

## **THE INFLUENCE OF MUSIC ON HUMAN PSYCHOLOGY**

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**Annotation:** This article is about the effect of music on human health and psyche. A person's character, behavior, mood, behavior, and the environment he is in are influenced by music. After all, art invites a person's heart to beauty, awakens delicate feelings and enriches his spiritual world. During the development of our people and nation, dutor, flute, gijjak, oud, rubob and other musical instruments, which are considered our national instruments along with songs, served as invaluable spiritual food.

**Key words:** music, psychology, , emotional, V.I. Petrushin, culture ,art, emotion, mashshaq, musical instruments.

**Аннотация:** Данная статья посвящена влиянию музыки на здоровье и психику человека. Музыка влияет на характер, поведение, настроение, поведение человека, а также на среду, в которой он находится. Ведь искусство приглашает сердце человека к красоте, пробуждает тонкие чувства и обогащает его духовный мир. В период развития нашего народа и нации дутор, флейта, гиджак, уд, рубоб и другие музыкальные инструменты, считающиеся нашими национальными инструментами наряду с песнями, служили бесценной духовной пищей.

**Ключевые слова:** музыка, психология, эмоциональность, В.И. Петрушин, культура, искусство, эмоции, машшак, музыкальные инструменты.

Music (from the Greek «mousiche» - the art of the muses) is a form of art that reflects human emotional experiences, thoughts, imagination through the consistency or set of musical sounds (tone, melody). Its content consists of specific musical artistic images that

represent changing mental states. According to information, music is an art form that reflects human emotional experiences. That is why it has a good effect on emotions. Because its content, as mentioned above, consists of musical artistic images representing mental states. Therefore, any musical artistic image in it represents mental states. There are probably countless experiences that a person can feel. But if we evaluate not from the point of view of specificity, but from the general side, all of them can be divided into two groups: positive and negative feelings. Good mood, joy, happiness, joy, joy, laughter... The names of experiences that we call good emotions can be continued for a long time.

According to a study conducted by the Journal of Positive Psychology, listening to «feel-good» music when a person is in a good mood can help them feel more upbeat. So, positive mood tones will also have a positive effect on a person who is in a good mood.

Or, according to another source, in fact, a good mood motivates us to listen to happy songs. It is said that a good mood is the reason why we listen to happy music. Therefore, these two concepts continue to require each other in the process.

Abdulla Oripov, the Hero of Uzbekistan, wrote in his poem «Munajatni tinglab»

If that's the case, how could the human being endure the pain? Maybe people listen to the painful melodies and realize that the heartbreaking melodies are actually much heavier than the sorrows in their hearts...

There are many studies, observations and surveys that prove that both types of music are healing for the human soul. In fact, even without them, if each person carefully observes his life, one can see that even a day is full of such examples.

Etymologically, the word stress comes from the English term. Means «tension» or «pressure». The term was coined by the physician Hans Selye in the 1930s, and in the 1950s he published his research on stress.

Stress is caused by the condition of a living person or their organs, which require higher than normal performance and put them at risk of illness. Thus, stress is the feeling of physical or mental changes that cause frustration, nervousness and anger in a person.

When neuroscientist Daisy Fancourt studies the interaction between stress and music, she focuses on the hormone cortisol in the blood. Do biological responses to a classical music concert and a pop music concert differ? It turned out that no, cortisol levels decreased under the influence of both types of concerts. Classical music gradually reduces the stress level and we feel relaxed, while a pop concert is a cathartic (a substance that accelerates a certain process in medicine) process, so we experience a whole spectrum of sensations. As a result, both types of concerts help us to be calm.

Another interesting article on stress prevention suggests that music can treat other mental illnesses besides stress. The source also contains ancient information about which musical instrument helps to cure what diseases, and emphasizes that the most useful musical instrument for stress treatment is the violin.

Another study with nurses found that listening to music during breaks reduced the prevalence of stress among nurses, a profession long characterized by high levels of stress and burnout. In this study, participants were divided into two groups. One group listened to soothing music of their choice for 30 minutes, while the other group sat quietly in a chair for the same amount of time. When the results were compared for the two groups, the nurses who listened to the music had lower stress levels, blood cortisol levels and lower heart rates than the sedentary group.

Scientists believe that music is a real source of power. Music really gives a person life force, spiritual pleasure. Remember Abdulla Qadiri's novel «The Past Days». Otabek was exiled from Margilan and came to Tashkent. He enters a restroom. He begs the mashshakh to listen to the tune that will be responsible for my heart. Otabek is given to the mungling sound of dutor. The muffled sounds coming out of Dutor could be heard as if he were talking about his grief. The melody emanating from Dutor would shake the whole universe and make sick hearts cry. When Otabek couldn't stand it anymore, he covered his eyes with his scarf and began to cry. She wanted to stop the tears, but she couldn't. All the will was in the sad «Navo» of the teacher, in unbearable crying. Otabek

comes to his senses after listening to the tune «Savt» after «Navo». In fact, the magic of music also depends on the ability to hear.

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