



The importance of music in our life

Sayyora Gaffarova
Student

National University of Uzbekistan
Tashkent, Uzbekistan

Abstract: Music, with its enchanting melodies and harmonious rhythms, holds a profound significance in human lives. It transcends cultural boundaries, evokes emotions, and touches the depths of individual soul. Beyond its entertainment value, music plays a multifaceted role in shaping their identities, enhancing well-being, and fostering connections. This article explores the enduring importance of music in people live, illuminating the transformative power it holds over their emotions, cognition, and social bonds.

Key words: music, health, melody, song stir, cross-cultural

Music, an extraordinary art form, possesses a captivating power that resonates deep within the core of their beings. Throughout history, music has played an integral role in various cultures, societies, and individual lives. Its significance extends far beyond mere entertainment, offering a plethora of emotional, psychological, and even physical benefits. From ancient rituals to modern therapeutic practices, the importance of music in their lives cannot be overstated.

One of the most profound impacts of music lies in its ability to express and evoke emotions. Whether it's a joyous melody that uplifts personal spirits or a melancholic tune that speaks to personal sorrows, music provides a language through which they can express and connect with their emotions. It acts as a vessel for catharsis, enabling they to release feelings that may be difficult to express otherwise. In times of celebration or grief, music becomes a powerful tool to foster a sense of community and togetherness. According to the research of scientists, music plays an important role in human life and this is not surprising. Music goes with human being forever. For example, when a child is born in the family, the mother sings a lullaby before going to bed and the child falls asleep at the moment. Then children go to school, there appears such a subject as music. Life is unpredictable, and music is always present in different situations with us. If human feel nervous, they feel tired everything and soul hurts, they prefer turn on which favorite ones and start crying. Unfortunately, it can modify each situation even better or worth than that others. When people feel hopeless and lack of motivation as well as zero self-confident at that time human in need of listen to music in order to, improve their mood. However, they learn from it how to manage their stress and live life to its fullness.

Scholars think one of the most crucial functions of music is to create a feeling of cohesion or social connectedness. Evolutionary scientists say human beings may have developed a dependence on music as a communication tool because their

ancestors descended from arboreal species — tree-dwellers who called to one another across the canopy.

Music remains a powerful way of uniting people:

- national anthems connect crowds at sporting events
- protest songs stir a sense of shared purpose during marches
- hymns build group identity in houses of worship
- love songs help prospective partners bond during courtship
- lullabies enable parents and infants to develop secure attachments

In our fast-paced, modern world, stress has become a prevalent issue affecting our overall well-being. Thankfully, music serves as a therapeutic escape from the pressures of daily life. Listening to soothing melodies or engaging in musical activities can lower stress hormones, reduce anxiety, and promote relaxation. Whether it's unwinding after a long day or finding solace during challenging times, music has the ability to calm our minds and rejuvenate their spirits. One of the common trusted sources, researchers gave people tasks that required them to read and then recall short lists of words. Those who were listening to classical music outperformed those who worked in silence or with white noise.

Studies have consistently shown that music has a significant impact on cognitive development, particularly in children. Learning to play an instrument, for example, has been linked to improved mathematical and spatial reasoning skills, enhanced memory, and increased problem-solving abilities. Moreover, music engages multiple areas of the brain, stimulating neural connections and promoting overall cognitive function throughout a person's life. Music has the power to inspire and ignite their creative faculties. Whether it's a stirring melody, thought-provoking lyrics, or a combination of both, music has the ability to transport us to different mental and emotional states. It has been the muse for countless artists, writers, and creators throughout history, serving as a wellspring of inspiration that fuels innovation and artistic expression across various disciplines. Crucially, develop personal understanding of the ways and means that music can impact positively on human development and well-being. The collection draws on the work of 88 researchers from 17 different countries across the world, with each article offering an illustration of how music can relate to other important aspects of human functioning. On the other hand, the articles collectively illustrate a wide range of contemporary research approaches. These provide evidence of how different research aims concerning the wider benefits of music require sensitive and appropriate methodologies.

Humans are able to recognize a melody transposed in frequency easily. This skill may be related to its importance in spoken intonation. A listener needs to be able to hear the similarity of intonation patterns when spoken in different pitch registers. Speech processing requires similar processing to melodic contour and is one of the first aspects of music to be discriminated by infants Trehub et al., 1984. The two seem to be processed by the same brain mechanisms see Patel, 2009. Magne et al. Compared 8 years old children who had musical training with those who did not and found that the musicians outperformed non-musicians on music and language tests. The study showed that in the neural basis of development of prosodic and melodic processing pitch processing seemed to be earlier in music than in language. The authors concluded that there were positive effects of music lessons for linguistic abilities in children. Music acts as a cultural bridge, preserving traditions and heritage from generation to generation. It carries the essence of a particular culture, reflecting its values, history, and identity. Through

music, people gain a deeper understanding and appreciation of diverse cultures, fostering cross-cultural connections and mutual respect. It unites people beyond language barriers, allowing individuals from different backgrounds to share in the universal language of rhythm and melody.

Indeed, music has an innate ability to bring people together, fostering a sense of belonging and social cohesion. From communal chants and anthems at sporting events to concerts and festivals, music creates shared experiences and collective memories. It serves as a platform for self-expression, enabling individuals to convey their beliefs, aspirations, and concerns. In both formal and informal settings, music unifies individuals, breaks down barriers, and creates opportunities for collaboration and connection. Music possesses a remarkable ability to influence and regulate emotions. Listening to music can evoke a wide range of emotional responses, from joy and excitement to sadness and nostalgia. Research suggests that the interaction between music and emotions is bidirectional, with music impacting emotional states and emotions influencing musical preferences. This symbiotic relationship makes music an invaluable tool in emotional regulation, providing solace during times of distress and enhancing positive emotional experiences.

In summary, scientific exploration reveals the profound impact of music on human life, encompassing neurological, emotional, cognitive, and social dimensions. Understanding music's significance enhances our appreciation for its therapeutic potential, cognitive benefits, and role in shaping our emotional experiences. By harnessing the power of music, we can unlock its transformative effects and promote well-being, fostering a deeper connection to ourselves and others. As scientific research advances, further exploration of music's influence on the human psyche will undoubtedly uncover new dimensions of its importance in people live.

References:

1. Brown S. and Concina E. 2013 "Music education and transfer of learning" in Music: Social impacts, health benefit and perspectives eds P. Simon and T. Szabo New York, NY: Nova Science Publishers, Inc series: Fine arts and music 149-166
2. Susan Hallam. "International Journal of Music and Education" 2010. 26-32
3. Gerry D. and Trainor 2012. Active music classes in enhance musical, communicative and social development. 398-425
4. Najmiddinova, M. R., & Jalolova, S. M. (2021). CONTRASTIVE STUDY OF ENGLISH AND UZBEK PUNCTUATION RULES. *CURRENT RESEARCH JOURNAL OF PEDAGOGICS*, 2(06), 1-5.
5. BALANCES, O. S. W. O. C. ROOTABLE LAYER IN EXPERIMENTAL PRODUCTION SECTIONS. *Ozatboy Bazarovich Imamnazarov, Tokhirjon Olimjonovich Qosimov, Makhammadali Rustamjonovich Abdullaev ISSN*, 2349-0721.
6. IMAMNAZAROV, O. B., QOSIMOV, T. O., & ABDULLAEV, M. R. (2020). Balances Of Soil Waters Of Cotton Rootable Layer In Experimental Production Sections. *International Journal of Innovations in Engineering Research and Technology*, 7(05), 318-321.
7. Jalolova, S. M., Otakulov, N. B., Urmonova, N. M., & Nazarova, D. O. (2022). MODERN METHODS AND TECHNOLOGIES IN ENGLISH LANGUAGE TEACHING. *International Journal of Early Childhood Special Education*, 14(4).
8. Odilov, B., & Karimov, N. (2022). COVERAGE OF ECONOMIC AND CULTURAL TRADITIONS IN THE YEARS OF INDEPENDENCE IN ETHNOLOGICAL RESEARCH (ON THE EXAMPLE OF THE FERGANA VALLEY). *International Journal of Early Childhood Special Education*, 14(3).
9. Имамназаров, О. Б. (1993). Регулирование мелиоративного режима при близком залегании слабоминерализованных грунтовых вод.
10. АГЗАМОВА, Д. Б. (2018). COGNITIVE ANALYSIS OF METAPHORIC PHRASES OF THE CONCEPT "MEMORY" IN THE ENGLISH AND UZBEK BELLES-LETTRES TEXTS. *Иностранные языки в Узбекистане*, (2), 94-100.

11. Odilov, B., & Karimov, N. Archaeological Research is an Important Source in the Study of Traditional Economic Activities of the Uzbek People (On the Example of Some Researchers of the Twentieth Century).
12. Makhammadovna, M. F., & Agzamova, D. B. (2021). Psycholinguistic studies of pre-wedding and wedding traditions (on the basis of English and Uzbek phraseological units). *Turkish Online Journal of Qualitative Inquiry*, 12(7).
13. Shodmonov, A. (2022). Coverage of titles in Central Asian Hellenistic Sources. *Eurasian Journal of History, Geography and Economics*, 11, 24-26.
14. Abdullaeva, M., Jalolova, S., Kengboyeva, M., & Davlatova, K. (2021). Universal Human Values as Axiological Values. *REVISTA GEINTEC-GESTAO INOVACAO E TECNOLOGIAS*, 11(2), 802-816.
15. Davlatova, K., & Nematov, O. (2021, November). Traditional jeweleries and decorations. In *International Scientific and Current Research Conferences* (pp. 26-28).
16. Shodmonov, A. A. (2021). THE FORMATION OF PRIMITIVE CONSCIOUSNESS AND THE PROCESSES BY WHICH HUMANS ADAPT TO NATURE. *Scientific progress*, 2(6), 1571-1574.