



Name

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Date

The Cause and Effect of Music

Music may be regarded as the universal language, because it has an impact on people regardless of culture, class, ethnicity, gender, and any other number of factors. It is a powerful driver of human emotions and as such, it can play a significant role in one's physical health as well. Listening to music can be a tremendous stress reliever, and undoubtedly decreases anxiety for a great many people who may otherwise have no other solution besides medication or psychotherapy. Music has a physiological impact as well, by reducing blood pressure, affecting the central nervous system, and allowing people to relax which may reduce a wide range of problematic physical complaints. Emotionally, music can bring people sadness, joy, wonder, surprise, and unlimited feelings of all types. Socially, music brings people together through concerts, recitals, clubs, parties, dancing, and settings that reinforce human interactions in ways that are sensual, physical, and just plain fun. Listening to music binds people who might otherwise never have met and/or forms connections because of profound differences in other areas of functioning; yet music has the power to surpass all boundaries because of its unique, magical ability to draw people in.

Because music plays such a significant role in stress reduction, it is clearly responsible for helping people prevent major health problems such as stroke, heart attack, cancers, and any other conditions that involve the immune system gone awry. There is no question that if a person

is diagnosed with a serious illness, music might allow that individual to survive longer, or at the very least have a better quality of life in their remaining days.

The powerful endurance of music in human civilization has been documented since the beginning of people living on earth, as indicated by various crude and primitive instruments that have been found through the ages. It is also the universal language in that no matter how dire things are for people in various parts of the world, one can generally find music in their existences. Its role in these circumstances is to help people find and maintain some semblance of dignity even when there is very little else that brings joy in their situations.