



MUSIC - ITS POSITIVE AND NEGATIVE EFFECTS ON STUDENT HEALTH

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A B S T R A C T	K E Y W O R D S
<p>Whenever we talk about culture and art, the words of our President, “If we want to know and study real, authentic art, first of all, we must know and study the classical art of maqom. We respectfully commemorate the memory of great poets and thinkers, composers and musicians, and great hafiz who have rendered incomparable service in the formation and development of such a huge spiritual wealth and in the arrival of this eternal art to us,” always ring in my ears. Several decisions of our President in the field of art and culture are an important and bright path for us, the people of art, to be absorbed like a pleasant breeze into our hearts, to serve our field with more joy in our hearts, to approach our field with more love, and to instill the most beautiful qualities in the hearts of future generations through the magic of melody and song.</p>	

INTRODUCTION

The positive effect of music on healthy people has been known since ancient times. Ibn Sina treated nervous and mental patients with music. Aristotle considered music not only a means of treatment, but also a means of purifying the soul. In Europe, this method was used only at the beginning of the 19th century. The French psychotherapist Esquirol introduced music into psychiatric institutions. Music therapy began to be widely used in England, Germany, France, Belgium, Italy, the Netherlands and other countries in the 20th century. Music therapy is a field of restorative medicine based on the use of various methods of influence or singing for therapeutic and prophylactic purposes. Perfect, specially selected music - with a certain character, mood, image, the necessary type of melody, rhythm, harmony, as well as musical performance - can have an impact on improving human well-being.

Music can calm or invigorate, convey a mood of joy or sadness, inspire confidence or arouse doubt, confirm one's abilities or provoke a state of despair or depression. Music can delight and amaze you with the beauty of the world, or it can make it seem ugly and cruel. At the beginning of the 20th century, the psychoneurologist V.M. Bekhterev was the first to study the effect of music on the condition of children. Back then, scientists from the Institute of Pediatrics of the Russian Academy of Medical Sciences, who came to the conclusion that listening to classical and folk music is useful for children, gave scientific justification for the method of music therapy. They treated newborn babies with music. This experiment showed that music affects the quality of blood, blood pressure, pulse,

rhythm, and breathing. It has also been proven that with the help of music, the body adapts better to the environment. The Research Center for Music Therapy and Rehabilitation Technologies develops music therapy as a science and is engaged in practical research on various aspects of the impact of music on the human body. The scientific basis of music therapy is the work of S.V. Shusharzhan "Methods of Music Therapy".

It is also worth noting that the method of teaching and information generation of music therapy involves the patient's passive perception of music, its therapeutic and corrective effect on the psycho-emotional state of a person. Among the active methods are vocal therapy and musical-pedagogical rehabilitation therapy. These methods, developed in Russia, are distinguished by an individual approach to a person and therefore have high efficiency.

If we consider music and its sphere of positive influence within the framework of the vocal therapy method, the vocal therapy method is based on the healing properties of classical singing. It helps to increase the adaptive and intellectual-aesthetic abilities of a person. It is useful in the treatment of low immunity, pulmonary and cardiovascular diseases.

The method of musical-pedagogical rehabilitation is used for therapeutic and healing purposes, in the musical-pedagogical process. It is associated with teaching children to sing, play musical instruments, and make music (rhythm, dance, play).

Thus, the healing effect of music is expressed in harmonizing the internal state of a person. This, in turn, serves to harmonize the relationship of people with the surrounding world - society, nature. Harmonizing the internal state of a person; makes it easier to overcome conflicts, depression, anxiety and nervousness. In the process of perceiving or performing music, a person must be in a state of "resonance" with it. Only then will a connection arise between a person and music. A person's positive attitude is manifested in the entire complex of expressive means (musical intonation, melody, rhythm, harmony) and, most importantly, in the image and content of music. A harmonious combination of sounds has a positive effect on the human body, calms it, stabilizes its internal state, nervous system, and thereby has a healing effect. It is known that excessively active rhythm, unclear intonations, rough harmonies, deafness - all this has a detrimental effect on a person's mental health, bringing him to a state of excessive nervous tension and emotional breakdown. The negative effect of music on a person is also possible for other reasons. A person rejects what does not correspond to his age or personal interests. He can also reject folk or religious music of another culture, which is alien to him, because he does not understand the intonations, rhythms of this music, and is alien to its spiritual, moral and aesthetic values. Thus, the positive effect of music on human health should be used when developing school curricula for the "music" course, as well as when determining targeted methods of conducting classes. For example, health, as a natural state of the body, is characterized by a balanced relationship between a person and the environment, the absence of any painful changes. Human health is determined by a complex of biological (hereditary and acquired) and social factors. Health is not merely the absence of disease or infirmity, but a state of complete physical, mental, and social well-being. Health is determined by the body's capacity to adapt and is associated with the enhancement of the body's defenses, as well as the creation of conditions that prevent a person from coming into contact with various pathogenic stimuli or reduce their effects on the body.

Now, if we briefly talk about art therapy, art therapy also has its place in human health, of course. Art therapy is one of the most gentle and at the same time widespread methods in the arsenal of psychologists and psychotherapists. In addition to providing an opportunity for self-awareness, art

therapy helps a person to harmonize something in his life, develop self-confidence, and increase the flexibility of thinking and perception. The art therapy method can be considered one of the most ancient and natural forms of correcting emotional states. This method is used to relieve accumulated mental stress, calm down, and concentrate. In various forms of artistic and aesthetic activity (choir and solo singing, playing musical instruments, dancing, various types of artistic and visual activities, acting), not only the emotional development of students occurs, but also their intellectual development, and their health is also strengthened. Art therapy appeals to the internal, self-healing resources that are closely related to a person's creative potential.

The goal of art therapy is to help a person understand what problems he has in understanding himself and his relationships with people around him. This makes it an indispensable tool for studying and harmonizing all aspects of a person's inner world.

The development of art therapy is associated with the hope of creating a humane, "synthetic" methodology that would equally take into account the achievements of scientific thought, artistic experience, human intelligence and emotions, the need for reflection and contemplation. At the same time, a thirst for movement, physical fitness and mental fitness.

Healthy artistic and aesthetic education can be actively implemented in the process of teaching schoolchildren in the "music" lesson. The introduction of art therapy elements into music lessons is associated with a person-centered approach to teaching - self-expression, subjectivity of choice, creativity and success, trust and support in the process of active interaction between teacher and student are required. Classical, folk, religious and spiritual musical works have great music therapeutic potential.

Folk music (except for dramatic, tragic songs, laments) also helps to calm down, touching a person's true origin, the roots of his people. It helps to fill yourself with folk wisdom, strength, a sense of full-blooded life, and is connected with the vast world of nature.

Religious music, with its strict simplicity and sublimity, introduces a person to the highest spiritual and moral values, to the highest laws of the universe. It seems to transcend the boundaries of the human life space and makes earthly problems seem less important and insignificant. Spiritual music, like no other, helps a believer find help in himself through communication with God. For unbelievers, it also becomes a source of inner strength and harmony. Spiritual music encourages concentration, contemplation, and thinking to a greater extent. When choosing religious music, it is necessary to take into account the national composition of the class.

The effect of rock music on the human body

It has been scientifically proven that not all directions in music have a beneficial effect on the body of the listener. Modern rock music is often cited as an example of a negative effect on the psyche. This popular style has its own characteristics, namely a strong rhythm, monotonous repetitions, loudness, hyperfrequencies - superfrequencies and lighting effects. They do not have a positive effect on our body; rhythm, in general, is the most powerful means of influencing a person. Even in ancient times, shamans could change a person's inner world or achieve a high level of euphoria with the help of certain musical rhythms played on their instruments. Why does this happen? This is due to the functions of our hearing apparatus. Rhythm affects the motor center of the brain, stimulates some functions of the endocrine system. But the strongest impact falls on the areas of the brain associated with human sexual functions. For example, drumming was used to drive oneself into a frenzy. Rhythm can affect the feeling, thinking and logic. Moreover, you can be sure that they are completely

neutralized. Modern rock music uses frequencies that have a special effect on the brain. This is due to the functions of the child's hearing aid. We can even make sure that they are completely neutralized. Modern rock music uses frequencies that have a special effect on the brain. Rhythm becomes addictive because it is combined with ultra-low frequencies of 50-30 Hz and ultra-high frequencies up to 80 thousand Hz. A rhythm with a frequency of one and a half beats per second, combined with ultra-low frequencies, can cause a high level of joy, pleasure, inspiration, happiness, unusually exciting happiness. A rhythm with a frequency of two beats per second at the same frequency puts a person in a kind of dance trance. An excess of high and low frequencies damages the brain. There have been cases of concussions, voice disorders, hearing and even memory loss at rock concerts. Rock music, despite all its power, belongs to the category of monotonous, motor-like sounds, which, as it were, make listeners feel passive. And the more often they listen, the higher their ability to achieve a state of passivity increases. The next factor is the volume factor. Our ears perceive 50-60 dB of sound well. 70 dB of sound is considered loud. During rock concerts, the volume at the place where the equipment and speakers are installed is 120 dB, and in the middle of the arena it is 160 dB (it should be noted that 120 dB is the noise of a jet plane).

So, what happens in the student's body? The adrenal glands release the stress hormone adrenaline. But since the effect of the stimulus does not stop, the production of adrenaline does not stop either. And it, adrenaline, erases part of the information imprinted in the brain. A person forgets what happened to him or what he learned, that is, he suffers a mental breakdown. Such an integral attribute of rock concerts as the lighting effect is not harmless - rays that periodically cut through the darkness in different directions and take on different appearances. For everyone else, this is just a decoration for the concert. What is it really? A certain alternation of light and darkness, accompanied by loud music, significantly weakens visual orientation and reduces reaction speed. Flashes of light, coming one after another in accordance with the rhythm of the music, stimulate the mechanisms associated with hallucinations, dizziness, and nausea. For a long time, doctors, psychologists, and scientists have been saying that the rhythm and frequency of rock music, the alternation of light and darkness - all this negatively affects the psyche of a child. It is also worth noting that today there are few people who have not been influenced by the stereotypes of rock music. Rock music names patterns of a person's worldview, shows how to dress, how to think... This music affects the motor center, emotional, intellectual, and sexual spheres of human life. As a result of research, it was found that the following conditions can occur as a result of prolonged exposure to rock music: anger, suicide; involuntary muscle movements; lack of concentration and impaired ability to make clear decisions; craving for the constant sound of rock music; social alienation.

In conclusion, in our fast-paced and hectic times, we adults must first consciously understand the negative and positive effects of music on schoolchildren. Each of us must always be able to convey to children that our national music is the solid foundation of our future, the echo of the life of our people. We must educate a well-rounded generation of representatives who can touch the hearts of all people on earth, understand the true essence of melodies and songs that are polished with complex spiritual experiences and deep philosophical thoughts.

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