



The Role and Importance of Music in Human Life

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Abstract: The article reflects on the fact that music is one of the highest forms of art and its significant contribution to everyday life, it is one of the beautiful forms of art that emerged as a delicate link of human thought.

Keywords: spirituality, Allah, national music, labor songs, harmony, dance tunes, marching tunes, chorale, ode.

Music is one of the highest forms of art. Its influence on people is very important. But different genres and trends affect us differently. Music is a type of art that reflects human emotional experiences, thoughts, imagination through the consistency or set of musical sounds (tones). Its content consists of specific musical artistic images that represent changing mental states. Music embodies various human moods (for example, elation, joy, pleasure, observation, sadness, fear, etc.). In addition, Music vividly reflects a person's volitional qualities (perseverance, aspiration, thoughtfulness, restraint, etc.) and his nature (customer). These expressive and pictorial possibilities of music were highly appreciated by Greek scientists - Pythagoras, Plato, Aristotle and Eastern thinkers - Farobi, Ibn Sina, Abdurrahman Jami, Alisher Navoi, ZM Babur, Kavkabi, Sufism figures - Imam Ghazali, Kalabadi Bukhari and others. researched. The amazing power of music to affect the human mind and emotions is related to its procedural nature, which is in harmony with mental processes. In the content of musical works, musical images are formed in the process of mutual relations (such as comparison, conflict, development). According to the characteristics of this process, the content of music can have different - epic, dramatic, lyrical characters. Of these, lyrics tend to express the inner world and mental states of a person, and are much closer to the "inner" nature of music. The content of music is a unity of personal, national and universal artistic values, in which the spiritual freshness, speed, social thoughts and experiences typical of a certain nation, society and historical period are summarized. Musical forms meet the spiritual and educational requirements of each era, and at the same time, they are common to many aspects of human activity (certain collective events, ethical and aesthetic interaction of people, communication processes). The role of music is very important, especially as a means of forming a person's moral and aesthetic taste, developing his emotional feelings, and stimulating his creative abilities. Music also plays an important role in other art forms and genres. For example, opera in the genre, Uzbek musical drama and comedy combines singing, choral art and orchestral music with drama. Ballet and other dance forms also express their artistic images with the help of Music.

Music is a form of art that occupies a large place in our life and is important in the development of human personality. Music educates sophistication and teaches the right perception and appreciation of the surrounding things.

Music equips people with fine taste, makes them spiritually healthy and teaches them to love beauty. As long as humanity is living, it needs a lot of things in the ways of life. For example: to do mental

work, to do the usual three-way food, and of course to do physical work, these are the necessities of our daily life.

In order for a person's mind to grow, his spirituality to be enriched and trained, he should read more books and communicate more in controversial circles. There is another strange aspect of a person, which is that he needs food, and this is definitely related to his psyche. The psyche is the inner state of a person, his experiences, feelings, spiritual world, and thoughts. The role of the psyche is of great importance in further ensuring the confidence of a person. Music is the food of the soul. Music is a tool that actively develops emotions that quickly affects a person. A person who receives nourishment from music has a high spirituality, has a pure heart, can feel beauty, has love for his parents, his profession, and his country.

Love for music starts from mother. Allah gives relief, calmness and spiritual nourishment not only to the heart of the sleeping baby and also to the spirit of our mother. There are various scientific hypotheses about the history of music and the emergence of music: the melody of emotional speech, the singing of birds and the calls of animal mates, the work methods of primitive people and their call sounds, and witchcraft rituals are the first sources of music.

Great Eastern thinkers also left scientific comments on the problem of the creation of music.

The great scientist Abu Nasir Farabi explained the history of music in direct connection with the formation process of human speech and emotions, and Ibn Khaldun in the 14th century explained it based on the principles of the formation of social systems. In ancient times, healers used music to treat seizures and headaches. It turns out that sad sounds help to overcome sadness more than happy songs.

Psychologists say that sad songs calm a person and lighten his soul. Calm sad melodies help to get rid of negative emotions. In general, even now, people are influenced by music. The important thing is to be able to make the right choice, which depends on our inner world. For example: Can't you sleep? Listen to pleasant music before sleep.

British scientists conducted an experiment among elderly people suffering from insomnia. It turns out that lying still doesn't help you sleep faster. If you play soft music in the room, it will start to lull you to sleep. In addition, in their opinion, a person should not turn off the music even after going to sleep. The reason is that listening to music helps to strengthen a person's memory. In this regard, as experts conducted tests and found out, people were given several doses during sleep. It turned out that people who fell asleep listening to music at night had a better ability to remember words, that is, memory, compared to people who slept in silence.

German scientists say that the tunes emitted by different musical instruments have different effects on the human body.

For example: piano improves metabolism, drums improve blood circulation, saxophone helps to increase enthusiasm, violin uplifting music encourages a person to live and be happy, and without a word, its influence on us is great.

As you can see, the role of music in human life is very strong. Just don't make a mistake in your choice, listen to beautiful music and make your life beautiful.

Nowadays, everyone wants to have their own lifestyle. Let's say that if we take human life into two parts, the life around and the mysterious world in the human heart, that is, the one that is absorbed. Each of us remembers beautiful things, unforgettable events. We dream and imagine many things. And in this, the music that is developing in parallel with us rounds out our thoughts, and can direct it to the direction of receiving positivity, playfulness, and even rudeness and aggressiveness. For example: depending on what kind of music a person listens to, it is possible to determine a person's character. The desired sound evokes a certain feeling in us, sometimes we want to be buried in sadness from loneliness, and sometimes we want to achieve endless happiness and joy. The emotions and feelings we experience every day are not only reflected in the events we encounter in life, but

also in the songs broadcasted on the radio and television. Music always runs parallel to our memories, and everyone has songs associated with their childhood.

We must admit that each of us has had such a moment when we hear that unforgettable song from our childhood, and it inevitably reminds us of our happy childhood and carefree times. Music is a powerful associative factor. Because after hearing it once, you can remember it for the rest of your life. Perfect music can move the soul in such a way that this feeling is not difficult to understand.

Many people don't realize how much music affects their lives. The whole world lives in a rhythm that defines the environment. As I mentioned above, music affects the psyche of a person, and it also depends on what kind of person he is. He chooses the music that matches his inner world. Actually, that's why it's often not difficult to learn a person's character and emotions from music.

Now let's get acquainted with interesting facts about music.

1. Modern research shows that our heart adapts to a certain rhythm of music.
2. The word "piano" appeared in 1777.
3. It is interesting that music during sports training significantly increases a person's physical activity. Therefore, try to play sports only with your favorite music.
4. According to scientists, music contributes to happiness. It activates the area of the brain that produces the "hormone of happiness" - dopamine.
5. The famous composer Beethoven did not know how to multiply numbers. Also, before sitting down to write music, he would immerse his head in cold water, which made him sick.
6. The longest concert in human history began in 2001 in a German church. It is planned to be completed in 2640. If all this happens, it will last 639 years.
7. The longest concert in human history began in 2001 in a German church. It is planned to be completed in 2640. If all this happens, it will last 639 years.
8. According to a number of experts, people associate their favorite songs with specific events that can evoke strong emotions in them.
9. It is interesting that there are music lovers of flowers in nature. They start growing faster when the music is playing. Plants usually prefer the classics.
10. Experiments of scientists have shown that loud music makes people want to drink more alcohol in a short time. Great.
11. Did you know that the British army used Britney Spears songs to scare Somali pirates?
12. During recent experiments, it was found that blood pressure can change under the influence of music in humans, rabbits, cats, guinea pigs and dogs.
13. Listening to music or singing through headphones for an hour increases the number of bacteria in the ear by 700 times.
14. Listening to music reduces the risk of chronic stress by reducing the activity of the stress hormone cortisol. Research shows that 60% of diseases affecting human health are related to stress. Try this when you're stressed.
15. Makes it easier to fall asleep. The problem of insomnia is now common among both teenagers and adults. In the research, a group of participants listened to music by Bach and Mozart for 45 minutes before going to bed. He noted that most of them fell asleep quickly after listening to the music.

When talking about the importance of music, our countryman Abu Nasr Farabi's opinion about music deserves special attention: "The science of music is useful in the sense that it regulates the behavior of people who have lost their balance, perfects the behavior that has not reached perfection, and people who are in balance maintains the balance of behavior. This science is also useful for the health of the body. Because when the body is sick, the soul withers, and when the body encounters

an obstacle, the soul also encounters an obstacle. That is why the body is healed by healing the soul with the influence of voices ¹. "

When we listen to music, our inner world appears. Just as it understands us... Have you ever thought about it - it defines our being, our mood. Mood is an emotion beyond our control. It is created for us by the music we listen to - its tone, wave, sound... Sound waves affect our whole body.

The human ear can hear sounds in the wavelength range from 20Gs to 20000Gs. Even sounds that we cannot hear have an effect on us. Sometimes we are happy, sometimes we feel sad or suddenly feel afraid. We ourselves do not understand what is happening around us. All of these can be used as weapons to influence the human mind.

Music affects our mind more than we know. Music is different, each song affects our mind differently. There are melodies that heal our body and soul. Every word, every melody, music and song changes our organism at the molecular level. Before you listen to a modern tune full of aggression, negativity, with a bunch of empty lyrics, think about the effect! We all want to be healthy, that is our real wealth and happiness. We do not always pay attention to the effect of the musical factor on our health. Music can be both a healer and a killer. We should be very careful when choosing music, if we like music that is full of negativity, we should avoid it as much as possible.

In conclusion, we can say that music moves the soul in such a way that you feel as if you are in the position of enjoying the beloved creature, that is, music, without words, bestows the brightest happiness in the world. Stendhal gave a very accurate description of good music. Someone may agree with this, and someone may not, but one thing is certain: Music makes us live and move, and the influence of words on us is very, very big.

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¹Abu Nasr Farabi "Big book about music"