

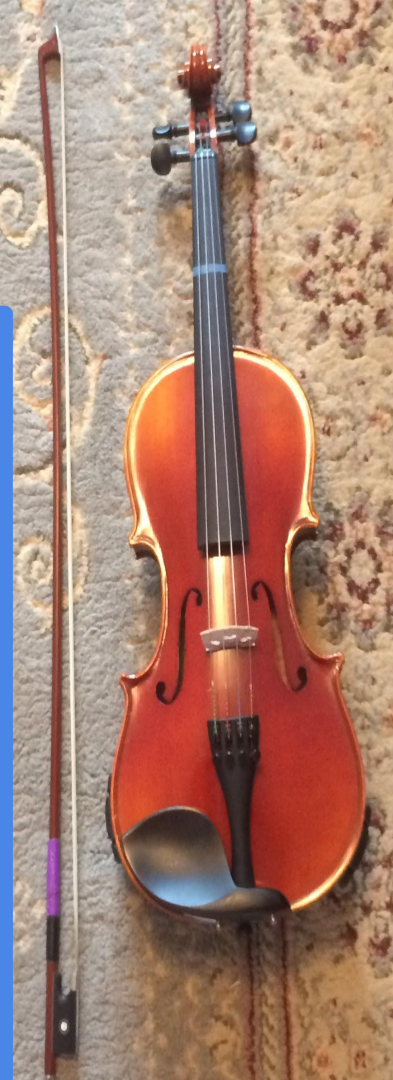
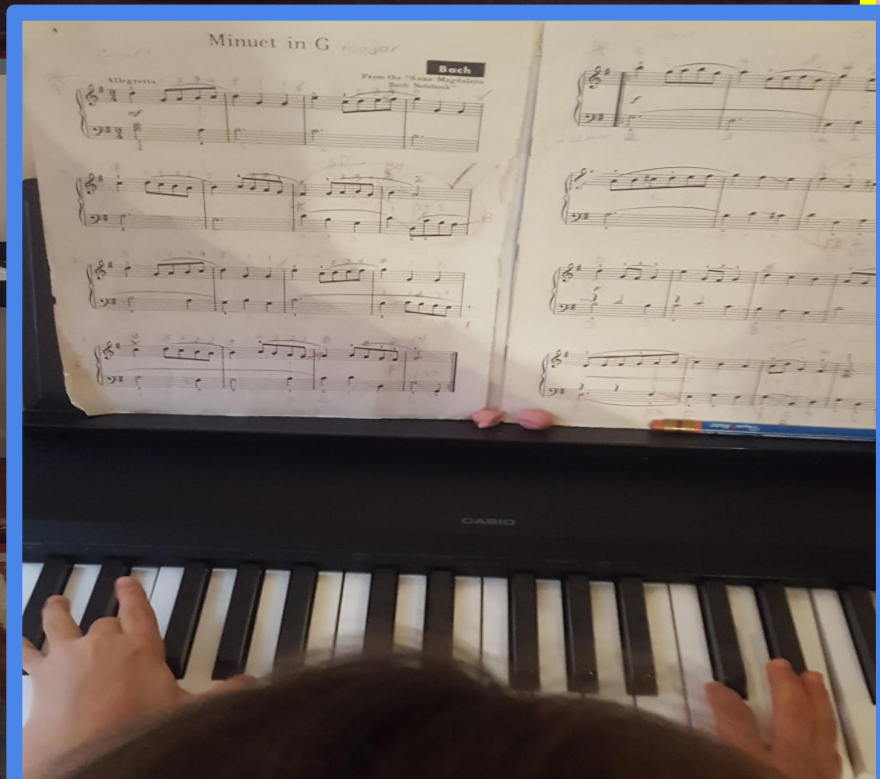


Music

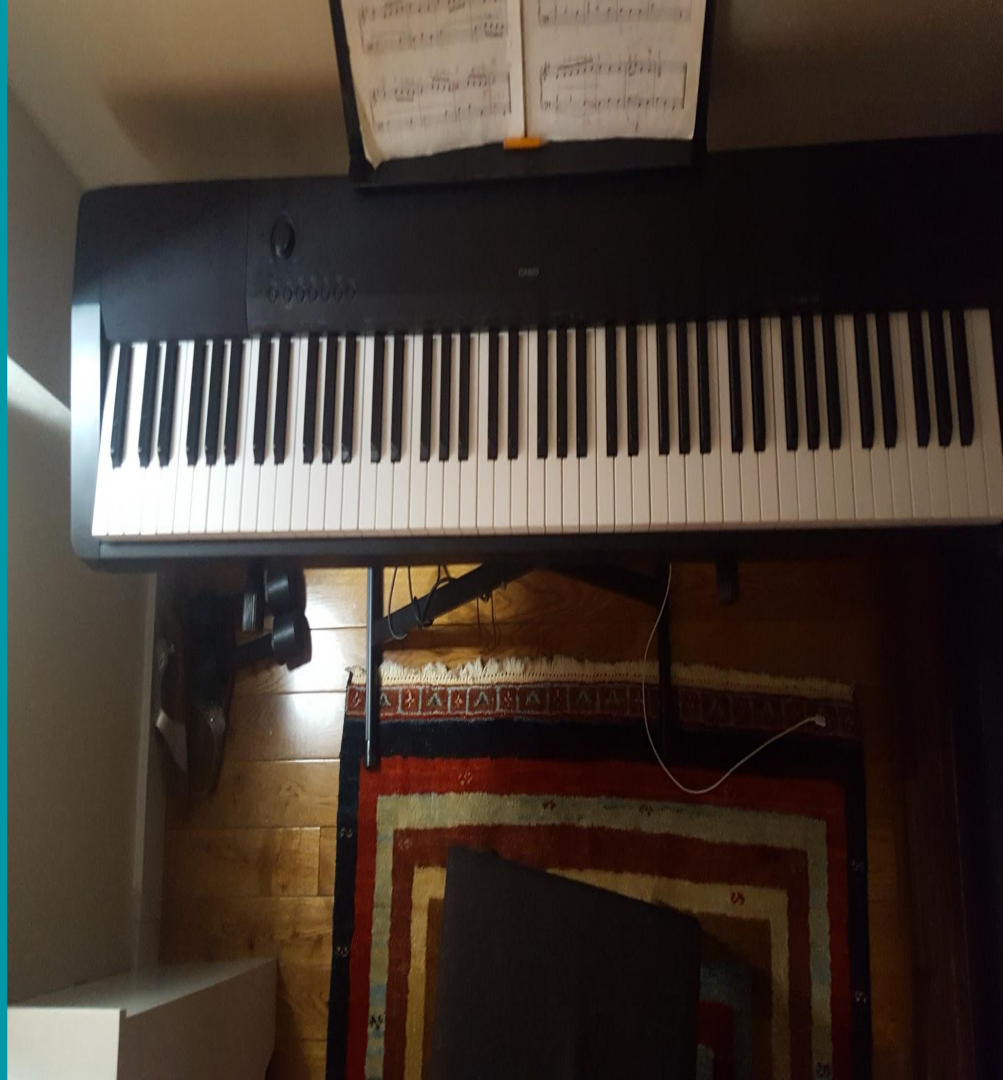
By Eva Zecar

Music. People say that music is a subject you learn in school for fun and you don't learn anything from it and that music is boring and more mean things about music that goes through one ear and out the other. Whatever some people think, I think the opposite. I think music is amazing because you can learn lots of interesting things about it, such as lives of very famous musicians or learning different ways to read music. It is also good for you because it can benefit you in many ways such as physically, mentally and emotionally.

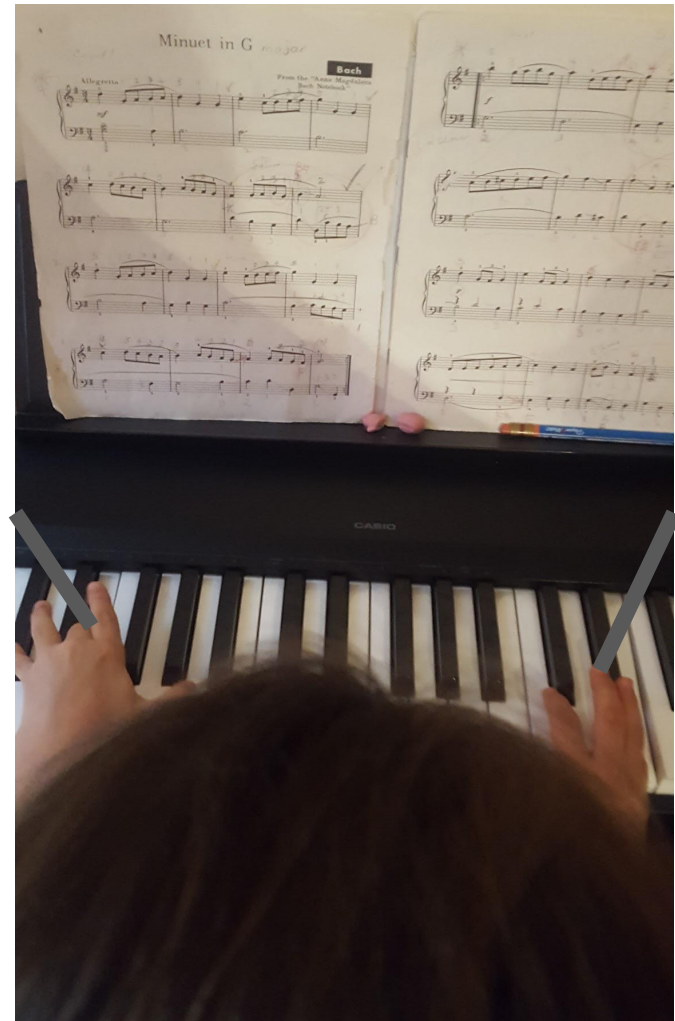




Firstly, music can benefit you emotionally. In an interview with Lisa Rizzi, a music teacher at PS290, she said, “I like to listen to calm music when I am feeling stressed. If I listen to something like the 3rd movement of Mozart’s Eine Kleine Nachtmusik, I become very relaxed. That feeling stays with me for a while after the music has stopped.” In an article on www.huffingtonpost.com, it says, “Neuroscientists found out that music helps you have positive emotions.” This website is saying that, some scientists that study about nerves are saying that if you listen to music, it will make you happier. Also, from my own personal experience, I know that if you are very frustrated or very gloomy, when you listen to music it calms you down and makes you forget how mad you were so, you don’t take the madness/sadness out on anyone. Here is what happened, one time I was playing a game with my sister in the afternoon. It was a game called Rummikub and I love winning that game. Unfortunately, I lost and I got so angry that I stormed of into my room, got my computer and turned on some classical music and at first I thought to myself, this is not working, but a few seconds later I was really paying attention to the music and my raging feeling was melting away. After the music I was feeling happy, peaceful and calm.



Second of all, music can benefit you physically. One time I was doing gymnastics and I put on some pop music and the music had a very good beat to it so, when I was doing pushups, I was following the beat and once I finished my pushups, I felt great. I felt like a super strong person. Everyday since that day I was doing pushups with music on so I could get very strong. I felt like a superhero. Furthermore, in an interview with Leena Mansperger, a student at PS290 on the Upper East Side, she believes that, “ When I play the violin or the piano, my fingers become stronger as well as my mind becoming more relaxed.”





Lastly, music can benefit you mentally. According to Ana, a long time flute player, she believes that, “When I’m studying, traveling, working, exercising or relaxing, music is always there! I noticed that classical, pop and calm music help me focus better! Music really improves my concentration and motivation.” Additionally, in a separate interview with Lisa Rizzi, she said, “ Music can affect the mind in many positive ways. Trying to figure out how to read the notes and to count the beats improves brain function, singing and playing music stimulates your brain.” Also, according to www.huffingtonpost.com, it says, “ Music may aid memory.” Wouldn’t it be great for you to listen to music and remember what you did when you were a baby? Wouldn’t that be great. This fact shows that you can have a great memory if you listen to music at least once a day. Finally, in a website called liveforlivemusic.com, it says, “ Research has thought that people who play instruments are smarter.” Wouldn’t you like to be a little smarter than the kids in your class who don’t play an instrument? I’m not saying that the other kids are not smart, I’m just saying that you are probably have a little more knowledge that the other kids JUST at music. I think this shows that if you play an instrument, you learn a little more such as learning history about the instrument, but when you sing you can’t learn about singing because you know what singing is.



Overall, I wrote about this topic because it really interested me how there were a lot of ways music could benefit you. I wanted to say that even if some people don't think this is true, music can benefit you emotionally, physically and mentally. Instead of taking one whole hour reading a boring book thinking that it will make your pain go away in a flash of a second, why not listen to music? It is not something you can get used to so quickly, from reading an interesting book to listening to your favorite song while in pain. But, why not give it a shot?





