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BACHELOR IN SCIENCES**

MONOGRAPH

“How can we understand humanity with music?”

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Gratitude

First of all, I want to say thank you to all the persons who have helped me to accomplish this task. I want to say thank you to my parents because they have taught me how to improve myself and how to be the best version of myself so that I can become and obtain all that I want in the future. Thank you to all my teachers, specially to Ms. Laura Ortuño who helped me in the process of making this document and also my dad who guided me to take certain steps in the manner in which I presented my ideas in on this document.

I would also like to thank y my mom who taught me how to become the best person possible and how important it is to help society with my abilities.

I want to say thank you to all my teacher because they instilled values in my life and they taught how to be grateful for my studies, as I said, I am really grateful for what my parents have done for me, as a Catholic, I have to thank God because without him I would lose my serenity. I'm sure that my goals will bear fruit in the future and therefore I must strive every day to be better at school, everything everywhere I go without ever forgetting to be respectful, as that enhances the person.

It is really hard to say thank you for all things that I've done in my life because I mean this is my last year here in high school and it is really cool but at the same time it is really boring

because it is a lot of heavy and hard work but I have to say thank you for that. My gratitude to all my friends because they were there for me when t nobody else was around and also thank you to Unidad Educativa Javier, without your educational program I wouldn't be the person who I am today.

Summary

Solid medical research supports the concept that music is healthy for the mind, as it stimulates brain waves. The brain is no different than any organ, in that when it is exercised, it becomes sharper, stronger and more useful. Stimulating the brain via music is the equivalent of developing a stronger heart through cardiovascular exercises. Music directly affects brain waves, as stronger and faster rhythms make people more alert, while slower music can help people meditate and relax. This healthy calming and focusing affect helps people develop a positive mind state, while also reducing stress, which lowers blood pressure.

The creative process is an integral part of making music. It starts from within your soul and heart. You need to be able to take black notes on a page and make them into an expressive, rich and beautiful musical creation. The musician needs to transform a written piece of music into a musical masterpiece the listener will never forget. The composition needs to not only to be communicated in the style and period of the composer, but also needs to be delivered with emotion, expression and individuality.

Music is as diverse as the composers who wrote it. As an artist, you must be able to convey and share the emotion of the music to your audience/congregation. For this transference to be

successful, you must first feel the passion of the music from within yourself and then deliver it in a creative way that can relate to every person in your audience.

Music is meant to be shared. My greatest joys in life include music — from my marriage, a wedding, a funeral, a concert, a church service, a social event or the birth of a child. I plan to continue sharing my gift of music for a very long time. Let the music play on.

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Introduction

What would you think if I told you that I can see your personality just by listening to a song that you like? What would you do if I told you that I can help you to find the path just right for you simply by listening to your favorite song? Or even answer why you feel like a strange chill rush across through all your skin when you are listening to music? Those questions can be answered just by reading this monograph. We have a magnificent brain, full of energy and space where we can save information everyday which increases our intelligence but at the same time, while listening to music, we save or store that song and our brain transforms that information into a mechanic movement or in a permanent memory, I will talk about what benefits this may bring and explain what music can do for you. For example, how can music describes your personality and which advantage doesn't this topic have for you in order for you to have a healthy life.

Research proves that when you listen to music you like, your brain releases dopamine, a “feel-good” neurotransmitter that it is really important for your system. Listening to the music you enjoy decreases levels of the stress hormone cortisol in your body, which counteracts the effects of chronic stress. This is an important finding since stress causes 60% of all our illnesses and disease. One study showed that if people actively participated in making music by playing various percussion instruments and singing, their immune system was boosted even more than if they passively listened and it is a prove of what kind of action your body is relation it. Research

shows that music therapy and pre-recorded music reduced pain more than typical treatments for cancer patients. Other research indicates that it can also reduce pain in intensive care patients. But the selection of music needs to be classical, meditative, or the patient's choice but with a reference. Performing cognitive tasks whilst having music played in the background can boost your performance. It's been proven that the ability to improve cognitive performance comes down to the emotional state of the individual. As you are listening to your favorite song, it will help you to elevate your mood, it can therefore improve your performance at work and if you are studying for your test.

Chapter I

Music in our brain

1.1 Know the different modalities that music uses in psychology and sociology

There's no other way to see our brain with music it allows to communicate and socialize, it affects our memory, movement and emotions, in our communities' music is a very special word because this topic it includes other professional areas like psychology and sociology, for example when you hear a song from an artist or from a band, that sound immediately goes into the signs of your brain and your mind identifies it which is the best emotion for your body, I don't want to be boring.

But if you listen a song from Mozart maybe you will fall asleep or maybe you will enjoy it that's why our brain works for that and this example it is a prove of what can music do in psychology and sociology, for example we can use music for special people like persons with mind difficulties, depressive people and children with mental illness so we can apply this topic for their minds and do an educational process for this type of persons.

It's like if you feel alone and you want to find something that maybe it could be happy for you that is the reason of why this type people feels happy about what are they listening around their life. Music is also an important topic in sociology because if we see people protesting on the streets they put songs and also they do posters with lyrics of songs,

this means that music can change people minds and personalities to improve themselves and do good things for their communities and their neighbors.

1.1.1 Psychophysiological and psychobiological bases.

Music in Psychophysiological and psychobiological combines too many feelings inside you and also external feelings for examples muscles, nerves and skin. In Psychophysiological, is where we find that a feeling when you play an instrument, this movement is referred to as “returns and goes” and relates to when you are playing an instrument and you know your brain processes a calm sensation immediately, as well as inspiration and happiness.

You can sense your muscles relax and your movements are completely automat while your brain processed all your feelings. It is like if the instrument possessed your body and you do things that you do not want, and it is really interesting see this because it permits you to prove what is happening inside your mind and the emotions that you have.

We can therefore see people on stage doing a show while playing their songs, they do it automatically, and our brain needs sensorial information that is sent in form of encoded pulses. These are interpreted by the various brain structures; the brain receives processes, saves data and reacts to a variety of responses.

1.1.1.1 Psychophysiological Approach.

Our brain is the organ that analyzes the perception, everything that we hear or even see is information saved in our memory and it is an image or a thing that our mind projects to our eyes, Music means sound, sound is a vibration in the air, the vibration is an energy and this energy produces waves that comes to our ears.

Our brain identifies this sound with a positive way or with a negative way, for example, there are people that have some noises like annoying and there are too many that like those annoying sounds, so it depends on who likes these types of waves. If you see these sounds make us happy or make us uncomfortable, we use our brain hemispheres for this.

For example on the right side we have our musical imagination, for example if we listen to a “metal” song, we can imagine a road with fire, and on our left side we have our verbal representations which is the side which allows us to express ourselves.

1.1.1.1.1 Psychobiological Approach.

To explain this topic, we have to remember Lacárcel (2003) “If we consider what is the relation of brain development into the number of musical abilities that can be acquired and the number of functional connections between different brain areas, we could conclude that the role of music educators is to maximize the creation of these connections” (p.218).

Our body acts or reacts to music, when we hear a song that we love, our brain starts to work, our muscles relax because the signals from the brain are calm so this produces a sensation of guilt or even happiness, the “referential system” this means that the neurotransmitters control our organisms functions and emotional personalities.

The neurons have a synapse meaning one organism is separating from another to have a connection between the information and the sensations. The neurons possess a particular thing that is important in our body, it has a determining factor for musical behavior, which is the structure and the connection of our brain circuits pertaining to each person, depending on the situation or what is happening at that moment.

1.1.1.2 Emotional intelligence and musical behavior

In our emotional intelligence and musical behavior we have many examples of his, but to be more specific, the way you act depending on what type of music are you into, what part of the day you like to listen to music, what type of emotions you feel when you hear your favorite song. So, as you can see it's about our behavior before what we consider to be a sweet melody.

If we can take a part of history in our concept about music we can say that music has been a really important part in our future, for example back in the 70's, 80's and 90's there was a big wave of artist that they got to the famous saloon and that is because their personalities was really different s and change people's behavior in different aspects in the 70's rock music was born, in the 80's pop music born and in the 90's grunge was born so these types of genre moved billions of people in different areas of society.

1.1.1.2.1 Behavior

Music is a language where you can discover your behavior and your aspects from the inside and identify what the problem with you is. You can

discover how to relax yourself, how can you calm yourself when you are stressed.

Music can be used as a cue, as a time and body movement structure, as a focus of attention and as a reward. While principles are few, effective application of the behavioral model is extremely complex and requires extensive training for an effect innervation. Behavioral music therapy requires a solid understanding of the principal of behavior temperament.

1.1.1.2.2 Emotional Intelligence

The emotional intelligence is connected with our brain; this topic is interesting because you can see how your body automatically does a mechanic movement while you are listening a song for example if you are in a party and there is an electronic song, your body will start to shake and your legs will mark the rhythm of the compass.

Why? Because our brain gives pulses around our nerves and parts of our skin to make this strange feeling while you are listening to a song, depending in which gender you will listen your brain is going to react differently and these electric pulses will move a part of your body like your legs, head or fingers.

Also there's an emotional fact in this topic because when you are listening to a sad song or a classical piece maybe you will cry or maybe you will get bored this means that your brain acts with this feelings and transforms it in a mechanic way and sends it into your nervous system and your muscles.

It's not just a fact it is a strange behavior in our body it is amazing when we remember something really sad and suddenly we started to cry and get angry but if we listen to our favorite song our corporal structure changes into other personality, it's like if our system has an intelligence of its own.

This is also a sign of a good health because it means that your brain signals are really optimistic...

Chapter II

Active your inner musician

2.1 Music Therapy and Psychodramatic Therapy

First of all, I want to start this second chapter mentioning that (Moreno, 2003) “Music, with the base of Psycho Music, can be transformed into an active function for the whole man in his daily life” (p.13).

This little introduction gives the name of the second chapter “Music Therapy and Psychodramatic Therapy” because in each area I will explain the importance and the definitions about what music therapy and psychodramatic therapy can give us and how can we´ve chance our way to see the things through all these years of our life.

We know that music therapy is a type of expressive arts therapy in which you can use music to improve yourself and maintain the physical, psychological, and social well-being of individuals that involves a broad range of activities, such as listening to music, singing and playing a musical instrument as I mentioned before and we also know that psychodramatic.

Therapy with music applies the dramatic expression, the theatrical game, and the movement of the body, the symbolic expression and the staging of the experience as therapeutic tools, through the action of the past, the present and the future, our feelings, our thoughts and our emotions.

All the things mentioned refer to a period that we have experienced in our past. All these things are important to discover. With the help of music, we can control and balance our harmonies and our sources of energy.

2.1.1 Music and its applications in psychodrama: techniques, stages, resources and scenarios

Here in this section of the second chapter I will explain how we can use music, combined into a psychodrama structure and make it better for the person who wants to be helped, first of all, we must understand that in the techniques of psychodrama with music there's an important technique that uses music instruments.

This is very important because we can express ourselves by playing an instrument and we can take things away, which are annoying our brain. Another technique to improve our psychodrama is exploring our emotions and our past through acting with music; performing a movement with your arms or with your legs with the

rhythm of a song, but here we don't use a typical pop song or a typical hip hop song, we use folkloric music from each country like salsa, cumbia, samba, Celt music, etc., to have a transformation and results.

A stage in Psychodrama gives the person a different ambience and atmosphere as if stepping out from real world into a different reality. In this manner, the person can progress, for example if we are playing an Indian song we can create a scenario as if hunting bulls or in the fields horseback riding across a mountain range, using these resources, we can use our body as an instrument, this method improves trust and helps to make things better and clear your mind so that you may better analyze the things going on in your life or to make future plans. , Another resource is using things around you as instruments like tables, chairs, hands, wood, walls and also your chest.

Using ourselves as instrument is really healthy for our brain because it heightens our minds above others, it can help make us brave through dangerous situations as well as to cope so that we may better confront illness. . Should we ever be in pain, listening to music and exploring our minds, we can imagine those stages and be taken to another place to improve our brains.

2.1.1.1 Felling in the Music

Well I think this will be my favorite topic, feeling in the music is a topic in Psychodrama that explains the different personalities that you acquire depending on which genres of music you listen to every day, With this topic you might discover all the things that you didn't know about your personality depending on your music preference, This topic explains musicians' personalities because there's no way that all the musicians can play all the types of genres unless you have a degree in music.

I mean there's a limit for each musicians, especially those who have branded a style of music and have follower This is for these musicians who make a living through music, they make money for the music that they create, For example, Metallica is a Metal band but they wouldn't make pop music because it would be a "music-suicide" because they would lose money and the respect of their followers.

Music is a big business that you can't break, the public expects new music all the time but they can't understand that being a musician is a hard job.

2.1.1.1 Which genre is the best for you?

- Rock And Metal

We have an image with these types of persons many believe those who enjoy or attend these music concerts go to consume drugs and they are looking for trouble. The idea that metal heads are simply aggressive drug addicts is wide spread., Those characteristic are not common to see in a person who likes heavy metal or hard rock, people who also like rock or metal music can be very peaceful and very kind, they are very sensible and also are really know how to have a good time with their friends.

- Pop

These types of persons have a special personality because they have a high self-esteem and They are always searching for new challenges and they want to confront all their fears, they are very responsible and creative, these types of persons tend to y get angry, upset and stressed on quite another level, so if you see a person who likes pop music and he or she is angry we should run in the other direction.

- Electronic and Dance Music

Their personality is a big emotional storm they find electronic music like a paradise if they get sad or depressed; they have a lot of energy that's why they love to enjoy new thing all the time and explore what is happening around them. One bad thing about this type of persons is that they have tension and stress because they are very organized so if they see one thing that they don't like, they will become sad and upset.

- Blues

The persons who like the blues melody are usually a creative machine and have good personality, they know when to laugh and when to make a person really happy, they are very kind and very gentle, but you should not say no to them because they love to enjoy things with you so if you like blues, you have a good personality.

- Jazz

The persons who like Jazz they have the same personality as those who love the blues but the difference between them is that they tend to be very creative to another level because if you listen to the melody and the harmonies between blues and jazz there's a big complexity of music

theory, so they like challenges, they enjoy nature and the things around them.

2.1.1.2 Music preferences by personality type

As you saw in the previous chapter, you could appreciate which genres defines your personality and that is why our personality is the key to our soul because this defines and describes who we are and how we want to change the society through our music preferences.

As I said there's not too much reasons why we like this type of music because I think 50% of people around the world born with their own genres preferences, but the other 50% they can find their own genres discovering them like if we need something and this is also a topic in psychology called "Special Need".

Where the person need something new every day because he or she is bored about what happens all the day and all the evenings. But as I said for example if you have a really happy personality you will like all types of genres because your mind tells you to enjoy every single moment of your life so that's

why happy persons like all types of music and they enjoy it because they feel like they are in a safety place,

But for people who tend to have more of depressed personality like their own music, I mean it's like if the only cure they feel is listening to music. So music is a really good method to leave sad feelings and our past behind. Our brain is connected to our nervous system and this is why we feel comfortable or uncomfortable with a song that we like or we don't like, Jazz is also a good point from whence to discover a personality.

Some people find jazz is a really boring but for some people jazz is a professional way to practice music. If you perform an instrument as a musician, it is a good way to discover your personality

2.1.1.2.1 Analysts, Diplomats, Sentinels.

When I'm talking about analysts, diplomats and sentinels, I'm referring to persons who can help you cure all your bad decisions you take in your life and make it a positive vibe with music like music theorists and musicians with a great ear. Their methods are really interesting it is a

process to make it right, like I said before, there are many methods that we can use in music to improve our minds in our system. It is really important to remember that “Music is a complete universe made with our heart” (Kitaro, 2010, p.12).

2.1.1.2.2 Genres and which genre defines your personality

This chapter is to answer the questions you ask about yourself if you should ever have a bad feeling and you do not know if you are in fact a really bad person or if you are a really good. Perhaps you may ask yourself if this is true but at the same time, you have to search your own mind about what you really are. It does not matter if you listen to metal, rock. Blues or jazz music all these music genres are a plus but what you really are is what you decided to be.

Chapter III

Phycology in music

3.1 Why is music therapy very important to us?

Listening to music can be a quick route to getting yourself into a better mood, but it's becoming increasingly clear that there's much more to the benefits of music than just a quick boost for your outlook. Research has shown that music has a profound effect on your body and psyche. In fact, there's a growing field of healthcare known as music therapy, which uses music to heal.

Those who practice music therapy are finding a benefit in using music to help cancer patients (also it is important to put some music in the patient to relax their nerves), children with Down syndrome, etc. Even hospitals are beginning to use music and music therapy to help with pain management, to help ward off depression, to promote movement, to calm patients, to ease muscle tension, and for many other benefits that music and music therapy can bring.

This is not surprising, as music affects the body and mind in many powerful ways. With all these benefits that music can carry, it's no surprise that music therapy is growing in popularity. Many hospitals are using music therapists for pain management and other uses that support their patients' health, music therapists help with several other issues as well, including stress and some illness around the body.

Music also has been found to bring many other benefits, such as lowering blood pressure (which can also reduce the risk of stroke and other health problems over time), boost immunity, ease muscle tension, stress and more. With so many benefits and such profound physical effects, it is no surprise that so many are seeing music as an important tool to help the body in staying (or becoming) healthy.

It has also an important point for our lifestyle because we can see how grow through all this years.

3.1.1 Music Therapy for Elderly People

While small amounts of stress are a normal part of everyday life, some older adults experience overwhelming stress and tension. Listening to music has been found to help people deal with stress and anxiety by slowing high heart rates and reducing levels of the stress hormone cortisol with slow and a good atmosphere element. In music therapy programs, therapists may use songs with certain rhythms, themes, or lyrics to help people relax and reduce stress.

Music is known to bring people together. In music therapy programs, older adults are encouraged to communicate and connect with other members of their group, often

making new friends in the process. The social aspect of music therapy helps seniors alleviate feelings of loneliness and isolation. Playing music can motivate older adults to get moving, whether it's by dancing, clapping, or even tapping their toes.

Many music therapy programs use drums or tambourines to encourage seniors to participate and make their own music. In addition to providing music therapy programs for residents, some retirement communities also host live musicians or plan excursions to local concerts and performances. Whether it is by listening to therapeutic music, playing an instrument, or singing along to a favorite tune, participating in music therapy can have profound effects on older adults' mental, physical, and emotional wellbeing.

3.1.1.1 Music Therapy for Young People

The results of the trial strongly indicated the need for further research to ascertain what type and dosage of music therapy was most effective, for whom and in what circumstances. Mental ill health affects up to a fifth of children and adolescents worldwide, including social, emotional and behavioral problems.

Adolescent depression and anxiety frequently co-occur and extend into adulthood, the report added. In addition to psychoanalytic psychotherapy, the adolescents on the ward had the opportunity to participate in music and art therapy. By virtue of the fact that I was a member of the adolescent psychiatric

team, I was provided with an excellent opportunity to concentrate on the development of adolescent music therapy.

I was able to make use of all the materials collected by the team concerning background, development and the present problems of the adolescent. The music therapy sessions were tracked through use of written notes and video recordings which were regularly discussed by the team, thus making it possible for it to be integrated into the overall treatment.

Adolescent psychiatric treatment was voluntary, which also applied to music therapy as a part of this treatment. The music therapy described herein took place either in groups or individually, in the music room or on the ward.

The hospital music therapy room, which was equipped with a wide variety of musical instruments, was reserved for the adolescents twice a week for two hours per session. The acoustic instruments on the ward were freely available for use by the adolescents in their rooms. In practice, the main approach to music therapy was to listen to, and above all, play the kind of music the adolescents themselves chose.

The adolescents participated in music therapy two to three times a week for periods between six months and four and half years. Most of the adolescents took part in music therapy during their treatment.

3.1.1.1.1 Music Therapy for Children

Every child has experienced music in one form or another. It is a shared experience everyone can relate to, while at the same time offering a chance to explore using an instrument they have never picked up but always wanted to try. Since music therapy is designed to be developmentally appropriate for anyone, it provides an opportunity for self-discovery and the chance to release emotions a child might otherwise keep to themselves.

During their first meeting, a music therapist will assess the patient's abilities, set up goals and create an action plan for future appointments. A session can last anywhere from 15 to 60 minutes and may include the therapist providing music or the therapist and patient making music together. Depending on the needs, a meeting can be as simple as chanting and singing to something more complex like recording a song.

Music therapy also promotes the release of neurotransmitters, called endorphins, which trigger a positive feeling in the body and act as natural painkillers, reduce muscle tension and promote relaxation. There is also evidence that music helps release memories, negative emotions or repressed feelings. This is important in a patient's healing process because it can bring about a positive change in their thoughts, behavior and attitude.

Interview

Interview with Lucas Valarezo drummer of Backlash, he answered some questions about his feelings when he reacts to music.

1. How does it feel when you are listening to music?

Well, I listen to rock and metal music and when I'm wearing my headphones I feel angry, excited, with energy and this is because when I listening to this kind of music it's like you're in a battle with somebody it makes me feel brave and happy.

2. How does it feel to play in a band and do gigs?

Powerful, when I play the drums my heart start to beat it is a sense that I can't control and it makes me feel happy and more excited to hear the comments of the people you know phrases like "Hey you are really good" or "Man, you are a badass" those comments makes me feel like there's no limit in your life and you can be whatever you want.

3. Please explain your creative process

Well when I want to create something the best way to improve your mind is to lock yourself in a room thinking about music and music and music, just music and the ideas will fly.

4. Who are you inspired by?

My father taught me to love what I need in my life and how to love what I really like and also my mother they have jobs related to the arts.

5. What advice would you have for someone wanting to follow in your footsteps?

Never give up and always do what you love, that's it because if don't do what you love in this life, let me tell you, that you are not a human you are a coward for not trying to improve yourself.

Conclusions

- At the end of this monographic work it is concluded that music is not just a piece of melody to which you can listen to everyday Music is more than that. You can discover yourself and your personality .It is really important to listen to music every day because it is a cure for your mind and soul it is also important to listen to different kinds of music to improve yourself. Use musician for children and elderly people to change their lives and life style.
- You can see how everyone's abilities improve when doing something, while listening to music These benefits include mental benefits, such as reducing stress, improving mood, helping depression, and improving our memory. There are also physical benefits to music. Some of these benefits are: easing pain, helping patients recover post-surgery, helping premature babies grow, improving your heart, enhancing blood vessel function and even aiding in exercise.
- The brain can even be improved by listening to music, and so can our mental and physical health. Music can even be used to boost our mood and spirits. However, we have to know which type of music is most beneficial for us, as it is normally based on personal preference, even though classical music is usually the most rewarding. This ancient art is also one of the most powerful forms of healing for many different sicknesses. Music is truly amazing!

- Currently a deal of young people listen to international music but from my point of view traditional music is more important that international. Each country has traditional music. It is the part of particular culture. Each culture has various form of music. By listening or looking at the music a common people can guess what types of culture are you from.
- In conclusion, I would say that, music is in our minds beginning from our birth until our death. Music is an inseparable part of this world. We cannot live without music being the part of our lives in this world of full noise t. I think, music is t to our soul, what a bath is to our body, a cleansing.

Recommendations

- At the end of this work it is recommended that music it is an important topic for us, for example, music can easily help you focus better and allow you to use additional concentration capabilities, you thought you never had. Type of music, from this period, isn't as important as the rate and the melody. You will need soft and gentle music that calms you. After it calmed you, your focus will be better and your brain will be capable of memorizing much more. Classical music has been linked to the aforementioned benefit a few years ago. In general, all types of it have benefits; therefore, it should be listened every day of our lives.
- Have you ever wondered why all gyms, play music all the time? Have you also wonder why all of them play a similar type of music. It is because music helps us exercise more and for a longer period of time. There are a few ways music affects you while exercising. As we already mentioned, it makes you feel calmer, therefore you will be more comfortable in doing the same thing for a longer period of time.
- Then, it gives you the motivation to exercise longer. The bottom line with music and exercising is that they are things that must be connected every single time. Exercising without listening to the music won't be as successful as you would like.
- If you listen to the music every day, chances are higher you will get more friends. You will also learn how to be better in social life and how to make new friends easily. Because you will

be in places where people with the same music taste come, you will meet people with the same opinions and same characters.

- All of this is mandatory if you are looking for new and important friends. No matter whether you're an adult or a child, if you want to boost your verbal skills, try taking music lessons!

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