What kind of influence does music have on people? Music has been around for many years and is always questioned whether it influences the youth in a positive or a negative way. In modern times, most hip hop songs discuss topics including drugs, sex, and alcohol. Is it possible that music can shape the way children grow up? This issue does not necessarily apply to teenagers as they are usually in a balanced and healthy lifestyle. Music does have its benefits as it is deeply connected with many parts of the brain. Music will always have an influence, it’s whether society deems it positive or negative to determine how people react to it.

Music is an experience of life. It gives humans a full range of emotions. As humans, it is impossible to progress through years and not experiencing any emotions. All people experience emotions and know the feeling on a day to day basis. Emotions keeps people on a relatable basis; most everyone can understand other’s feelings as they most likely have gone through the same emotions themselves. Music has the power to connect everyone on an emotional side. Music can evoke much emotions such as joy, happiness, sadness, etc. There are different types of musical pieces that can help amplify a specific emotion. For example, a sad scene from a movie, there is always background music to give it more effects of sadness. Now imagine that scene without the music, would it be the same? What would the world be without music? Would everyone just be bland? Music is an emotion.
Happy or sad music can alter the way we see neutral faces. “One study showed that after hearing a short piece of music, participants were more likely to interpret a neutral expression as happy or sad, to match the tone of the music they heard.” (Cooper) Music has connections with the deep parts of the brain. Mainly connections with the deep limbic system like the amygdala and the hippocampus, which in that area the pathways is where dopamine is released. The connection between listening to music and the dopaminergic pathway is the source of the “goosebumps” or some people know it as “the chills”. Goosebumps or the chills (as most people know) is psychological sensation when the hairs on someone's arms rise up and give a cold shivering feeling. Music isn’t only just for a grand sense of emotions though. Some people may use it to focus or do better with a job or a task. This is an example of people who use music to do homework or an athlete that is training. The reason for this is that music can cause a positive affect and with that, it can cause better cognitive performance. It helps people get objectives finished and accomplish their goals for the time being. This also works with physical performance.

Music can help very much when dealing with physical activity. The reason for this is that music competes with your body for attention to the brain. Your body tries to send signals of fatigue and says to stop for a break whereas music overrides that signal of fatigue. In study done by an american researcher by the name of Leonard Ayres, saw that cyclists pedaled faster while listening to music compared to cyclists riding in the silence. Ayres and Cooper both have the same idea of how music can help during physical activity. Ayres had more of an experiment to prove the theory whereas Cooper used the science of the brain to figure out the logistics in the
thought. The brain is highly connected with music and some people do not realize how much it is.

The diagram above gives all the parts of the brain that music is connected too. The Corpus Callosum connects the left and the right hemispheres together. The Motor Cortex works with the movement, foot tapping, dancing, and playing an instrument. The Prefrontal Cortex is the part where creation of expectations, violation, and satisfaction of expectations are. The Nucleus Accumbens and Amygdala is the parts where emotions react to music. The Sensory Cortex gives feedback from playing an instrument and dancing. The Auditory Cortex the part of the brain where the first stages of listening to sounds happen. It also deals with the perception and analysis of the tone. The Hippocampus contains the memories dealing with music, musical experiences, and the context of music. The Visual Cortex is the part of the brain that reads the music. The
movement of the body dealing with foot tapping, dancing, and playing an instrument but also having part in the emotional reaction to music is the Cerebellum. Each part of the brain has a different function that deals with music.

Some people like to blast loud music when trying accomplish objectives; for creative work, a low moderate noise level is best for creativity. Ambient noise is an even greater sound than a low noise level. It causes an overflow of creativity. The reason behind this crazy thought is that a low moderate noise level increases difficulty processing so then abstract processing is promoted. With this, it leads to a higher production of creativity. The reason that we can’t do this with a high noise level is because we are overwhelmed with the noise level to where our creative thinking is impaired leading to a struggle to process information efficiently.

Music can almost predict the personality of a human. There was a study of couples giving each other a list of their top ten songs so that they can determine what kind of personality the other has. Some traits are distinct based off the type of music genre people listen too. Blues fans tend to have a high self-esteem, are creative, outgoing, and gentle at ease. Jazz fans are almost alike to blues fans. Classical music fans have high self-esteem, are creative, introvert and at ease. Rap fans tend to be more outgoing. Country and western fans are hardworking and outgoing. Reggae fans have high self-esteem, are creative, not hardworking, outgoing, gentle and at ease. Dance fans are creative and outgoing but not gentle. Indie fans have low self-esteem, are creative, not hard-working, and not gentle. Bollywood fans are creative and outgoing. Rock/heavy metal fans have low self-esteem, are creative, not hard-working, not outgoing, gentle, and at ease. Chart pop
fans have high self-esteem, are hardworking, outgoing and gentle, but are not creative and not at ease. This is not completely true as some people are different in many ways but in a general topic, this is mostly true.

Although music has many benefits, there are many problems with music in the modern age. Music (specifically hip hop) has begun to discuss topics of sex, money, and drugs. Modern music doesn’t discuss unplanned pregnancies or sexually transmitted diseases. They more or so discuss how it’s one of the greatest accomplishments to have sexual intercourse with tons of people and never the effects after that. Then again, a song discussing an unplanned pregnancy would be very abnormal. Music about sex is fairly normal. It is so normal that some people would even have categorized certain songs to be in a “sex song” genre. Music is very encouraging of having sexual intercourse, but never show awareness to the consequences that may appear afterwards.

Violence in lyrics is a huge thing in rap now. A famous rapper by the name of 21 Savage says in his song “No Heart” “Keep shootin' until somebody die. So many shots the neighbor looked at the calendar, Thought it was Fourth of July.” This violent language may alter the way children see adulthood and may think that it is alright to shoot somebody. Violence is beginning to become a huge scene in rap. It has changed to where most people will think that violence is alright because it was said in a song that they heard. Uprising rappers have been more violent in their language and the future is the people that hear it. This is what children may listen too as they grow up. It may or may not have an influence on the children.
Music has many benefits to people as it correlates with the brain and emotions. The negative side is where music is going, yet it still will help. Music is deeply connected with the brain and so many people have no idea of this. Music is one of the many things that will not be noticeable until it is gone. Music greatly increases our basic reasoning and motor skills. Music is good if the right kind is played.

Works Cited:


