, very definite physiological and psychological effect on people. Disharmonic music causes a number of negative behaviours, Disharmonic music rhythm and tempo are destructive to the body. So, Rhythm is the single most influential musical element. Tempo is very closely related. Rhythm is also responded by the listener. So, we have to use music harmonically that are sympathetic to the body.

As musicians, we are carriers of influence, whether or not we are aware of it and whether or not we intend to be. The sound and messages we release through our art form directly impact our listeners in powerful ways that is especially true of the youth and adolescents of our society, who are still extremely malleable to the world around them.

The psychological effect deals with the normal functions of human beings and their parts and

relating to the way in which a living organism or bodily part functions. We can believe that music and dance therapies are beneficial for the improvement of cognitive, behavioural and physical conditions.

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