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PSYCHOLOGICAL-PEDAGOGICAL ASPECTS OF THE PROBLEM OF ROCK MUSIC AND ITS INFLUENCE ON HUMAN HEALTH

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A B S T R A C T

The article provides a well-founded scientific explanation of rock music, human health, and its impact on child development. The article highlights interesting facts about how music teaches not only to listen, but also to hear, not only to look, but also to see, hear, and feel. Also, the sequential flashes of light in accordance with the rhythm of the music are based on the mechanisms associated with hallucinations, dizziness, and nausea.
In addition, it is highlighted that musical training can develop mental development and thinking skills, develop memory, calm rhythmic music can calm a newborn baby, but prolonged listening creates a constant excitation process in the brain.

K E Y W O R D S

Rock, hyper frequencies, super frequencies, monotone, frequency, shaman, Rock concert.

INTRODUCTION

It has been scientifically proven that not all styles of music have a beneficial effect on the human body. 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 bodies; rhythm is usually the most powerful tool for influencing a person. Even in ancient times, shamans could change a person's inner world or achieve a high level of happiness with the help of certain musical rhythms played on their instruments.

Why does this happen? It is connected with the functions of our hearing apparatus. The rhythm captures the motor center of the brain, stimulates some functions of the endocrine system. But the strongest blow falls on the areas of the brain associated with human sexual functions. For example, drumming was used to drive oneself crazy. Feeling the rhythm can affect thinking and logic. In addition, you can be sure that they are completely harmless. Modern rock music uses frequencies that have a special effect on the brain. This is due to the functions of our hearing apparatus. You can even make sure that they are completely neutralized. Modern rock music uses frequencies that have a special effect on the brain. The rhythm becomes addictive because it is combined with ultra-low frequencies of 50-30 Hz and ultra-high frequencies of up to 80 thousand Hz. A rhythm that is a

multiple of one and a half beats per second, combined with ultra-low frequencies, can induce a high level of joy, pleasure, inspiration, exhilaration, and unusually exciting happiness.

Literature Review

Mikhail Lazarev, pediatrician, director of the Children's Rehabilitation Treatment Center, describes the effect of music on pregnant women: classical music has a wonderful effect on the formation of the fetus's bone structure, thyroid gland, and massages internal organs, reaching deep into the tissues, stimulating blood circulation in them. Research conducted by the center led by Lazarev has shown that musical vibrations affect the entire body. A similar phenomenon was observed and accepted by two famous Japanese people: Masaru Ibuka, president of the world-famous Sony company, and the brilliant music teacher and violinist Shinichi Suzuki. They founded the “Center for Early Creative Development of Children” in Tokyo. There, Ibuka worked with expectant mothers, giving them soothing music to listen to during the final months of pregnancy. Then, the teachers worked with pre-born children under the age of 2 on a special program, and from the age of 2, they came to Suzuki, where they learned to play the violin with ensemble accompaniment. A brilliant discovery by like-minded businessmen and musicians has yielded remarkable results in child development.

Research Methodology

A rhythm 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 causes brain damage. Rock concerts have been associated with concussions, voice disorders, hearing loss, and even memory loss. Rock music, despite its power, is a monotonous, motor-like sound that some listeners find to be passive. And the more often you listen to it, the greater your ability to achieve a state of passivity. The next factor is volume. Our ears can hear sounds of 50-60 dB. 70 dB is considered loud. During rock concerts, the sound level is 120 dB where the equipment and speakers are installed, and 160 dB in the middle of the arena (it should be noted that 120 dB is the noise of a jet plane).

So what happens in the human body? The adrenal glands release the stress hormone adrenaline. But since the stimulus continues to act, adrenaline production continues. And adrenaline erases some of the information stored 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 a lighting effect is not harmless - rays that periodically cut through the darkness in different directions and take on different forms. For everyone, 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, 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, scientists have been saying that the rhythm and sound frequency of rock music, the alternation of light and darkness - all this negatively changes the human psyche. It is also worth noting that today there are few people who are not influenced by the stereotypes of rock music. Rock music names the patterns of a person's worldview, shows how to dress, how to think... People live weakly under this pattern day and night... This music affects the motor center, the emotional, intellectual and sexual spheres of human life. The study found that prolonged exposure to rock music can lead to the following conditions: anger, suicidal thoughts;

involuntary muscle movements; lack of concentration and poor decision-making skills; craving for the constant sound of rock music; and social alienation.

Analysis and Results

It has long been known that a child can feel and react to music. This is due to the human auditory cranial nerves and the brain's ability to perceive and remember sounds. The question arises, at what age does this ability appear? Scientific studies have shown that this biological system is already present in the last three months before the baby is born. Today we know that children have the ability to perceive music, rhythm, pitch, and high and low notes. At what week of pregnancy does the fetus begin to distinguish sounds? Can it hear sounds from outside? How does it react to music and other sounds? How does listening to music during pregnancy by the mother of a newborn baby affect its further development? Specific studies of these problems have concluded that the auditory system begins to function in the fetal brain from the twenty-sixth week of pregnancy. It primarily perceives the sounds of the mother's body, external sounds are not heard in the womb, the child is protected by the mother's body. However, Beethoven's Fifth Symphony, for example, overcomes this barrier - the child reacts to it with body movements and an increase in heart rate.

Many sounds, on the contrary, slow down the heart rate - this is melodious, smooth music. Loud rhythmic sounds accelerate the heart rate. Thus, sounds, on the one hand, contribute to the motor activity of the fetus, and secondly, they allow it to obtain some information about the world around it before birth. To understand how prenatal music influences a child's life after birth, we need to determine how well their memory skills have developed. Many studies have shown that prenatal music can accelerate a child's development and help overcome certain developmental problems. Children of mothers who listened to music in the twenty-eighth to thirty-sixth weeks of pregnancy respond to sounds and recognize melodies faster than others. They have a well-developed memory.

It is known that a child, even in the womb, reacts differently to different types of music. Scientists have discovered that in the brain of the embryo there are special cells that significantly increase the mental potential of the child's brain. However, These cells require certain stimulation, and it turns out that harmonious music is an excellent stimulant for them.

Their task was to raise a well-rounded person who could easily adapt to any life situation, enjoy life, and succeed in the activities he chose in life. Music lessons increase children's intelligence, help develop their mathematical and spatial thinking. This was stated by scientists from the University of Toronto after "testing" the effect of music on the mind. According to a number of experiments, the most effective in this sense are keyboard instruments and vocals. According to Canadian scientists, the intellectually stimulating effect of music on children lasts at least 5 years. Musical education, on the one hand, develops mental development and thinking skills, and on the other hand, it develops memory. This is proven by science. Quiet rhythmic music can calm a newborn baby, but listening to it for a long time creates a constant excitation process in the brain, which is activated the next time it is listened to. Children who play music remember educational material better and faster than children who do not play music. Music education, in turn, not only develops the mind, but also educates emotions, strengthens the child's spiritual health, and helps to form warm, trusting relationships in the family, between parents and children. Recently, few parents are thinking about the musical education of their children. Parents believe that it is necessary to give the child knowledge that will be useful in life. Targeted education is very relevant today. It is clear that if a child wants to become a translator,

he should study languages, study history. Life forces parents to instill in their children the idea that the right profession is the shortest path to material well-being, and this is the main thing.

Indeed, why waste time on musical exercises that tire both parents and the little maestro? It is good if the chosen instrument is a piano.

However, despite all the inconveniences that the initial stage of teaching children to play musical instruments brings, previous generations of parents tried to give their children a musical education. Previously, in every noble family, children were taught dancing, horse riding, calligraphy, foreign languages, fencing, playing musical instruments, and singing. Works written not by professional composers, but by educated people, for example, the Russian diplomat A. S. Griboyedov, who, along with his diplomatic and literary activities, created a number of wonderful musical works. There was a great selection in music schools, and especially talented children were accepted... Those who were not accepted to the school visited many private teachers, and a year later, at family celebrations, they performed Glinka's "Polka" and Oginsky's "Polonaise". Since music lessons required not only the children's tireless work and willpower, but also great patience from their parents, only a few of them became professionals, but still, having taught all or almost all of them, they considered it necessary.

Music makes a person more sociable, because when performing a work, trying to convey the thoughts and feelings of the composer, the performer learns to relate to the audience, in a conversation he feels and guesses the nuances of the intonation and feelings of the interlocutor. The tone and image of the conversation - the composer's thoughts and mood, the musical work being performed - are accustomed to feeling. Music teaches a child to work hard every day, develops patience, willpower and perseverance, improves their emotions, and gives them a special perception of the world around them. Music teaches not only to listen, but also to hear, not only to look, but also to see and hear, and to feel.

Conclusion and Recommendations

A person's happiness depends on what eyes he sees around him and what emotions he experiences from what he sees. If you want your child's world to be emotionally rich, if you want him to be a successful, well-rounded, purposeful and therefore happy person, give him this opportunity. In conclusion, we can say that music is an objective thing, we cannot change the music itself, but we do have a choice - to listen to what is pleasant for us and therefore has a beneficial effect on our body. If possible, control the music around you and be healthy!

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