

Is music a luxury, or a necessity for humans?

Life



**ASSIGN
BUSTER**

Even though we can live without it, unlike food and water, I do believe music is a necessity. Even in countries where food and water are scarce, they will still find a way to make music. Some luxuries are necessary to live a peaceful life, music being one of them. So, with that being said, music not only helps us through the tough times but also keeps us alive. Music is like glue. It lets us keep our sanity. Music relates to us, thus letting us know, "Hey, you're not the only one going through this. Also, I'll bet my life that each and every one of us listen to music at least once a day. Whether it's on TV, or on the radio when you go to work, or even if you hear a street performer in a park, you've all heard music. If you haven't, then probably deaf. Music surrounds us, no matter what. Plus, music is not only good for your health, it's good for your soul. For some people, music is a distraction, but others, it helps them work, exercise and even helps them remember easier. I know it does for me. So many people suffer from depression across America, and across the world. An estimated 9.2 million people suffer from depression. But, most of them seek out music that relates to them, makes them feel loved, or even just music in general. Music is their life, they live for music. And in some cases, music keeps them living. Without music, where would they be? But, this doesn't mean, "Unless you're depressed, then you don't need music." We all need music sometimes. Whether you're sad that your boyfriend/girlfriend broke up with you, or you got in a fight with your best friend, or you could just be having a bad day.

Music will always be there, waiting for you. Who doesn't just want to curl up with a blanket and listen to a playlist of music you made when you're sad, maybe even bring your favorite book with you. Or, you're just so happy, and

<https://assignbuster.com/is-music-a-luxury-or-a-necessity-for-humans/>

you just want to dance, you're most likely to put on a really good song, a Just dance till you can't. " Music expresses that which cannot be said and on which it is impossible to be silent" - Victor Hugo Music is everywhere. It's on the TV we watch, on the streets we walk on, in the cars we drive, one could even say it's practically in the air we breathe.

No matter where you go, there's bound to be music. You might not be able to understand it, but it's still there. It's always has been, and always will be. In my life, personally, I listen to music for a good six hours per day. From the time my alarm goes off, to when my mom makes me take out my ear buds to go to bed. Without it, I don't know where I'd be. Music also brings people together. Whether it's at a concert, or someone likes the same band as you. Music brings us closer than anything else on earth, except love.

I'd would have missed out on so many opportunities if it wasn't for music. To be honest, I met most of my friend's thanks to music. Music brings us together, it's a fact. Some people consider music as a luxury though. Usually, a luxury is something that is afforded by one group or person, but not by another, poorer group or person. But, that doesn't apply to music, as it is enjoyed across the entire planet, regardless of what you want to? There is something special about music. It just makes everything better. Music, at its best moments, is a most miraculous expression of humanity.

That's why I love it. For most people, music is a distraction. But for others, like myself, it actually helps them work. Music stimulates certain parts of the brain. When you're writing an essay about, let's say, world hunger, you might want to listen to some music that you consider " emotional" while you write.

By doing this, you could be more likely to be able to put more feeling into your essay. Also, college students often listen to music while they study. That way, when you take the test, and the song pops up in your head, you'll remember what you learned.

If you listen to upbeat music while you exercise, it raises your heartbeat and makes you work harder. Upbeat music will also help you not fall asleep. Another good use of music is, when you hear a certain song, it might remind you of something. Like, the song that was playing when you had your first kiss. Or maybe you hear a song that was popular back when you were in high school. Music works in strange ways. Music has the ability to make a person feel emotions, of course, we already knew that.

The thing is though, one song could make a person feel so happy, and the person next to them could be in tears because of that song. It's weird how music has such an impact on our lives, and we hardly notice it. The same song you think sucks so much, could be the one thing that is keeping a person alive. Or maybe, that person could be you, who knows. But what we do know is this. The first written form of music can be traced all the way back to 600 AD, and can still be found and heard today all across the world.

If we didn't need music to survive, then why has it been around so long? Think about it. When the first song was sung, and the first instruments were played, who was there? Our ancestors were there, and I bet they were cheering on, and dancing, having a good old time. Enjoying life as if it would never end. Those first people passed on their experiences from generation to generation, and pretty soon, everyone loved music. They couldn't get

enough of it. It would be a crime to take that away from us. Music is our history, music is our life. Without it, what are we?