

**READING TEST 4**Name: **4th Year** - Level: III
2021

Date: August,

Musical Benefits

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- A - B) 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. Despite these differences, however, there are some common responses to music. 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. (2- F - C) 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. Music helps children and teenagers with attention problems in several ways. (3- A - C) For example, for paying attention to homework for 10 minutes, a child can be given the opportunity to listen to music for 5 minutes. It can also 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 by dentists or by doctors just before performing an operation to help patients cope with their concerns

(4- A - B) Any kind of relaxing, calming music can contribute to calmer moods. It is, therefore, 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 homes who are very ill feel more calm. Music, wisely chosen, lowers stress hormone levels. On the other hand, parents of teenagers know that certain kinds of music, particularly at high volumes, can cause stress. Knowing that certain kinds of music can reduce stress is one thing. (5- E - D) So, choose your music as carefully as you choose your food and friends.



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1- Read the text and choose the correct sentence (A -F) that best completes the gaps (1 -5). There is one extra sentence you do not need

- A Music is found to decrease worries among the elderly, new mothers, and ill children also.
- B And nowadays, music is used by shopping malls to attract customers and keep them in the store.
- C It can be used as a reward for required behaviour.
- D However, it's difficult to explain how exactly it works.
- E Being attentive in choosing what kind of music to listen to is another.
- F 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.

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.

b. Maternal singing...

- calms down the baby
- makes the baby feel worse

c. Studies have shown that people...

- memorise things when they are set to music
- find it difficult to remember things when they listen to music

d. Music can also help people...

- 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.