

Music is only meant
for relaxation, not
more. do you agree?

[Art & Culture](#), [Music](#)



Music is not just a medium of entertainment. It is used in several cases for multiple purposes. Though some people limit the use of music within the boundaries of entertainment but it has a huge diversity of uses. Music has been one of the easiest ways of advertisements. A religion and culture can never be separated from music. Doctors have started using music therapy for curing the patients. Yoga, meditations are popular among them. Thus, music has been taken into various purposes in our life. So it cannot be limited just within the rationale of relaxation. Music has always been a part of culture in many parts of the world. Talking about the Hindu religion, music is taken as a necessity in cultural activities as well as in religious purposes. The Bhajans sung by people in temples easily attracts one's mind. It gives a sort of relaxation but in reality the song expresses the devotion of the people towards god. They invoke moods through their content, musical construction and the atmosphere they create. Nepalese people celebrate Tihar as their second biggest festival. The festival is specially known for musical beats of 'Deusi' and 'Bhailo'. People of all age sing the song, dance on the music beat and celebrate the festival. This shows the value of music in modern cultural world. A popular use of music in these days is Music therapy. It is the use of music as an addition to relaxation therapy, or in psychotherapy to elicit expressions of suppressed emotions by prompting patients to dance, shout, laugh, or cry in response. Music therapists are most frequently called upon to help the mentally or physically disabled. For instance, patients suffering from speech difficulties or autism may be enabled to express themselves more effectively by making musical sounds, and music can help people with physical disabilities to develop better motor control. Another basic attribute

of music is to support an advertisements structure and continuity. Music is used to mediate between disjoint images. Also it can emphasize dramatic moments within the advertisement. For instance, TV commercial music structures the told narrative, can tell a narrative itself or function as anchor which completes the overall meaning. It can create the antagonist and the protagonist within this narrative by giving them typical musical figures, harmonies or melodies. These days popular Nepali pop song JHILKE, sung by Sugam Pokharel, is used to advertise Samsung company products.

Interesting news is that agencies have found the increase in the rate of goods sale after the use of the song in the advertisement. Moreover, music has become vital in natural health treatments such as yoga and meditation. We can see from ancient paintings at the yoga ashrams where musical instruments were in use and evidently they were used also as training supporting instruments. Vedic chants, chanting mantras, puranas — all create a flow of melody which induces concentration in the listening mind. At the same time it always contains a deep meaning, a powerful universal energy which we can connect to. An interesting use of music is seen when it is used for protest and revolution. From the ancient days music has been used as a medium of protest against the cruelty. “ American Taxation” written by Peter St. John and sung to the tune of “ The British Grenadiers” was one such song which protested against “ the cruel lords of Britain” who were striving after their rights to take away, and rob them of their charter, in North America. Also Hutchinson family singers are popular name in music industry for the use of abolition. Their music composition with heart touching words often touched relevant issues such as abolition, temperance, politics,

war and woman's suffrage. Thus, music is a useful medium for protest and revolution. Music has its use in broad diversity. Be it used for religious purposes, advertisements, awareness campaigns or protests, from the past to the imminent future music will be an inseparable part of human life. It is one of the most entertaining mediums for the world. However it cannot be ever limited for just relaxation work only. The primary purpose of music is for relaxation. Yet, there are many other types of music that does the opposite. The types of music include, dance music, religious music, spiritual music, ethnic music, children music, Baroque music, classical music and many others. These different types of music have various purposes. Each type of music will invoke different moods in the listeners. Dance music is produced specially for dancing. In every beat, there is a special movement. The music is for the audience to feel their actions. It is very lively and has an energetic feel. Ballet is a form of dancing in which the audience may feel relaxed while watching the performance. The ballerinas will also feel relaxed while listening to the music and sometimes the music will enable them to improve their performance. Spiritual Music is used while meditating. It helps them to relax and relief stress. Spiritual Music is one of the few types of music meant purely for relaxation. Classical Music is favourable among the older generation. It gives them a soothing feeling. Some of the classical music is also known to be able to help you to sleep well. Baroque music, although not widely known, has many purposes. It allows the mind to open up. This is useful for people who are working or studying. Children music is the most useful in my opinion. Through the songs, it teaches the children different things such as the alphabets and numbers. With the music, the children are

able to remember the alphabets and numbers better. Music is also used for special occasions such as wedding ceremonies and funerals. In wedding ceremonies, the music played is jovial and gay. Music can also stimulate the mind. There are many things in music, to which one can listen and bring attention. One can be mindful of the melodies or themes, the harmony, the driving or relaxed rhythms, the color of the sounds, the activity of a piece, how the sounds are produced, or how they all relate to one another, all while, possibly figuring out how the composer conceived the piece. Focused and attentive listening is an incredible experience that allows one to be lost in a foreign sound world. Concert music is the music that is not only pleasing to the ears and mind but also nurturing for the soul. It has been long said that music gives one an emotional response. Characters of varying degree that are found in music, can affect one's mood. Music can raise someone's mood, get them excited, or make them calm and relaxed. Music also - and this is important - allows us to feel nearly or possibly all emotions that we experience in our lives. The possibilities are endless. One of the great things about music in general, and in particular concert music, is that playing it opens up a whole new world of experience that further enhances the mind, physical coordination, and expression. Music lovers, who are also amateur performers, may choose to play in community ensembles (orchestra, band, choir), take lessons, perform with others, compose, and nearly anything else a professional musician may do, while maintaining their regular lives. All of this involves intense physical coordination in performing an instrument alone or with others, while reading musical notation, and adding delicate or strong nuanced changes to the music that only a performer can bring. In general, to

an amateur musician, music can provide an escape from everyday life or an alternative means of expressing one's own capabilities. It is an important part of their lives and fills a need or an urge to create music. In all levels of education, music has immense worth. Students learn many important and necessary values for life as music enhances their mind, their expressive ability, and a whole host of other qualities. Learning to read music is learning a different language with abstract sonic meaning. One not only has to comprehend and decipher unique symbols on a page, they have to know how to execute them and execute them well. Those learning music also learn how to develop a critical ear. With a critical ear, one will know how to practice, rehearse, analyze, and critique music performance. Also, performing music encompasses playing with others, as well as alone, which both necessitate certain skills. Also one can also learn tremendously from studying and analyzing music, composing, reading about music, understanding the history of music and its association with historical and current trends, and knowing what to listen for in music. Students of music — whether it be at the elementary, middle school, high school, collegiate level, or through self-study — learn self-discipline, expression through sound, enhance technical motor skills, further develop problem solving skills, learn how to cooperate and collaborate with others, and learn how to ignite the creative and critical mind. Most importantly, the student can come away understanding that music offers all those qualities in addition to the enjoyment in listening casually or with great attention. Anyone who is educated in music learns these skills whether they know it or not. People

who do not make a career in music but have studied it will take these skills and apply it to their everyday lives and career.