

Chapter 2 review

Video Reflection

A. DESCRIBE THE THREE TOP THINGS YOU LEARNED

1. "5:06 – medicine dance of the Kung people is held once a week to heal the sick and ward off evil." One of the things I learned was about the Kung people in South Africa. They use music to heal one another. They sing songs together that has^{ve} no words that connect the physical being with the supernatural world to heal the body. +
2. "13:20 – the performance of music is very cathartic" I have personally have never heard the word "cathartic". I took the time to look it up and its definition is "providing psychological relief through the open expression of strong emotions; causing catharsis." And Catharsis is defined as "the process of releasing, and thereby providing relief from, strong or repressed emotions." With understanding the definition of Cathartic, I can now understand that music is a mechanism of releasing pain. excellent! +
3. "2:38 music can act as a social glue + 11:20 – the power of music can be the force that drives people together + 19:03 – music has the power to unite people in common cause" overall, from this chapter, the main thing I learned is that music has a way of connecting people and bringing people together while still having an emotional or spiritual affect. +

B. DESCRIBE THE TWO MOST INTERESTING IDEAS

1. "21:53 – Dr. King started playing the piano to escape from his fear." I think it's pretty cool that Dr. King used music and his talent to remove his fear. I think that would be a good mechanism people could use to fixate their emotions is this the right word? (fixate "is opposite of remove")
2. "23:50 – Some music shouldn't be played in the public + 25:13 – people in control of the country think that songs have an influence on people" I find it interesting that this topic has been thought of, but in our generation music has grown to be so big and broad. I understand that people believe that music has an influence on behavior, but even with that idea, I don't think anyone with influence has tried to stop the publication of certain music. Note: In the 80s there was effort to censor hip hop ...

C. LIST TWO QUESTIONS RAISED IN YOUR MIND

1. "6:30 – the sound is a healing sound; the music comes to people on a subconscious level and has a way of transforming people" While watching the video I could not grasp how music helps heal the physical body. As a health student, it's easier to understand something when it is broken down and you can understand how certain things effect the body. Thinking as a scientist, my question would be how music truly effects the brain so that the body provides a positive or negative feedback. | yes,
2. "4:02 - music is not always powerful in a good way" My question to that would be how does music control one's action? You can listen to music that is degrading and may be violent, but how does listening to certain things take over your behavior to act in an unhuman like way. What processes happens in your brain to get that reaction.

Chapter Reflection

A. DESCRIBE THE THREE TOP THINGS YOU LEARNED

1. The power of music lies in its connection to other culture aspects. Depending on your culture music has different meaning. In America, music is mainly used for entertainment and intentionally used to adjust our moods. In Culture such as in South Africa, Ireland, Cuba, and Scotland, the people in those cultures use music for different things like gathering, healing, or spiritual reasons. (pg. 32-38)
2. Rituals have a way of connecting past things to present beings. Rituals repeat and become tradition so that beliefs, experiences, and ideas of those who have gone before us still exist as time continues on. Songs create a common receptacle for the spiritual world. (page 46)
3. In the Yugoslavia Civil War, nations often gained courage and discipline from patriotic hymns and marches. Camps fought with pitched gunfights to win control over the television station and broadcastings. (Page 55)

what does
this tell
us?
(I'm thinking
of your
Q2 on video)

B. DESCRIBE THE TWO MOST INTERESTING THINGS

1. I find it interesting that in all cultures and in all parts of the world music is what bring people together. It is the one continuous thing to bring about community amongst people no matter where you are in the world. (the whole chapter) *great*
2. In Bosnia, men and women use music with different intentions. Men use singing as a game and competition. They have to outdo the person who started singing as a sign of strength, while women use music to relief pain and suffering they experience daily. (Page 37)

C. LIST TWO QUESTIONS RAISED IN YOUR MIND

1. What if a small spectrum of music was allowed all across the world, would that make the world a better place and it related to physical and mental health?
2. In rituals where music happens in groups, can those same effects and benefits happen in smaller groups or even unaccompanied by the community?

Research

It is known that music can affect mood. Through the American Music Therapy Association, it is exhibited that music has a more positive effect and is more efficient than drugs (Renderforest, 2020). Even through this, I wanted to know how music can affect the physical body and behavior. Through research I found that music actually affects the production of immunoglobulin A. Immunoglobulin A is an antibody that affects immunity. It is an antibody that help fights off sickness.

We also see that there is a relationship between music and emotions regardless of age. (Academy of pediatrics, 2009). In the chapter, it was implied that music has an effect on behavior, immediately I questioned why. As I would argue lyrics have no effect on my decisions, it was also argued that music is used simply for entertainment. Most people say that while listening to music they pay little attention to the lyrics, but if they do then it is understood that those lyrics are limited to a relation of experienced lived by the person listening. I understand that as, if you have been through what an artist is producing, then you are more likely to enjoy that sort of music and continue in those behaviors. Data concluded by Robert et al, shows that individuals listen to a specific type of music that most relates to themselves. What triggers risky behavior in some adolescents is the negative emotional response rather than the type of music.

I don't believe that music can have a negative effect on an individual who is content on life and due to listening to explicit music will then start acting in those ways.

"Does Music Affect Our Behavior?" Renderforest, 24 Jan. 2020,
www.renderforest.com/blog/does-music-affect-our-behavior.

Council on Communications. "Impact of Music, Music Lyrics, and Music Videos on Children and Youth." American Academy of Pediatrics, American Academy of Pediatrics, 1 Nov. 2009, pediatrics.aappublications.org/content/124/5/1488.

Citation missing

Is this cited in that?

This is a huge topic - what a great 1st done into it.