



## MUSIC'S INFLUENCE ON MENTAL HEALTH

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### ABSTARCT

**Introduction:** Music has a variety of effects on our brains at various levels. Varied forms of music have a different effect on our emotions. In contrast, its impact is comparable to that of profound meditation when experienced at a very deep level. The primary goal of this research was to investigate the relationship between music and mental wellness. This article investigates the effects of everyday music listening and practice on our physical and mental health.

**The materials and methods included:** The qualitative approach, which was based on personal experience, as well as the document review method, were employed in this study. To reach this result, relevant and related material was looked for using a variety of different search engines.

**Results:** A variety of systematic experiments have shown that music practice helps to nurture a person's life and well-being. Music as yoga is a mix of breathing techniques and physical activities that are performed to music.

**Conclusions:** Music has a useful, strong, and significant function in promoting happiness, controlling mental stress, and relieving mental stressors and tensions.

**Keywords:** Body and mind, music, self-consciousness, yoga

### INTRODUCTION

Music has a great deal of power and may leave an imprint on people's thoughts in a variety of ways [1]. Every aspect of life is affected by it, from people to plants, flowers, birds, and other creatures [2], as well as the environment. It is also necessary for the treatment and entertainment of disease [3]. Its use has been very beneficial in the treatment of a variety of ailments. Sound plays a vital part in our life, and we are constantly surrounded by a variety of noises that have varying affects [4]. This knowledge of sound is the foundation of eastern classical music [5]. It has been a source of immense curiosity from the beginning of human history to understand the vibrations of sound and their influence on consciousness. The origins of consciousness are unknown. [6] The anahata idea refers to quiet vibrations of one's own self, which are regarded to be so strongly related with one's own self and with the self that a person cannot share his or her anahata with another human being. Instead, this holy inner sound, quiet vibration of the self, is accessible through opening the practitioner's chakras, which in turn allows them to join the body with the divine/cosmos [7]. Music is a fusion of science and art, and our voice is a manifestation of sound [8]. Every breath contains movement that expresses a beat. Music serves a function other than just to amuse. On the one hand, it awakens the aesthetic consciousness concerned with the expression of one's feelings and emotions, and on the other, it bestows unbounded joy and happiness upon the listener, wherein, in this state, music allows the listener to appreciate the inherent beauty of nature as well as the inspiring calmness of the soul [9]. A different kind of science has emerged in recent years: acoustics, which is concerned with the systematic control of sound at all levels

of the universe [10]. Every human being need happiness, freshness, and a fresh mind, while a strong and healthy mind may do everything in this world [11]. A good music practice is beneficial for developing a healthy mind and body, which in turn promotes positive thinking [12]. It is very beneficial to us in terms of maintaining a healthy lifestyle and living a better life. Music has been shown to be beneficial in the rehabilitation from mental disorders [13]. Among other things, music may elicit emotional and aesthetic reactions, help build creative, technical, social and occupational abilities, and promote expression, communication, confidence and self-esteem, as well as enable beneficial changes in behavior and overall well-being [14, 15].

A wide variety of favorable outcomes in the areas of health and well-being have been linked to music listening and music production, according to a growing body of research. The relaxing and stress-relieving benefits of music have been the subject of the most extensive research [16,17]. Musical interventions for stress reduction have been around for decades, including music activities (such singing or music production) [18], music listening for a specific patient group ('music as medicine,') and live music therapy provided by music therapists [19]. It has been said that music is a language unto itself and that it is capable of communicating refined thoughts and refined concepts [20]. There are several sorts or genres of music practices practiced all over the globe, which we might enjoy depending on our needs and requirements. Additionally, it is the most effective approach to practise yoga and meditation in order to enhance physical and mental health. It infuses our minds with artistic expression, and every great idea necessitates the use of artistic expression, creativity, and imagination. It helps us to grow our brain and the talents that go along with it. It is useful in the development of abilities in youngsters and other persons of all ages. Music therapy has been shown to be effective in the treatment of hazardous and chronic disorders. When music is emotionally appealing, its emotional appeal passes to the cerebral and physiological aspects, producing a therapeutic impact. A specific kind of eastern classical raga, it is said, has the ability to cure certain ailments. Music therapy has been used since antiquity and continues to be practiced now. The drug is used by certain physicians to assist patients recover more quickly after painful treatments. It is also used to help patients recover more quickly after surgery. As a result, aesthetics might provide the same function as anesthetics in terms of pain relief, but without having any negative impact on the recovery time. However, we should be cautious about the genre of music we listen to at any given time. Examples include songs that include harsh language or nasty phrases that should not be heard by youngsters since they will imprint them in their minds, which is not beneficial to them in the long run. Overall, though, it is very helpful to all of us and should be included into everyone's daily routine.

Music is regarded as a universal language. It does not discriminate on the basis of religion, race, caste, social status, faith, or philosophical beliefs. There will be far less corruption and crime in the world when music is fully practiced, and the globe will be a more pleasant place to live [26]. The purpose of this research was to bring to light the negative effects of music on one's mental health in a comprehensive manner.

## **MATERIALS AND METHODS**

A qualitative technique was used to assess the overall influence of music. Based on secondary sources of information, this was a descriptive and analytic research conducted. This study's sources included relevant books, papers, journals, websites, and research reports.

## **RESULTS AND DISCUSSION**

### **Listening Music**

Music is a vital component of our daily lives. A person's taste, elegance, appeal, kindness, and fine-tuning are enhanced as a result of their study and practice. It helps to build the rich characteristics of human compassion and sympathy in the individual. A composer uses musical sounds to communicate his or her thoughts to the audience. It is one of the great pleasures of mankind. When you listen to excellent music, you may significantly reduce the monotony, boredom, and monotonous nature of your daily routine. It is the global mother-tongue of mankind, the universal language of emotion, and a powerful uniting force in the universe. When you are listening to music that you are familiar with and like, it tends to elicit the strongest brain reaction and the greatest release of dopamine. In addition to stimulating your brain, unfamiliar tunes may provide a fresh source of pleasure as you get used to hearing them. It may be used to help manage one's mood. We settle down and become less impulsive when we listen to music, which is due to the rhythmic and repeated elements of the song. Music is often used to match or modify our emotional state. While there are certain advantages to matching our music to our mood, doing so may have the unintended consequence of keeping us in a sad, angry, or nervous state. A music therapist may use music to modify mood states by playing music that matches the individual's present mood and then gradually shifting the person into a more happy or peaceful state. A person getting music therapy is urged to provide insight, alternative lyrics, practical tools or topics from songs to the therapist who is observing them. A song that we strongly connect with and love is something that we all have, and lyric analysis gives a chance for an individual to find music lyrics that may be associated with their own personal experience or feelings. Music therapy has been shown to be beneficial for a variety of mental health issues, including depression, trauma, and schizophrenia, according to research. Listening to familiar music provides comfort and elicits favorable memories and connections in the listener. If you are 'unhappy,' try listening to or creating new music to enhance your mood or alleviate depression-related sensations as soon as possible. These activities not only give physical exercise, but they may also help you reduce stress and make new social relationships, which in turn help to enhance your brain function. Music has the ability to actually alter the brain. Neurological specialists have discovered that listening to music causes the production of many neurochemicals that are important in the functioning of the brain and the maintenance of good mental health.

A specific song might make us feel joyful, sad, enthusiastic, or calm depending on how we listen to it. It should come as no surprise that music therapy has been explored for use in the treatment of a wide range of medical ailments, given how much of an influence it can have on an individual's psyche and well-being. The forms of brain stimulation elicited by different genres of music are distinct. For example, eastern classical music has been reported to provide comfort and relaxation, but rock and pop music have been found to produce

discomfort. It is possible that music's therapeutic benefits are achieved in part through raising the pain threshold. The healing effect of music may be experienced by any person, whether they are simply listening to it, actively participating in it, or singing along to it. Music has a profound effect on the way people behave and think. It has been shown to enhance memory, increase task endurance, improve mood, decrease anxiety and depression, reduce tiredness, improve your reaction to pain, and assist you in working out more successfully with it.

### **Yoga with music**

The realisation of "Self" is achieved via the use of musical sound and musical experience. Our tradition tells us that sound is God—that Nda Brahma is the voice of God. We consider music to be a kind of spiritual exercise that elevates one's inner self to a state of heavenly calm and happiness. For music, the ultimate goal is to bring out the very essence of the cosmos that it represents, and the Rgas are one of the mechanisms by which this essence might be realised. As a result, one may communicate with God via music. The music of Nada yogis adept in music has been uniting South Asia's rapidly evolving musical system with the sound cosmology and philosophy of Tantra and the Vedas from the beginning of time, according to legend. In music, the purity of the vowels is stressed, but in yoga-shastra, the postures are emphasised. The only way to achieve pleasure and health is via the quality of one's voice and posture in both situations. From this perspective, both are beneficial to one another in terms of maintaining a healthy mind and body.

Yoga is a kind of music in and of itself. It makes us joyful, and it also helps us to maintain hormonal balance in our bodies, as well as to keep our bodies in good physical and spiritual condition. It also has the additional benefit of keeping us from developing mental illnesses. Yoga is becoming more popular as a way to enhance people's quality of life. Every day, the incorporation of yoga and music into one's routine gives the body both internal and exterior strength. It is the limiting of consciousness's ability to fluctuate (Feuerstein 1989). It contributes to the strengthening of the body's resistance system, which helps to guard against a variety of ailments. If yoga is practised on a regular basis, it may serve as a complementary medicine. It also has the additional benefit of reducing the negative effects of hefty medications used on a daily basis. The optimal time to do yoga, such as 'pranayama,' is first thing in the morning because it creates a more conducive atmosphere for controlling the body and mind. Music is an excellent yoga partner since it may elicit a wide range of feelings. Hearing a song or a tune may easily make us feel joyful or sad depending on our mood. Since a result, what we listen to when exercising is quite essential, as it has an impact on the depth and efficacy of our exercise. Meditation, relaxation, and stress relief are all beneficial to our overall health. It has an impact on the brain on many levels. Varied forms of music have a different effect on our emotions. In contrast, its impact is comparable to that of profound meditation when experienced at a very deep level. The fact that all major faiths have emphasised music as a method for prayer and meditation is most likely due to this fact. Music is the most effective means of conveying one's emotions. It is essential that the lyrics of a song serve as a language translation of the emotions expressed in the song. Even in the absence of any spoken manifestation of language, the sounds and melodies of music may transmit their feelings to the listener. Even in the absence of an audience, the movement of

music communicates itself via the instruments. To generate a stress-relieving state of relaxation, you may listen to the music of nature. This music can be anything from a babbling stream to birds singing or leaves whispering in the air. Additionally, instrumental music such as flutes combined with bass drums may be quite effective. Music therapy has a variety of advantages, including increased health, improved relationships, improved emotions, and stress alleviation [28]. When it comes to the mental condition of human beings, music has a significant impact since it promotes serenity, focus, and relaxation, which are the fundamental principles of yoga and meditation. Additionally, yoga practises such as breath control and mental focus have a relationship to vocal music, as do meditation techniques. Many professional singers engage in regular yoga and pranayama practises in order to maintain their voices in peak condition. In the end, the relationship between yoga and music is based on a common philosophy [29], rather than being just coincidental.

Music has an undeniable impact on people's lives. It has an effect on us. However, the impacts of music transcend well beyond the superficial sensations of song and rhythm. It is likely that you have seen the players simultaneously tuning their instruments to the same note before they begin playing together during a symphony concert. If one instrument is slightly out of tune, the other instruments will pull that instrument back into tune, in what appears to be a magical but actually natural phenomenon known as "entrainment." This is the process of waveforms coming into sync, which is a process that appears to be magical but is actually natural. In the end, the sound has been transformed into a beautiful statement of harmony. Concentrating on the rhythm of our breath allows us to establish deeper connections with ourselves and with others. Sit next to a friend or loved one and silently observe how soon our breathing becomes more in rhythm with one another. Another option is to try putting one hand on our heart and one hand on theirs to see how soon our heartbeats return to rhythm. Choose a favourite music and do a 'sun salutation' while matching the rhythm of your breath to the beat of the song. Take note of how your mood and energy alter as a result of achieving this kind of rhythmic alignment. Scientists are taking use of new technology to see into the minds of Nada-Yoga practitioners to observe precisely what is going on inside their heads. It is hypothesised by neuroscientists that frequent meditation really transforms the way the brain is wired, and that these changes may be at the root of claims that musical meditation may enhance health and well-being. However, it is possible that the rigours of the scientific method would never have been applied to the study of meditation as a practise. Psychologists believe that music has an effect on the mind on a very subtle level. They are specifically referring to the beat or rhythm of the song in question. This is based on the fact that we felt safe, warm, and comfortable inside the womb before to birth, and that the most soothing sound we heard was the beating of our mother's heart. When listening to calming music, the steady, repetitive pulse may remind us of the sensations we had when our lives were free of worry and anxiety in the beginning. As a result, we may take a little break from the sources of our stress and worry and retreat to an imagined haven of safety and security [30]. Music may be divided into three categories: Satvic (mode of goodness), Raajasik (mode of passion), and Taamasik (form of ecstasy) (mode of ignorance). To achieve a serene state of mind, one should attempt to go closer to satvik nature, since satvic music is quite beneficial. This genre includes music performed on instruments such as the flute, veena, or any melody. Putting



someone into yoga practise, even if he or she is coming from a hard job with a poor attitude, will be beneficial in terms of involving practitioners more in the practise, as has been seen by many yoga practitioners [31]. Personally, I believe that playing calming music, particularly when in shavasana, will increase the impact of the pose by a factor of two.

### **Sacred Sound**

In fact, the word "AUM" or "OM" is considered to be the first sound ever heard in the cosmos, and it serves as the nerve core of yoga. The repeating of these words has a calming effect similar to that of music. The use of music into yoga sessions and practises, on the other hand, has just recently become popular. It is dependent on the style of yoga being performed on what sort of music should be played, however care should be given to ensure that the music is supportive of the practise rather than distracting from it. As the practitioner should feel the music rather than just hear it, the selection of musical accompaniment is crucial to the practise. The rishis (eastern sages of the Vedic period) were often given visions of the syllables for subtle sounds (Nada) in the etheric ocean through an afflatus or intuition in their inner selves, or the mantras were simply 'heard' by them while they were in a state of trance, according to scriptural descriptions. The phonemes of the Vedic hymns, as well as the seven basic nodes – Sa, Re, Ga, Ma, Pa, Dha, and Ni – of eastern classical music, have their origins in the vibrations of the magnificent sound of "Om" in nature, which have been identified by the Rishis as having originated. "Ekoham Bahusyami," according to the Vedic quotation, "all noises, all energy, and all movements" in the cosmos have arisen from vibrations of a single anahata nada, which means "all things exist in the universe." According to Hindu tradition, this is the place where the Shabda-Brahma and the Nada-Brahma reveal themselves [30]. The more we practise, the deeper our level of awareness becomes, and the more we practise, the more we develop a form of inner listening that enables us to experience perfect harmony inside. Eventually, we will be able to align ourselves with the most delicate vibration of the cosmos, which has been described by yogis and mystics for millennia as the "sound of Om." This is the sensation that music and yoga may bring about. It is both deep and profoundly simple at the same time. We are embarking on what is possibly the most pleasant of journeys since it is the one that will finally bring us back home.

### **CONCLUSIONS**

Music is widely recognised as a manifestation of the initial sound, Naad Brahma, which is also referred to as the word, planetary vibration, or Aum in Hindu scripture. Music has an effect on the brain on many levels. Varied forms of music have a different effect on our emotions. When used in conjunction with deep meditation, its impact is comparable to that of deep meditation. The fact that all major faiths have emphasised music as a method for prayer and meditation is most likely due to this fact. When you attain a certain level of consciousness inside yourself, the whole world becomes sound. In music and yoga, we refer to musical sound as 'Naad - Brahma,' which literally translates as 'sound is God.' This is due to the fact that the basis of this existence is based on vibration, and that vibration is represented by sound, which every person can perceive. If you take a careful look at individuals who are truly concerned with lovely music, you will see that they are naturally in a state of



concentration since they are immersed in the music. It is well known that music has a profound influence on the mental condition of humans. It promotes tranquilly, focus, and relaxation, all of which are fundamental to the concepts of music, yoga, and meditation, respectively. Music has an impact on the brain on many levels. Consequently, if someone is consistently engaged in listening to and practising music in a right manner, that individual will be happier than the others. Because such individual is never bothered by worry or tension at any time. People's mental health is improved as a result of their listening and practising in this manner. As a consequence, having a healthy mind, body, and ideas surely contributes to creating a positive atmosphere in society.

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