

Name: _____

Class: _____



UNIT 3: MUSIC



Reading

The Power of Music

Music has been an essential part of human culture for thousands of years. It is more than just entertainment—it influences emotions, brings people together, and even improves mental health. Scientists have found that listening to music can reduce stress and anxiety. Upbeat songs can make people feel energetic, while slow melodies can create a sense of calm.

Different types of music affect people in various ways. Classical music, for example, is known to improve concentration and memory. Many students listen to instrumental music while studying because it helps them focus. On the other hand, pop and rock music can boost motivation and make tasks feel less tiring. Some studies even suggest that music therapy can help people with depression by lifting their mood.

Music is also a powerful way to express emotions. Songwriters use lyrics to share their thoughts and feelings, and listeners often connect with songs that reflect their own experiences. Additionally, music is an important part of cultural identity. Traditional music helps preserve a nation's history and values, while modern genres bring new ideas and styles.

In today's world, technology has made music more accessible than ever. Streaming services allow people to discover new songs and artists from different cultures. Whether it's for relaxation, motivation, or self-expression, music continues to play an important role in people's lives.



Task 1: Match the words with definitions.



1. Concentration

2. Motivation

3. Therapy

4. Expression

5. Relaxation

a. A way to share emotions and ideas through lyrics.

b. A feeling of being less worried or stressed.

c. The ability to focus on something without distraction.

d. A treatment used to improve mental and emotional health.

e. The desire or energy to achieve something.



Task 2: Decide if the statements are True or False.

1. Music has no effect on emotions.

True / False

2. Music therapy can help people with depression.

True / False

3. Songwriters use lyrics to express their emotions.

True / False

4. Technology has made it harder to access music

True / False

5. People only listen to music for entertainment.

True / False



Task 3: Choose the best answer for these questions.



1. What is one of the benefits of listening to music?
 - A. It increases stress and anxiety.
 - B. It helps people feel calm and relaxed.
 - C. It makes studying more difficult.
 - D. It stops people from concentrating.

2. Why do some students listen to instrumental music while studying?
 - A. It helps them focus.
 - B. It makes them feel sleepy.
 - C. It is distracting.
 - D. It helps them memorize lyrics.

3. What type of music is known to improve concentration and memory?
 - A. Rock music
 - B. Jazz music
 - C. Classical music
 - D. Hip-hop music

4. How does pop and rock music affect people?
 - A. It helps them study better.
 - B. It makes tasks feel less tiring.
 - C. It lowers energy levels.
 - D. It makes them feel anxious.

5. Why is traditional music important?
 - A. It makes people feel energetic.
 - B. It helps preserve history and values.
 - C. It introduces new musical styles.
 - D. It is only for entertainment.

