



### Music and Mood

The helpful effects of music on mental health have been known for thousands of years. Ancient philosophers from Plato to Confucius sang the praises of music and used it to help deal with stress. (1 \_\_\_\_\_) Military bands use music to build confidence and courage. Sporting events provide music to build up enthusiasm. Modern research carried out by several psychologists supports what most people believe about music benefiting mood and confidence.

Because of our unique experiences, we develop varied musical tastes and preferences. (2 \_\_\_\_\_) Babies, for example, love lullabies. Maternal singing is particularly calming, even if a mother has no formal musical talents. Certain kinds of music make almost everyone feel worse – even when they say they enjoy it. A study of 144 adults and teenagers who listened to four different kinds of music showed that their emotions changed according to the music. Grunge music, which has a lot of guitar and drums, for example, led to significant increases in negative emotions such as sadness, tension, and fatigue across the entire group, even in the teenagers who said they liked it. In another study, college students reported the opposite when they listened to pop, rock, classical music, and oldies – songs from more than 15 years ago. They said it helped them feel happier and more optimistic, friendly, relaxed, and calm.

Everyone who has learned the alphabet knows that it is easier to memorize a list if it is set to music. Scientific research supports what many people believe – that pairing music with a musical rhythm improves learning and helps people to remember things. (3 \_\_\_\_\_) First of all, it can be used as a reward when someone behaves in the required way. For example, for paying attention to homework for ten minutes, a child can be given the opportunity to listen to music for five minutes. Second, it can be used to help increase attention to “boring” academic tasks such as memorization, using songs, rhythms, and dance or movement to enhance the interest of the lists to be memorized. Instrumental music is great for improving attention and reasoning and for students, playing background music is not distracting. Lastly, music can be used to help organize activities – one kind of music for one activity (studying), another for a different activity (eating), and a third kind for going to bed.

Many people find familiar music comforting and calming. In fact, music is so effective in reducing anxiety, it is often used in by dentists or by doctors just before performing an operation to help patients cope with their concerns. (4 \_\_\_\_\_) Any kind of relaxing, calming music can contribute to calmer moods. It is often combined with cognitive therapy to lower anxiety. Some studies suggest that specially designed music, which includes certain tones, can help improve symptoms in anxious patients even more than music without these tones; listening to this music without other distractions (not while driving, cooking, talking, or reading) promotes the best benefits.

Since ancient times, it has been known that certain kinds of music can help soothe away stress. Calming background music can help patients in hospital feel less bad-tempered. It can also help elderly patients in nursing home who are very ill feel

calmer. Music, wisely chosen, lowers stress hormone levels. (5) Knowing that certain kinds of music can reduce stress is one thing. Being attentive in choosing what kind of music to listen to is another. So, choose your music as carefully as you choose your food and friends.

1) Read the text. Five sentences have been removed. Which sentence A-F fits each gap (1-5)?

There is one extra sentence you do not need to use.

A Music helps decrease worries in the elderly, new mothers, and children too.

B And in modern times, shopping malls play music to attract customers and keep them in the store.

C This can be used to help children and teenagers with attention problems in several ways.

D However, it's difficult to explain how exactly it works.

E On the other hand, parents of teenagers know that certain kinds of music, particularly at high volumes, can cause stress.

F Despite these differences, however, there are some common responses to music.

2) Read the text again and choose one option to complete the sentences:

a. Scientific research has demonstrated in various ways that music...

- benefits mood and confidence.
- sometimes makes you feel down.
- never has a positive impact on people's lives.

b. Maternal singing...

- has to be sung professionally
- calms down the baby
- makes the baby feel worse

c. Studies have shown that people...

- have negative feelings when they listen to music
- show positive reactions when they like the music they're listening to.
- bring back memories they don't want to

d. Music can also help people...

- feel anxious and depressed
- lose their attention on important things
- organize themselves

e. For medical purposes, It is advisable to choose music...

- carefully
- according to the doctor's preferences.
- that is in the top 10