

The positive and negative effects of song lyrics on teenagers

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The positive and negative effects of song lyrics on teenagers Music plays a great role in shaping the manner in which individuals develop. This emanates from the fact that music can be described as the spice of life, and is played in almost all parts of the society, from the homes to offices. Music has been described as a form of entertainment with its lyrics being the form of expression that musicians express their views. There are many genres of music, ranging from rock, hip hop to rhythm and blues.

On a critical point of view, it is extremely difficult to alienate music from the day to day lives of individuals in the society (Gibson & Haight, 2005). This essay shall attempt to highlight both the positive and negative implications of lyrics on the lives of teenagers in the society, and whether they harm or contribute positively the development of children.

On a positive point of view, psychologists argue that music has played a great role in the boosting the intelligence of children. According to Sebald & Hodges (2010) brain development among the teenagers has indicated massive developments upon subjection to good forms of lyrics. Such kinds of music, especially those of rich lyrics, are inclusive of classical music that augments the intellectual maturity of the teenagers.

On another point of view, through music, teenagers have been able to boost their ability to reason and boost their mood in times of anxiety and depression. Sebald & Hodges (2010) point out that any kind of soft music has resulted to individuals feeling less anxious and stressed. This applies to the case of teenagers as well. On a psychological point of view, music has an immense soothing effect on teenagers, especially during difficult times. In the long run, they are able to recollect and make tangible decisions in these

crucial years of their life. This is an interpretation of the fact that, music has the ability to reduce stress hormones; thus, allowing the teenagers take charge of tough situations in their lives.

On a negative point of view, certain types of music, especially the ones of violent lyrics elicit negative feelings on individuals (Kirsh, 2006). A case in point is rock music that has continually managed to instill violence among the youth. The themes of rock music, deafening guitars, and drums have a negative impact on the brain of individuals; in turn, promote antisocial behaviors among them.

Hip-hop music on the other hand, contains lyrics of violent that educe violence among the youth. Among the themes in these songs include substance abuse, crime, and oppression of the people among others.

Constant playing of such kinds of music will no doubt create a negative perception on lives of the teenagers (Derno & Washburne, 2004). Some end up being hopeless and others tend to develop negative attitudes towards life. Others end up getting back to the society on a revenge mission, which at most times does not end well.

At times, the language used by the musicians is too vulgar, and the graphics much more focused on promiscuity. Such kind of information fed into the minds of young individuals is likely to cause a lot of harm on their development and growth. It becomes extremely difficult for parents to guide their children especially if the teenagers get addicted to the songs.

Conclusively, music can either cause negative or positive effects on the teenagers. In as much the tunes have been indicated to have a soothing effect on the youths, parents must constantly monitor the kinds of music

their teenagers listen to, in relation to Mueller (2006), as if utilized well, music is essentially, the tune of life.

References

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