

THE INFLUENCE OF MUSIC ON THE PHYSICAL AND MENTAL HEALTH HUMAN

Since ancient times, music has been important in everyday life of people. Of course, in ancient times, hasn't exist songs, poems, etc., because people just did not know how to make them. The environment is filled with enormous and varied sounds. Great influence on the formation of the spiritual world of the individual created the noise of leaves, singing birds, murmur of streams In other words, all that surrounded a person and informed her about the outside world, namely about certain objects and phenomena of nature.

When we don't hear any sounds when the whole world is silent, often it's all, we are associated with fear and death. But when we all hear, we experience a sense of life and movement. As for me, sounds are the movement through which we live and feeling life. Sounds perceived by a person cause her certain emotions, feelings, associations with other objects, phenomena and others.

All the sounds we hear have a certain effect on our psychological processes, and each other has certain properties, in particular:

1. Sound pitch
2. Volume
3. Time of sounding
4. Timbre
5. Amplitude of oscillation and others

All these properties have their own reflection in human consciousness and mind. Each of them can affect both the complex, and separately.

Individuality is independent and unique, has its own preferences, admiration and tastes. The same thing happens in music. In general, each sound is unique. Everyone tries to find something special in music that only he can explain. As mentioned earlier, we perceive music despite the emotions, feelings and associations it causes of us. Someone may feel joy, happiness, sadness, pain, disappointment and even a large range of emotions during listening.[1, p. 115]

In the childhood we are accustomed to music. Mothers who tried to put the baby in bed often sang to us lullabies. They act as a sedative for the baby. Lullabies, even without words, act as a wonderful sedative in case of sleep disorders. In Salzburg, studies have been conducted in which it was said that the lullaby, like music, acts not only to relax and normalize human biological rhythms, but it will also contribute to the relief of the soul, that is, it relieves a certain emotional tension that exists within a person. This can be seen in some maternity hospitals. For example, in a maternity hospital in London, one journalist noticed that newborn babies enjoy listening to instrumental music by Vivaldi. After such therapy, they do not wake up even when a tool box has fallen. Especially exciting for them were flute sounds. Instead, the Japanese hospital in Shibuya (Tokyo) conducted an experiment by its director, W. Oki, who, with

the help of him, was able to prove that "slow avtomatous" (repeated repetition of the melodic phrase) music greatly facilitates the birth of a woman.[2, p. 66]

I would also like to stay on such a famous, as well as no less ingenious composer like Wolfgang Amadeus Mozart. The scientists conducted a series of experiments, which showed how his music affects the mind and human body. They found that while listening to his compositions, little children develop more intellectually. It is also useful to listen to his works before the exam, as it helps to concentrate more, to increase his creative thinking, and to facilitate the search for non-standard solutions. Improvement of attention, memory, headache alleviation, sleep improvement, increased mathematical abilities, and this is not the end of what Mozart's music can influence.[4]

It is known that humans body is made on 70% with water. Japanese scientist Emoto Masaru, that has written a book in 1999 year called "Hidden Messages in Water", has made some experiments that show how does water change its structure, to be exact the type of molecule. The scientist put the glass of regular water between two loudspeakers from which was playing different genres of music pieces, were said different words. After what this liquid was frozen, and then under the microscope people studied the structure of molecule. As a result, the frozen water has a form of snowflakes, that has clear or fuzzy contour. For example, when the scientist turned on "The Swan Lake" of Tchaikovsky, the form of the snowflake has had the most beautiful framework, that has an appearance of a bird feather. The Symphony №40 of Mozart shows the same greatness as the composer. Reaction of water on the hard rock music is as much incredible. The structure of a snowflake in this case is absent and only the blurred background can be seen.[3]

So, music is one of the most important part in humans life. It contains one of the most, modern informational channels. We have researched that music influences not only on our mind but on our body. It helps not only with mental illness and emotional tension, but with physical too. With its sounds, it makes relevant and unusual waves, that have an impact on our consciousness. Often music therapy is used in hospitals, sanatorium for children and adults and other places for treatment. A big responsibility and impact have music teachers, because they guide and push us to find not only our music way, but the music taste too. Of course a lot of scientists research this theme a lot by making a lot of experiments, but besides all of that this problem is still not explored and has to be studied even more.

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