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THE EFFECTS OF MUSIC ON PEOPLE

Most people feel more happy, more relaxed or more comfortable when they listen to music. The effects of music have been proven by scientific studies of psychologists. There are many kinds of music, and people's music choices depend on their moods. As an example, sometimes we feel sad, and if we listen to mood-booster music, we feel better, or vice versa. Furthermore, if people listen to music when they are doing something, they can do their best. So, music is helpful for people's mood. Most psychologists' studies demonstrated this fact. This review is an analysis of studies conducted by Ali Bicak , Mert Karabey, and Julian Treasure.

Ali Bicak¹ is the one of the psychologists who shared an article on the Internet about the effect of music on people's psychology. He explained how music affected us psychologically with examples in his article published on his own web-site. He starts his article by arguing that music is the food of the soul. We feed our soul with music, but we shouldn't poison our soul. It means that we should be careful while we choose music that we listen, because music affects our mental and physical health.

Music has many positive effects on people. Ali Bicak has given information about these positive effects in his article. A group of scientists at the University of West Virginia found that music selectively affected neurochemical systems, structures in the brain for positive mood, mood regulation, attention, and memory. One of the examples that are given in

¹ Author - Psychotherapist Ali Bıçak is a professional who provides psychological support and counseling services.

Ali Bicak's article is that you can notice an increase in your focus. While you are doing some activity, if you listen to upbeat songs, you will be faster, or if you listen slow music, you will use your brain more effectively. According to Ali Bicak, the most important effect of music is on depression. When you listen to music, you feel relaxed; you get rid of you troubles if you choose the right music to listen to. He has also given more examples about the effects of music such as music helping reduce sleeping deficiency.

Another researcher who studied the effects of music on human psychology is Julian Treasure². His Ted-Talk video is about the effects of sounds on people. Julian analyzed 'How sounds affected people?'. He thinks that there are 4 major ways by which sounds affect people and he explained these with some examples. When he starts his speech, Julian Treasure gets the audience to listen to some. His aim is while he explains his inferences, he tries to prove the accuracy of his inferences.

The first major way by which sounds affect people is physically. When people listen music, their breathing rate and heart rate vary depending on the music. Additionally, their brainwaves rate change. The second way is related to psychology. Music's most powerful effect on people is on their mood. Some classic music pieces have positive effects on people. As an example, people feel safe when they listen to classic music. Also, natural songs have the same effects on people. If people listen to birds' songs, they feel peaceful, but if there is no birds singing when they are in the forest, they may be scared. These are examples of the psychological effects of sounds on people. Another effect is on cognition. For people who work at office, some distracting sounds in the office reduce their productivity by %86. But if these people listen to birds singing or other relaxing sounds, their productivity will triple. The final effect is on behavior. For instance, if you listen to techno music when you drive,

² Julian Treasure is the chair of the Sound Agency, a firm that advises worldwide businesses

definitely your speed will increase. So, it is an evidence that music affects people behaviorally. Julian Treasure gives these information in his Ted-Talk.

On the other hand, there is an interview of psychologist Murat Karabey³ in a psychology journal called Nesne⁴ (2014,2). Fatma Sezişli⁵ interviewed with Murat Karabey about the relationship between music and psychology. He remarks that there is a definite link between music and psychology in his interview. According to him, the first aim of music is to express feelings and thoughts.

Karabey mentions which factors have effects on choosing music. He says that cultural factors like family and education have effects on choosing music to listen to, and these factors determine people's taste of music. There are many cultures around the world and differences between these cultures. These cultural differences may cause music to be perceived differently. So, he says that music is universal, and that everyone can listen to the same songs, but they cannot infer the same meaning from same songs .

As a result, music affects people psychologically, physically, behaviorally and cognitively. But, not all people can experience the same feelings when they listen to the same music because of cultural differences.

³ Murat Karabey was an assistant professor doctor but now he is a teacher and musician.

⁴ Nesne is a psychology journal

⁵ Fatma Sezişli is an interviewer who interviewed with Murat Karabey about the link between music and psychology.

REFERENCES:

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