Is this the introduction or the conclusion of an essay?

Music is more than just notes and sounds. Dating back over 35,000 years, music is an integral aspect of human culture, tradition and entertainment. Serving as a universal language, it offers us a medium for both expression and connection, strengthening our bond as a society. In addition to the positive impact music has on our society, recent studies have shown that music also has a positive impact on our mind. It has been proven that music is good for the brain because it improves memory, reduces anxiety and boosts mood, among several other benefits.

Is this the introduction or the conclusion of an essay?

Music is beneficial to the mind in many ways as it contributes to memory enhancement, stress reduction, mood improvement and more. This makes it vital addition to human health and psychological well-being, as well as its enduring role as a fundamental part of our society's culture, traditions and entertainment. Music, therefore, is more than just notes and sounds – it is the key to a healthier, happier, and more harmonious existence.

1. What is the thesis statement? How is it rephrased?
2. How is the "hook" connected to the final thought?

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