



MUSIC: SOUL OF LEARNING SKILLS

Dr. Geeta Shinde

& Mrs. Devjani Chakravarty (Page 235-240)

Assistant Professor, Ph.D. Scholar/JRF, DEE,
SPPU, DEE, SPPU

SRJIS IMPACT FACTOR SJIF 2015: 5.401

Date of Issue Release: 04/03/2017,

Volume: SRJIS, Jan-Feb, 2017, 4/30

ABSTRACT

The aim of Education is to bring balance between Mind, Body and Soul. It also strives towards combining 'Learning' with 'Joy'. According to great Philosopher Plato, "Music is a more potent instrument than any other form of Education." Music impacts on ethical side of soul. The foundation of a strong nation lies in its Arts and Culture that is perfectly woven in its system of education. Music education opens doors that help children to pass from school and blend into the world around them, i.e. the world of work, culture, intellectual activity, and human involvement. Indian education system requires giving due importance to Visual and Performing arts for complete development of Children not only in scholastic but also in non scholastic areas. Eminent Psychologist Prof. Dr. Howard Gardner in his Theory of 'Multiple Intelligence' has also considered Music Intelligence as a major element. This review research paper tries to identify role of Music in enhancing learning skills. It focuses on two major themes: 1) Importance of Music Education 2) Influences of Music on learning skills. It also discusses on 15 Cognitive and Learning Skills which are potentially influenced by Music.

Keywords: Learning, skills, Development, Music, Dance, Drama and Art



Scholarly Research Journal's is licensed Based on a work at www.srjis.com

INTRODUCTION

Music is the foot tap, the fingers snap and the pulse quicken that not just stirs the brain but reaches the soul. The scientists in Neuroscience believe that there are possibilities to improve damaged minds by employing sound waves, rhythm, harmony and melody. Researcher discovered direct evidences that music stimulates specific region of the brain responsible for memory, motor control, timing sense and language. Researchers also have located that specific area of mental activity linked to emotional responses to music. The latest finding of (SNLA-Society for Nero Science in Loss Angeles) finds education as an almost Universal language of moods, emotion and desire. Music involves the brain at almost every level, even allowing understanding of cultural difference and likeness in taste of music. It also finds evidences of music's remarkable power to affect natural activities, no matter where they look in the brain. Music provides self esteem, self

reliance, it enhances verbal communication skills, learning phonics. Music is magic in human life.

IMPORTANCE OF MUSIC

Music is combination of tunes in such a manner that pleases the ear, i.e. sounds so combined as to make a pleasant impression over the mind. All sounds are not music it is only when the sounds are produced in harmony and melody which pleases the ear that became music. It is hard to define music but it is easy to give meaning to it. The best definition of Music can be “An art of sound in time that expresses feelings and emotions in significant forms through the elements of rhythm, melody, harmony, and beats.” this definition has all the important words coming all together and constructing a simple yet concise definition of music. As we all know that Music is that fine art which provides us a healthy emotional balance. Music helps keeping brain fits. Therefore, music is the key of creative and happy life.

MUSIC AND EDUCATION:

Researchers found that “Early music lessons boost brain development.” Musical training before the age of seven has a significant effect on the development of the brain, showing that those who began early had stronger connections between motor regions, i.e. the parts of the brain that help you plan and carry out movements. Nobel laureate and a Naturalist Educationist Shri Rabindra Nath Tagore considers the importance of Arts and Music for over all development of Child. Tagore said “The Highest form of education is not that which merely gives us information but makes our life in harmony with all existence.” The school that Tagore established *Shanti-Niketan* aimed at combining work with joy in which Music and Arts were given due importance along with Picnics, excursions, games etc. Music, theatrical performances and celebrating socio-religious festivals constituted regular features of the calendar. Music, Dance Drama and Art is emphasised while celebrating a number of festival organized in school for example New Year’s Day, the Rainy Season festival, the New Rice festival, the spring festival. Tagore also added Halkarshan (ploughing the land festival) and Van Mahotosava (tree planting). Apart from adding joy routine school life, these celebrations also bring students and communities to work together.

INFLUENCE OF MUSIC ON LEARNING SKILLS

1. ***Music makes learning enjoyable:*** Music is one of the most effective tools for developing the memorizing capacities. Everyone has seen people can learn a song very

easily and faster than learning something's from syllabus, it's because the mind enjoy the music. This theory works behind child learning, like for example poetry, multiplication tables, ramming words, synonymous words.

2. **Music work as stress buster:** Music has the capacity to touch souls of individual. It can do wonders for emotional well being. Indian Classical Music is based on *Ragas* and *Rasas* that stands for Time of playing and emotions that certain kind of music conveys. Sometime people are in sad mood and they prefer to listen to sad music because they correlate that particular music with their emotion. At the same time, a happy song or motivating song has capacity to strengthen emotions.

3. **Music develops the linguistic skill:** Songs and poem develop language skill in children at every early stage. The child starts to recognize voice, tone and words even before they begin to speak read and write. When children listen to music, they start understanding, imagining and finding out the meaning of words.

4. **Music develops listening skill:** When a child listen music, he starts developing his or her listing skill automatically (unconsciously). They are able to differentiate between voice, tone and melodies. Child tries to find out the meaning of soft voice and harsh (loud) voice. He starts understanding different moods of person which he learns by listening different tones and pitches.

5. **Music induces movement:** movement and music is the two side of one coin. Children are giving the respond to music through moving their body. Some time they shake their head, hands, tapping feet etc. all these movements of body develops their coordination skills with body balance with music, words, tune and rhythms.S

6. **Music heals without medicine:** Doctors and researchers have observed that music therapy can help in recovering from psychological problems such as Dementia, Dyslexia, Desperation, Trauma etc. Thus music has a healing capacity to it that can naturally help healing minor mental and psychological problem without chemical induced medicine.

7. **Language of music:** Music does not need any language to convey the emotion. In fact music has a universal language that everyone call feel and relate to. Music is the language for all humans. It is a language that comes to use when normal language fails to convey emotion. Music says things that cannot be said in words. We need music whenever we have a great need to say something important that time this universal language plays vital role.

8. **Music works on overcoming Learning disability:** Children with learning disabilities and poor coordination have been able to learn and respond to set pieces of music. Training in some music instrument can help such children improve the motor coordination and enhance interaction of several lobes of brain. This can gradually help in observing reactions from such part of brain which previously lacks in responding.

9. **Music develops senses and perception:** Music is produced from sound waves. Such sound waves have certain effects in our brain which further develops senses and perception in many ways. Even fish in aquarium were made to listen to different kinds of music and it was found that their movements corresponded with the beat of the music. Fish do not hear, they only felt the vibrations of the sounds through water. Then we imagine what profound effect sound and music might have on the human mind. (see the cities of Ashish Khokar.)

10. **Music teaches about culture:** Music has a reflection of culture in it. Every culture makes its own music; it has its own traditions and rituals to perform. Music, Arts, Dance and Drama evolves out of existing culture and later it helps to keep that culture alive by transferring it to next generations. Thus Music grows out of its own cultural context. Music and culture has bilateral influence.

11. **Music increases IQ:** A study by E. Glenn Schellenberg- three groups of 6 years child, for Group A: one group he provided weekly voice and piano lessons. Group B: nine months drama lessons. Group C: no any lessons. The IQ tested before and after grade 1 & 2 Findings: the children who were given music lesson over the year tested on average three IQ points higher than other groups. Drama group not increased in IQ but in social behavior which not in group A.

12. **Success in society:** Music is the fabric of our society, and music can shape abilities and character. Students in band or orchestra are less likely to abuse substances over their lifetime. Musical education can greatly contribute to children's intellectual development as well.

13. **Music develops spatial temporal skills:** Researcher has also found a casual link between music and spatial intelligence, which means music helps to children visualize various elements that should go together, like they could do when solving mathematical problems. These skills come into play in solving multistep problem in Architecture, engineering, math, art, gaming and working with computers.

14. **Music training Shapes brain anatomy:** Musical training shapes brain anatomy, affects function. New findings show that extensive musical training affects the structure and function of different brain regions, how those regions communicate during the creation of music, and how the brain interprets and integrates sensory information.(2013)

15. **Music builds imagination and intellectual curiosity:** Introducing music in the early childhood years can help foster a positive attitude toward learning and curiosity. Artistic education develops the whole brain and develops a child's imagination.

CONCLUSION

NCTE Regulation (2014) focuses on Music, Dance, Drama and Arts in education. We all know that music is the one of the most important way of entertainment. Beyond that music also significantly develops our brain and abilities. Music helps in developing many life skills in children. Music helps to overcome all type of stress and helps to heal dangerous and ironic diseases. Music is a tonic in human life. The Journal of Neuroscience suggests that musical training before the age of seven has a significant effect on the development of the brain, showing that those who began early had stronger connections between motor regions -- the parts of the brain that help you plan and carry out movements. Practicing a Musical Instrument in Childhood is Associated with Enhanced Verbal Ability and Nonverbal Reasoning. Teachers must consider the importance of Music, Dance, Drama and Arts education in development of personality of child. They must help students for acquiring and pursue Visual or Performing arts as career or hobby. Institution must also give enough opportunity to students to show case their talents.

REFERENCES

- Boston Children's Hospital.* (2014, June 17). *Brain imaging shows enhanced executive brain function in people with musical training.* ScienceDaily. Retrieved February 6, 2017 from www.sciencedaily.com/releases/2014/06/140617211020.htm
- British Psychological Society (BPS).* (2014, May 7). *Musical training can increase blood flow in the brain.* ScienceDaily. Retrieved February 6, 2017 from www.sciencedaily.com/releases/2014/05/140507211622.htm
- Concordia University.* (2013, February 12). *Early music lessons boost brain development.* ScienceDaily. Retrieved February 6, 2017 from www.sciencedaily.com/releases/2013/02/130212112017.htm
- Forgeard M, Winner E, Norton A, Schlaug G* (2008) *Practicing a Musical Instrument in Childhood is Associated with Enhanced Verbal Ability and Nonverbal Reasoning.* *PLoS ONE* 3(10): e3566. doi:10.1371/journal.pone.0003566

Jennifer Zuk, Christopher Benjamin, Arnold Kenyon, Nadine Gaab. **Behavioral and Neural Correlates of Executive Functioning in Musicians and Non-Musicians**. PLoS ONE, 2014; 9 (6): e99868 DOI: [10.1371/journal.pone.0099868](https://doi.org/10.1371/journal.pone.0099868)

Northwestern University. (2012, August 21). A little music training goes a long way: Practicing music for only few years in childhood helps improve adult brain. ScienceDaily. Retrieved February 6, 2017 from www.sciencedaily.com/releases/2012/08/120821212626.htm

Oxford University Press. (2006, September 20). First Evidence That Musical Training Affects Brain Development In Young Children. ScienceDaily. Retrieved February 6, 2017 from www.sciencedaily.com/releases/2006/09/060920093024.htm

Society for Neuroscience. (2013, November 12). Musical training shapes brain anatomy, affects function. ScienceDaily. Retrieved February 6, 2017 from www.sciencedaily.com/releases/2013/11/131112163216.htm

Society for Neuroscience. (2013, November 12). Musical training shapes brain anatomy, affects function. ScienceDaily. Retrieved February 6, 2017 from www.sciencedaily.com/releases/2013/11/131112163216.htm