

I know many of you have smartphones right now. How many of you know the app “You-tube” and maybe listened to music on it? Or it can be any other app. I know all of you can answer what “Music” is when I ask you. It is kind of obvious. And why is it obvious? I feel that this is because music is now one of the most important parts in our lives. Music is now everywhere; in cafes, shopping malls, offices, and even in hospitals. Music is now a very close presence in our lives compared to those days when only the aristocrats had musicians like Mozart to play for them in a party. I am going to talk to you about the importance of music in our daily lives.

First, music can cause many changes to emotions and to the mood of the atmosphere. Music can make us relaxed, excited, or even sad. This depends on the tone and the rhythm of the music. These features of music can be taken differently among people, so people have different likes and dislikes. Some might like the slow country music while the others may love the hard rock, for example. Music is one of the biggest influencers to our minds,

and it can easily manipulate how we feel. This is the reason why we listen to them, in order to feel cheerful in times when we are depressed. We all have to rely on something to get back up from the setbacks in our lives, and music is now one of the most used tools for this purpose.

There is a very common facility that uses music very efficiently. I am talking about hospitals. Music relieves stress and comfort the anxiety of the patients. This was actually proved by an experiment in Mexico. It is known that stressful patients are harder for doctors to get exact data, which may lead to misunderstanding or miscommunication between the two of them. In addition to this effect, there are more benefits of having music inside hospitals. To make an example, imagine a situation when you are having an important discussion with a doctor about a very personal topic. You don't want to be overheard by a patient in the next room. This is when music comes in handy. Music can muffle the conversation so that you can talk just like normal with the doctor on front of you, but other patients won't hear what you have just said.

There is another way that music becomes a benefit for everyone. Music can be a great hobby. Just like what I said before, music makes us relaxed, and playing an instrument to make music brings us a huge sense of accomplishment and confidence, which can support our somewhat stressful lives. While playing an instrument, we can feel that we are free from the responsibilities that we have, and can focus on the music itself. I play the bass guitar myself, and I enjoy it very much. I have also played the trumpet and the viola in the past. Each of the instruments have different types of songs that can play, so choosing an instrument from a song that you like, is what I think as the best way to pick an instrument to play.

I have been talking about music, and how it can make our lives more interesting. After all, music was first made to represent the group or a culture based on what they had back in the days when people hunted or grew crops to survive. Maybe our ancestors had also known the importance of music. However, even now that we can see times have changed, music is still as important as ever.