

MUSIC, MUSICAL STUDY AND EDUCATION

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Abstract

The music is a universal language that has the power to communicate and control emotions. It is an important part of people's lives and can bring deep peace and happiness. Music also has therapeutic benefits and can help with conditions such as anxiety, depression, and insomnia. It connects people from different cultures and languages, allowing for free movement across borders. Music education is crucial in helping students develop critical thinking skills, creativity, and the ability to reflect on their own lives. It is important for teachers to understand students' musical preferences and incorporate them into their teaching. Music has been a part of human life since birth and has the ability to bring people together and shape their behaviour. The study of music and its teaching is a complex field that involves understanding the unique qualities, meanings, and effects of music. It also involves understanding the role of teachers in shaping policies and influencing the field of music education. Overall, music is a powerful and transformative art form that has a profound impact on individuals and society as a whole. This review paper has shown that music education has numerous benefits for students. It enhances cognitive skills, such as problem-solving and critical thinking. It also improves language development, spatial-temporal skills, and mathematical abilities. Music education promotes creativity, self-expression, and emotional intelligence. It fosters discipline, perseverance, and teamwork. Moreover, it has a positive impact on students' overall academic performance and social development.

Key words: Music, Musical study, Music Teaching, Universal language, Music schools

INTRODUCTION

To put it more simply, music is the artistic arrangement of sounds over time. Rhythm, melody, and harmony are the basic parts of music that help people express their thoughts and feelings. Sound emotions like these can come from one or more voices, instruments, or a mix of the two. Music is an audible event that happens when melodies fit together in a way that sounds good and calms the listener. "Music" can also refer to the art of making sounds that go together by using different musical instruments. Elements like Sargam, Ragas, Taals, and other similar parts make up the musical arrangement. Music is not just compositions made by people; it also includes the nature sounds that are around us. Ever heard the sound of a waterfall, the sound of a river flowing continuously, or the sound of rain falling? Because of this, everything that is in harmony has music in it. I would like to use a quote from the famous composer Wolfgang Amadeus Mozart to illustrate my point: "the essence of music lies not only in the arrangement of musical notes, but also in the intervals of silence that punctuate them."

It is the main purpose of music to communicate and control emotions. The main thing that music does is control and affect mood. For many people, music is an important part of their lives. Additionally, it makes it easier for happy and good emotions to spread in a person's life. Some people say that music is the core of life and brings them deep peace. William Shakespeare, said that music is like food for love, making people want a lot of it. This kind of

overindulgence could finally make you lose your appetite and die. As a result, music helps us connect deeply with our true selves.¹

There are amazing things about music that help people heal emotionally and mentally. You could think of music as a way to meditate. People often feel temporarily better when they are making or listening to music. However, if we want to learn to appreciate good music, we need to keep growing and improving our musical tastes. It is possible for this therapeutic technique to help with a number of medical conditions, such as anxiety, depression, and insomnia.²

A lot of people think of music as the universal language because it can connect people from different cultures and languages. It shows free movement across borders of language, religion, country, and other things. No matter what makes them unique, people of all ages can find pleasure in music. An international research team of anthropologists, psychologists, biologists, musicians, and linguists from prestigious universities conducted a computational analysis in 2018 that confirmed the idea that "music serves as the universal language of humanity." Basically, music is sounds that are made when different musical instruments are played together in harmony. Without music, our lives would have been very different and less full.³

Barrett (2011) came up with the idea that music teachers should be placed at the centre of a Venn diagram, which shows how study, policy, and practise all come together. Barrett says that when teachers decide what to teach and how to teach it, they often use instructional techniques and research studies.⁴ At the same time that they plan lessons and set rules for the classroom, teachers are also making rules for their own classes. Through influence, teachers have an effect on how policies are made. Jones (2019) made a similar argument, saying that the lack of policy studies and the fact that most professionals didn't fully understand policy made it harder for the profession to have a big effect on policy issues in the field of music education. Since Jones' comment came out, there has been a noticeable increase in the amount of scholarly research that is shared through academic conferences and publications about music education. This research is mostly about policy issues. If we can better understand this study, it might give teachers and other people involved in music education the power to change policies that affect their classrooms and work. In addition, it may give them a say in how these policies are made and carried out (Jones, 2019).⁵

THE STUDY AND TEACHING OF MUSIC

Natyashastra an important book for Indian knowledge system of art, provides evidence that music was practised in the Indian subcontinent as a highly developed art form. This music was handed down as an oral legacy from one generation to the next by means of a sacred relational engagement between a Guru and a Shishya within an ecosystem known as Gurukul Parampara. Under the Gurukula system, students would receive instruction from a teacher who was knowledgeable in a variety of fields, including yoga, science, mathematics,

language, and writing, as well as spirituality. This would allow for the students' overall growth and development. (Kumar, 2012)⁶ Nevertheless, this one-of-a-kind instructional approach was unable to successfully incorporate itself into the dominant postcolonial educational system.⁷ Music was recognised as an art form at some of the world's first educational institutions, including Takshsila and Nalanda.⁸

Rabindranath Tagore believed that an individual's aesthetic growth was equally as vital as their cerebral development, and that this could be accomplished by activities like as music, literature, visual arts, dance, and drama. Despite the fact that Tagore placed a significant emphasis on artistic education, the study of music is not included in the curricula of elementary schools that are affiliated with Visva-Bharati University. On the other hand, there is a tradition of filling one's free time with music and other forms of artistic expression. It is remarkable, as Irena points out, that Tagore utterly rejected education about the arts in favour of encouraging education through the arts.⁹ The amount of research that is done in relation to music instruction in Indian schools is severely low (Saha and Kumar (2022)).¹⁰

The arts (Music) education is very important for helping students understand, accept, and use ambiguity and subjectivity in a useful way. This is because it helps students deal with and understand the many messages and meanings that are common in today's society. I think it's important to recognise that there is no one right answer to questions in the field of music or any other art form. Because music is always putting you in situations where there isn't a single right or wrong answer, it helps you learn how to think critically.¹¹

"Music Preference and Music Education," a book that Kevin Droe wrote in 2006, looks at the connection between people's musical tastes and the field of music education. He said that teaching music means getting involved with students' musical hobbies every day. There are a lot of different types and styles of music that students like, which in turn affects how they grow musically. Because of this, parents today are more interested in finding out what kind of music their child likes and then enrolling them in music schools that match those tastes. For example, if a child says they want to learn how to play the guitar, their parents will quickly sign them up for guitar lessons.¹²

Music has a big effect on people of all ages, but especially on young people today. Different things, like outside conditions and personal traits, can affect how people act. One of these factors that has a big effect on people is their ability to connect with others. As a result, these exchanges can lead to both good and bad behaviour, making them very important in shaping how people act. So, interacting with other people is very important to our lives. The thing we're talking about has a big effect on everyone. Individuals of different ages can form closer bonds with each other through music, which brings people together and helps them understand and comfort each other.

Programmes like music education that are put in place by schools and parents often have a big impact on the growth and development of children. Indeed, the benefits listed above not only show the present advantages kids can get from playing music, but they also show how it helps them get ready for future activities. An important way to show yourself through music is often thought of. Without a doubt, music can teach us how to work together. Schools are the only places where this trend is more obvious or has a bigger effect. As a group, the students work together to make a show that sounds good and is technically correct. They are part of a community of people who share similar beliefs and ideals, which helps each other reach their own goals. Music education is an important part of giving kids a well-rounded education. Music can help kids build their self-esteem when it is incorporated and coordinated with other subjects and classes. It is like gaining basic skills and preparing for a bright future.

There has been a link between learning music and doing well in school since the time of the Ancient Greeks (Seaton, 2017).¹³ People working in the American school system have recently become interested in important people like Horace Mann, who pushed for music to be taught as part of the basic education. According to Vaughn and Winner (2000), there is a positive correlation between music education and higher SAT scores 9 (SAT is a standardized test widely used for college admissions in the United States.), which supports one case in favour of music education.¹⁴ Another study found that music education is linked to better performance on math and reading tests, even when factors like students' socioeconomic status, parental involvement, and level of interest in music were taken into account (Southgate & Roscigno).¹⁵ Another study by Catterall, Dumais, and Hampden-Thompson (2012) looked at similar variables, namely socioeconomic status (SES) and its correlation with Statistically significant data from the above-mentioned study showed that students who met the criteria for music involvement did better on tests overall.¹⁶ These students' writing and science scores got better, and their total grade point averages and higher-level math scores got better too. Catterall et al. (2012) found that students who participated in music activities were more likely to finish college than students who did not participate in music activities. A study by Catteral et al. (2012) said that high school students who were involved in the arts were more likely to get into competitive colleges and four-year colleges than students who weren't as involved in the arts.

When you are teaching music, you have to memorise a lot of things. It is very important for students to be able to read music notation by sight, play their instruments correctly at the right pitches, or remember song lines well. This process is good for the brain's memory centre as a whole. In one study, people who had musical training did better than people who hadn't on tests of hearing, seeing, and remembering things. It is also easy for our minds to remember music. People can remember things better when they listen to music. Some examples are using familiar tunes to help you remember things, playing relaxing music while you study, and using musical tools to teach.

According to Mehr et al. (2019), music is a very common way for people of all ages and cultures to express themselves and talk to each other.¹⁷ This is clear because people all over the world listen to music every day. So, it seems more appropriate to talk about music in the plural form rather than the singular form (Goble, 2015).¹⁸ Furthermore, research by historians and ethnomusicologists shows that music has been an important part of human life for a very long time (Welch et. Al. 2020).¹⁹ While all humans have the ability to behave in musical ways, how they do so depend on their surroundings and their own experiences. Even though music is a fun thing to do on its own, it has effects that go beyond sheer enjoyment. Music has the power to make people move without inhibition, making them dance without feeling self-conscious, sing until their voices hurt, and tap their feet without meaning to. Because there are so many musical compositions out there, the effects of different musical types and styles on different people are naturally subjective and unique. The field of music includes a huge number of different styles, such as rock, folk, dance, pop, and more. This wide range of music gives people a lot to choose from, and the process of finding songs that fit your tastes is important. helps the brain work better. Researchers from the MARCS Institute for Brain, Behaviour, and Development did a study that showed music can improve cognitive processes and also help people remember things.

One of the most important ways that music can help you relax is by playing background noise. There are types of music that can naturally help relieve stress, whether they are played in the background or with full attention. Soft, background music can be used as a relaxing way to stimulate the brain. Instead of listening to loud rock or metal music to deal with worry in this situation, it would be best to calm down. It is possible for the brain to trigger certain feelings, memories, and thoughts, which often leads to good results. In the same way, learning how music affects your mood can help a lot with getting over anxiety and sadness. It has become very popular to use music therapy as a way to deal with worry and depression. The goal of this practise is to help with both physical and mental healing by actively listening to and making therapeutic music. It's a common experience for people to connect with a sad song and then find it hard to break away from their emotional state. Playing happy music made people better at detecting happy facial expressions, while playing sad music made people worse at detecting those emotions. Based on what they saw in the trial, the researchers say that this might be because of how our mental state affects how we make decisions about sensory stimuli, specifically facial expressions. Still, people are still wondering if changing our mood and perceptions through music is a good thing.

Researchers found that people who were prone to clinical sadness felt worse after listening to sad music. On the other hand, people who didn't show these tendencies said that listening to sad music made them feel better emotionally. Previous research has shown that emotional processing makes it easier to explore and deal with feelings while also strengthening relationships between people. People with and without depression were included in the study, and it was found that listening to happy music made both groups feel better health.

CONCLUSION

In conclusion, music is a universal language that has the power to communicate, heal, and connect people. The study and teaching of music are essential for developing individuals' musical abilities, cognitive skills, and social-emotional well-being. Music education, both formal and informal, should be accessible to all individuals, regardless of their background or abilities. It is through music that we can foster creativity, expression, and understanding in our society. The teacher-student relationship was highly valued, and the teacher would impart not only musical knowledge but also moral and ethical values to the student. In modern times, the study and teaching of music have evolved. Music education is now a formal discipline that is taught in schools and universities. It encompasses various aspects such as music theory, history, performance, composition, and pedagogy. The goal of music education is to develop students' musical skills, knowledge, and appreciation. Effective music teaching requires skilled and knowledgeable teachers. They must possess a deep understanding of music and pedagogical techniques. They should be able to create engaging and inclusive learning environments that cater to the diverse needs and interests of students. Teachers should also be proficient in using technology and innovative teaching methods to enhance the learning experience. In addition to formal music education, informal music learning also plays a significant role. This includes learning through participation in community ensembles, private lessons, and self-directed learning. Informal music learning allows individuals to explore their musical interests and develop their skills at their own pace. The field of music education faces various challenges. Limited funding and resources pose obstacles to providing quality music education for all students. There is also a need for ongoing professional development and support for music teachers. Furthermore, the integration of technology in music education requires continuous adaptation and training.

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