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THE IMPACT OF MUSIC ON THE HUMAN PSYCHE ON THE EXAMPLE OF MUSIC BY WOLFGANG

Amadeus Mozart

Master's Degree, Bukhara State University Pedagogy

I-Stage Music Education of the Institute

Rahmonova Hojibuvi

Master's Degree, Bukhara State University Pedagogy

I-Stage Music Education of the Institute

Sanokul Dustov

Scientific adviser Professor of BUKHDU,

Candidate of Pedagogical Sciences

Annotation

The article talks about the human psyche of music, its healing properties, how the music from ancient times was important, as well as the miraculous properties of Mozart music.

Keywords: depression, resonance, effect, Symphony, procedural, IQ, aesthetic, cortex, rhythm, stress.

Introduction

Music is the art of these sounds, and the content of music is the reflection of - people's emotional experiences, thoughts, impressions of life, joys and anxieties on the consistency of musical sounds or through a complex. Its content consists of certain musical-artistic images that characterize changing moods. Music embodies different moods of people, including joy, pleasure, sympathy, sadness, danger, fear, etc. In addition, the music reflects the willpower qualities of the individual, their perseverance, aspiration, thoughtfulness, temperance and other characteristics, as well as their bright nature.

Greek scientists - Pythagoras, Aristotle Eastern thinkers – al - Farobiy, Abu Ali ibn Sina, Abdurahman Jami , Alisher Navoi, Kavkabi-share these expressive visual possibilities of music. Sufism figures -Imam Ghazzali, Kalabadi Bukhari and others were highly rated, commented and researched.

The power of music to influence human consciousness and emotions is due to its procedural – specific process nature, which synchronizes with its mental processes.





In the content of musical works, artistic ideas are generalized and formed in such processes as the interaction of musical images: comparison, conflict, development. According to the characteristics of this process, the content of music can also have different – epic, dramatic, lyrical characters. Buda is much closer to the “Botinian” nature of music, the lyrics of which tend to express the inner world, spiritual states of man.

The content of music is a unity of personal, national, universal, artistic values, which is expressed in generalized spiritual freshness, pace, Social Thought and experiences inherent in a certain people, society and historical period.

Forms of Music Meet the spiritual, educational requirements of each era, without which at the same time are common with different spheres of human activity: certain collective activities, the interaction of people with each other, the ethical and aesthetic impact, the processes of communication.

The role of music as a means of forming the moral and aesthetic taste of a person, developing emotional feelings, increasing his creative abilities is very important.

It is a powerful tool that is used to influence the spiritual and physical state of a person . Since ancient times, ancient Egyptian and ancient Roman healers have widely used musical sounds to treat a person's body and soul. In ancient China, healers created their own “musical recipes”, because they firmly believed in the magical power of treatment, that is, with sounds.

Music for the treatment of depression began to be used in ancient times. In the third century BC, the beneficial effect of music on the human body was revealed. In the kingdom of Parthia, in special places of music and healing, they were forced to listen to music in order to get out of depression. Ancient Egyptian psychics, Roman healers, Greek thinkers, The Great Physician Avicenna already knew that music has the ability to influence the mood. It was believed in ancient times that church bells cleanse the soul of a person, renew his vital strength and strengthen the spirit.

It is scientifically proven that in the XVII century sounds of different tones and frequencies can have a positive effect not only on humans, but also on animals and plants. It is scientifically justified that the rhythm of dorivor music for depression should be with a heartbeat or slightly slower. In this case, it is proved that the sound power does not exceed an average of 100 ditsebells.

It is no longer a secret to anyone that the sounds that are being scanned from musical works are capable of treating people. Having listened to classical music, knowing the rules of treatment, you can even get rid of cancer, develop creative and intellectual





abilities, even depending on what kind of music the character of people listen to, it can be easily changed with the help of music.

Experiments in the field of music therapy show that by listening to classical music, the process of recovery of patient health changes significantly and has a positive effect on the general condition of a healthy person. Scientists have done a lot of research to study the influence of classical music on a person. As a result, they managed to find out that classical tunes have a positive effect on the human psyche and general well-being. Music heals patients relieves stress and stabilizes the biorhythms of the human body. The role of the works of World classical composers in Bunda can not be overemphasized, because the richness of the melody of classical music is inexhaustible.

Among the great classical composers of the world are Wolfgang Amadeus Mozart, Johann Sebastian Bach, Ludwig van Beethoven, Frans Schubert, Fredrik Chopin, Mikhail Glinka, Joseph Gaydn, Peter Chaikovsky, Giuseppe Verdi and many more works of great composers. In particular, in the works of Wolfgang Amadei Mozart, the expression of a specific mood, cheerfulness, inner senses through bright tone paints is threeraydi. Wolfgang Amadei Mozart was born in 1756 year 27 - th year in Yanvar in the Austrian city of Salzburg. The musical genius was already wounded. He began to create independent music at the age of 4 years. The first symphony he is creative at the age of 9 and writes his successful opera at the age of 12.

During his short life, the composer creates more than 500 works in 40 symphonies, 22 operas and other genres of music. He spent 35 years of his 10-year life in more than 200 cities of Europe, that is, giving a concert. Mozart has left a wonderful musical heritage in his short life, he has been using the product of his musical creativity for many centuries, and his music has fascinated people with the ability to create miracles. The power of Mozart music's influence on the human brain has been scientifically proven in two directions: the frequency of rhythm changes and the true frequency of sound.

This is due to the fact that the human brain has its own cycles in the process of functioning. Especially the nervous system has a rhythm of 20-30 seconds. Scientists suggest that it can cause resonances in the human brain cortex, because sound waves vibrate at the same frequency. For the same reason, in the middle of the last century, studies were conducted on the change in the frequency of sound. By analyzing the frequency characteristics of the music of about 60 different composers at the University of Illions, it was found that 20-30 second waves occur more often in each piece. In this test, Mozart music took the highest place. It is precisely in his music that his 30 - second waves with a sound full of his own nuances are often repeated.





In these melodies, a 30-second “quiet-loud” rhythm corresponding to the biorhythms of the human brain is preserved. The greatest resonance in the cerebral cortex is proved to be received by high-frequency sounds. Mozart's works are literally filled with high-frequency sounds. The effect of Mozart music shows the harmonizing effect of classical music on people. The beneficial effect of classical music on people is known for a long time. Pregnant women were even advised to listen to such music, so that the babies could develop well and reveal their talents.

In the 90-ies of the XX century, wonderful information about the unique impact of Mozart music on the human brain is studied. An unusual effect is called a Mozart effect.

The first experiments in this direction are conducted on rats. For two months they are given 12 hours a day to listen to one music –Mozart's do-major Sonata. As a result, kalamushlar has become “wise” and begins to manage the maze 27 percent faster. They made 37 percent fewer mistakes than other rats. In humans, scientists study brain activity using magnetic resonance. Studies show that all music affects the human brain, that is, it excites the area where the hearing center is. In some cases, areas of the brain associated with emotions are also stimulated.

But just listening to Mozart's music will FA an almost whole brain. As scientists say in the figurative manoda, when listening to Mozart's music, almost the entire cerebral cortex of humans began to shine. The revival of the cerebral cortex of a person is not just a scientific miracle. It is an obyektiv process that stimulates thinking processes and improves memory. Increased brain activity significantly increases the intellectual level of a person.

American Scientists have proved that the IQ level of a person who listened to Mozart's attractive tunes for only 10 minutes increases by 8-10 units.

At the University of Koliforniya, an interesting experiment is being conducted on how music influences the way students pass the test. Students are divided into 3 groups:

1-Group Students sit quietly

2-Group students listen to audio books

And the students in the 3 - TH Group listen to the morsart Sonata.

All students passed the test before and after the experiment.

1-Group 14 percent

2-Group 11 percent

3-Group received the correct answer 62 percent.





European scientists have also determined the growth of the intellectual abilities of people under the influence of Mozart music. Even after 5 minutes of listening to music, it has been found that concentration of attention in humans improves significantly. These tracks have a strong impact especially on children, children develop intelligence faster. In the United States, children have been observed for 5 years. Significant development of spatial thinking was observed in children who participated in music lessons 2 year in a row. For older people, the effect of music has a significant inertia. In some people, brain activity disappears with the last sound of music, and for some, the effect of music persists for a longer period of time, but then the brain again returns to its original state.

Another vivid example of the miracle of Mozart's music was the fact that the famous actor Gerard Depardieu had a serious defect. He was speaking with a whistle and his memory was also very poorly. The famous doctor Alfred Tomatis advised Gerard to listen to Mozart music for at least two hours every day for several months. After that, Gerard Depardieu will completely get rid of stuttering, his memory will improve, which will allow him to become one of the most famous actors. Gerard Depardieu recalls his memories in such a way that "until I met Tomatik, I could not even say one sentence to the end, he would help me to fill my thoughts, he would teach me to understand the process of thinking." In this case, the role and importance of Mozart's works cannot be overemphasized. Tomatis believed Mozart's music was incomparable in his ability to bring harmony, and he used Mozart's tunes. Because in his works there was a lot of influence on the human psyche, when unique, funny, attractive tones looked at other music. Even in the case of Gerard Depardieu, the collection of music, which was most necessary for his body and soul, was chosen.

According to Tomatis, Mozart's works represent a perfectly balanced musical Miracle, which includes all the necessary components. Mozart music it helps people to find peace of mind. If its musical tone steepes the energy and balance in the human body, then all medical systems perform the sought-after function. The tones in Mozart music, not too smooth, not too fast, not too quiet, not too loud, too loud - his charming tunes look like an ointment that is necessary for us, for our psyche.

Another fact:

- The monks of the British monastery found out that the cows were more productive and gave more milk by listening to Mozart's music while feeding.
- In Canada, music performed by Mozart's string quartets is performed in urban areas to regulate congestion. As a result, the beneficial effects have increased, and human consumption of drugs has decreased to some extent.





- Listening to Mozart's music revealed an increase in the productivity of plants and an increase in the beauty of flowers, and a significant increase in the number of buds.

Conclusion

The works of Wolfgang Amadeus Mozart, including classical works, are used in the formation of the human body, psyche, inner world, the perfect development of infants, the development of mental abilities, intellectual development, high IQ, treatment of various diseases. used and is used as.

So music enriches a person's spiritual world, decorates his life. As long as humanity lives, music and its magical world will call people to goodness, beauty and patriotism. He continues to sing all the beautiful feelings of humanity.

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