

## The Effect of Musical Sounds on the Humans Psyche

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**Abstract:** "Music expresses human feelings, dreams, desires in a unique artistic language and actively influences human emotions. Music is both a science and an art."

**Keywords:** Musical, art, dreams.

According to the scientist Stendhal, music is one of the types of art that can penetrate deep into the heart of a person and reflect his inner experiences. Music gradually affects the human psyche and creates specific changes in the body. The central nervous system, other organs and organs descend from the abdominal cavity, come to their senses and work in rhythm. Depending on the tone of some melodies, that is, the meaning, a person instinctively plunges into the world of thoughts and emotions. There are melodies that add strength to a person and lighten his problems. At the same time, the strength of the influence of music also depends on the tuning of the instrument, on the general situation, on the ability of the musician to play his instrument.

Aristotle (4th century BC) also considered music as a means of harmonizing the individual with social life. Aristotle developed the doctrine of mimesis, which revealed the inner world of a person and ways to influence him through art. In the theory of mimesis, the concept of "catharsis" was developed. According to him, ancient Greek tragedies cleared the mind of the spectator from the pains of illness. In the process of deep experiences, a person is spiritually purified, his heart rises from its specificity, its uniqueness to its generality.

Aristotle described in detail the musical scales that change the psyche. Music in one scale evokes compassion and tenderness, while in another it can cause nervousness or excitement. Listening to a great performance, we experience feelings of pleasure, joy, inspiration, or, as the Greeks say, "catharsis" - the process of internal, spiritual purification and renewal.

The influence of the sounds of music on the human psyche was also of interest to Abu Nasr al-Farabi and Abu Ali ibn Sina. German musicologist I. Matteson thought deeply about the powerful influence of music. Doctors from Eastern and Western countries, who are well aware that music evokes positive feelings, emotions and experiences in a person, have conducted many experiments on its use as a remedy.

In medicine, treatment is carried out in three different ways: the word, herbs and the knife. "There is a patient who can be treated with words," said Abu Ali ibn Sina. Speech therapy (psychotherapy) is one of the main factors of medicine. However, the word also does not always have a healing effect, so at this time, as a rule, music comes to the rescue. P. I. Tchaikovsky once said: "When the word is useless, music is the most influential instrument." If the melody attracted the attention of a person, know that it entered the psyche as wind. It is known that the brain - the psyche - controls and manages all processes in the body. To be hungry, digestion of food, in particular, labor productivity are also closely related to the psyche. At the sound of music, the heart immediately comes to life, begins to beat in a bold, rhythmic rhythm, the arteries relax, and the blood begins to flow smoothly. This radically improves the

body's supply of heavy and compressed tissues. As a result, each participant begins to fulfill his "duty" with "joy". The psyche also changes with the sound of music. Patients stop experiencing feelings such as depression, panic, or needless anxiety. Patients who recover from such depression will find it easier to recover.

The pleasure of music is great for patients with heart disease. "In the past, before the advent of modern medical equipment and drugs, 30 percent of patients with heart disease died," says American scientist Frink Flood, later this number was halved. And the music reduced it again." In our time, in medical centers abroad, even complex operations began to be performed with the sound of live music. It certainly gives good results.

A French professor De-Bac, who mastered the most complex heart operations, would have done any operation with music.

The effect of soothing music on the psyche can be compared with sedative and hypnotic drugs, as well as blue, light yellow, yellow and bluish colors or good mood, such as a blue morning, a breeze, a clear lake, a summer evening. Because all of these are natural relaxing and pleasant factors.

Thomas Edison, the famous American inventor, once collected 589 different pieces of music with the help of people well versed in music. Of these, 112 works were selected that most strongly affect the feelings of the audience. Of these, 15 were recommended for creative purposes, 14 for calming nerves, 10 for fun, 10 for strengthening friendships, 11 for inciting love, and 11 for suppressing arousal in children.

Supporters of the "science" of music therapy recommended the following recipe: "Moonlight Sonata" by L. Beethoven and the second cantata by J.S. Bach to relieve anger. Schonen's "Prelude" for to rid off frustration, B. Bartok's Fifth Quartet to reduce jealousy and Mozart's opera "Don Giovanni" against headaches, as well as you should listen to A. Khachaturian's waltz "Masquerade"...

In fact, the magic of music, for madly in love, is unique.

In ancient Greece, the "science of music therapy" was widespread. For example, the mathematician and philosopher Pythagoras recommended music as a means of all-round healing of the soul and body.

As it's been said, Iskandar Dhul-Qarnayn is also did many his works with sounds of music.

The voice of a full person is low, and the voice of a hungry person is loud. For this reason, it was customary to make the belly of the dutar, gidjak (violin, etc.) empty. Currently, the variety of musical instruments has increased significantly. Each of the musical instruments creates a unique melody and songs.

Abu Ali ibn Sina loved the sound of soothing music and even made and played the gidjak himself.

They say that at the sound of the flute, the snake stopped attacking and bowed its head, the tourists that were attacked by robbers and who lost their property calmed down, and the robbers came to their conscience and repented of their actions.

In one of the stories, two mischievous lambs are playing chase and did not suspect that they have gone far. How now to return to the herd? At this moment, the sound of a flute is heard in the distance, and they run in that direction. Finally, they come out in front of the shepherd boy that was playing the flute: both sides are delighted. This flute will remain an integral part of the shepherds.

When Dutar's sound is soft and gentle, magical and traumatic, melancholic and seductive, it's like it's really trying to tell us a secret. Spontaneously, our hearts become prone to passion. It has captured your heart and now it is slowly leading you through the streets of life. When you see one of it, you go home, you think, when you see the other one, you thank. Then you will feel much lighter and calmer.

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Remember A. Kadiri's novel "The Last Days": Otabek was persecuted in Margilan and ended up in Tashkent. He enters a courtyard in a deep village. In order to listen to sounds of dutar he pleads to grains. Otabek "... indulges to the sad sound of the dutar. Dutar's sound was heard as if he was somehow telling the story of his grief. Dutar did not merely cry, but was shaking the whole universe and shaking sick hearts making them to weep. Unable to stand it, Otabek covered his eyes with a handkerchief and began to cry. He wanted to stop the tears, but he had no current will in him. All the will was in the cherished melody of the dutar, in its impatient crying. After "Navo", Otabek listens to "Savt" and calms down.

After all, the magic of music also depends on the ability to play.

Some sounds of music can be called joyful tones. When you listen to such melodies, your heart rises like a mountain. The heart beats cheerfully and boldly, the face opens, the nerves and veins are expands. The wedding ceremony, springtime, flowers and nightingales, joyful rivers evoke the same feeling.

One day, Farobi Ray came to a party in Tehran in honor of Minister Sahib Abbad. No one seemed to recognize him. Farobi entered the party and quietly set aside. After about an hour, he took his musical instrument and began to play a wonderful tune. When he played the first part of the melody, everyone around was delighted. Hearing the second part of the melody, they were in a state of complete despair, sobbing and shedding tears. When the third part of the melody sounded, everyone was excited, and then fell asleep. Then the guest wrote on the handle of a musical instrument: "The Farobi came here, was here and left."

They say that only one or two people out of a thousand can be indifferent and careless to music. On this occasion there is an exemplary narration, albeit from the life of babies.

The sage was asked:

- Is it possible to recognize the spirit of babies?
- "Maybe, let's see if we can get all the healthy babies together," said the wise man.

People brought their babies to the square and laid them next to them. Suddenly, the square was filled with crying screams. When the sage pointed to the musicians, the sounds of the music started. Most children stopped crying immediately. Some have tears in their eyes. Only one or two sobbed.

- "It is known from the spirit of the child who he is," said the sage, pointing to the babies.

This phenomenon supports the Hippocrates's theory of psyche based on his experience. Hippocrates divided people into four categories according to their psyche. People with red blood in the body (sanguine) were naturally cheerful and sensitive to impressions as well as to music. Although Phlegm Water people (phlegmatic) are often prone to jaundice, they still find time to listen to music. Yellow bile people (choleric) are people who are accustomed to both conditions and are not much different from phlegmatic people regarding music. Black bile people (melancholy) are uncompromising and indifferent to music.

"I love music so much that I usually do my work to the sound of music. In my opinion, good, pleasant music does not interfere with work, on the contrary, it gives pleasure, cheers up, inspires and leads to a noble world," said Academician T.N. Kari Niyazi.

Scientists believe that music is the real source of strength. Music really gives a person vitality, spiritual pleasure.

If a good person accompanies the destination, or if he sings, then the road seems to shorten, and the person does not feel fatigue.

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No wonder one of the Serbian proverbs says that talking shortens the path, music, singing make work easier.

When listening to some music ("Choli Iroq", "Navo", "Caravan") one deeps in his thoughts, he imagines his marriage life sometimes.

"Lullaby"... This song soothes the nerves so much that listening to it calms the hearts of not only children, but also adults. "Lullaby" has always played and plays an important role in the musical and aesthetic education of children, the encyclopedia says.

Makoms also have the same effect on the heart. We must use this wonderful wealth of our people to prolong life, to enrich our life at every step, at every breath, then our spirit and mood will be refreshed, and we will live happily.

The melody involuntarily follows the person and enters the world of thoughts and feelings. It encourages a person to think, comprehend, depending on the consciousness and level of the child. Listening to music and songs, understanding them deeply and being able to be carried away by them is a great happiness.

But, unfortunately, some do not understand the language of music well enough. That is why it is very important to take care of the transfer of musical knowledge to the younger generation. After all, the next generation, which will develop in all respects, should be well versed in music.

Among the many means of influencing the young soul, music plays a major role. The pleasure inherent in a morally and aesthetically educated person is expressed in the fact that such noble intentions as kind words, exhortations, advice, wishes of a good trip affect the human heart. Music education and ethics is a matter that needs to be deeply studied and applied. The art of music is the most subtle means of attracting humanity, amazingly influential beauty. When a person listens to music, he realizes who he is, and if he has any negative qualities, he understands how to eliminate them. Music helps a person to realize his negative qualities. Music is a powerful means of self-education. In the learning process, that is, when determining the content of music education, it is important to identify the psychological and physiological characteristics of the development of students. The main task of educating young people with the help of music is to teach them all the wealth accumulated in the entire history of the development of Uzbek music and introduce it into their consciousness. Musical, aesthetic feeling is the result of education in the national context.

In conclusion, the world of musical sounds, images, thoughts and emotions elevates the soul, connects it with being, opens up sometimes inexplicable possibilities of imagination, takes us into the boundless expanses of the world, brings us closer to reality, ideal, makes our life meaningful, full of meaning spiritually rich and beautiful.

The ability of music to influence the human psyche, his health and emotional state, the positive impact of deep musical experiences in the process of listening to and performing music is an important basis for scientific research both in medicine and in music.

Music education and ethics is a matter that needs to be deeply studied and applied. The world of musical sounds, images, thoughts and emotions elevates the human spirit, unites it with being, opens up sometimes inexplicable possibilities of imagination, fantasy, takes us into the vast expanses of the world, brings us closer to reality, ideal, makes our life meaningful, meaningful, spiritually rich and beautiful.

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