

LS PICK

On Music

You can take all the novels in the world and not one of them will make you feel as good as fast, as 'I've got sunshine on a cloudy day, when it's cold outside I've got the month of May'

- **Music and Lyrics (movie)**

Sums up everything you have to say about music does it not? There really is nothing else that provides the same emotional comfort and sense of belonging, as well as sets a mood. Add to this the vast genre of music out there and what you have is a slice of heaven that caters to just about anyone you could think of.

However, too much of a good thing is usually never good. Just like anything else in the world, listening to too much music can also be a bad thing, especially due to the psychological effects of music and lyrics.

The problem however, is how to decide where the line between acceptable and excess lies. This is a complete grey zone and arguments from both sides can make a substantial stand. Drawing from your own experiences or from the people around, you may observe some of the negativity of too much music.

Some aspects of too much music can manifest as a lack of courteous behaviour, or going overboard with an idea or principle. Imagine sitting down with a group of people in a lively discussion and notice that one of the participants has their headphones on, oblivious to the people around them and their feelings. This can be considered a prime example of plain rudeness, due to too much music, or particularly the addiction to it.

Now, rare is the person who does not like blasting his or her favourite tunes out loud on the big expensive speakers. Though doing that when you know there is no one in your vicinity is okay, but it is never acceptable to be negligent of neighbour's rights, and also at the expense of annoying your own household. It is fairly common nowadays to see people blasting all sorts of music at various functions till the odd hours of the night, despite being in the middle of a crowded neighbourhood.

They merrymakers seem to forget their might be neighbours among the people who are sick, or who have important work to do, or children who have exams, or even families who may be buried a loved one that day. We must remember to be respectful of the neighbours' space, even when it is something seemingly innocuous like playing loud music.

Music is incredibly powerful; so much so that it can alter our moods in an instant. This is a great thing for sure, but, it is also a double edged sword, and if not wielded properly, it stands to do more harm than good.

Listening to music for prolonged periods will damage hearing in the same way as staring at a screen for too long will damage eye sight. But where too much music can really lay a mark is our own psyche.

Music is second only to smell for its ability to trigger memories. This is due in part to a long evolutionary tradition that connects a need to process sound quickly in order to survive. As such, it can bring about a certain peace, if paired with the correct music. But it can have the very opposite and scary reactions and conditioning too, making people more violent, or even just more immune

to images and speeches of violence, misogyny and even simple sadness.

Music can also bring about many negative or repressed memories to the surface, some of which you may not be ready or able to deal with. It can also bring out repressed emotions as well, which can be quite a burden depending on the root source of that emotion.

Despite this, the pros of music far outweigh the cons, like increasing cognitive and even math skills in children from controlled exposure to instrumental music, and if the use is kept in moderation and considerate, it will continue to serve as a gateway to bliss in a world of chaos.

By Intisab Shahriyar
Photo: Sazzad Ibne Sayed
Model: Raj



FYI

Music overload

Here is a fun fact: the tiny headphones used by secret agents are actually really bad for your ears. While music can be the perfect escape from the messed up reality that is life, too much music can actually be quite harmful for you. Most of us love wearing headphones and tuning out the

world but wearing headphones for a prolonged period of time can increase bacterial count inside the ears. Listening to loud music can also damage your ears and weaken your capacity to hear. Hearing loss actually occurs when the hair cells are damaged. Studies show that hearing dam-

age is actually higher for headphone users over people who play music on speakers. It is also important to note that while headphones have always been a danger, earbuds can take hearing damage to a whole new level. So use your headphones at a low volume (sixty percent of the maxi-

mum volume) Do not wear headphones when driving or travelling and give yourself a 15 minute break every hour to help you recover. Most phones show a warning when your sound increases too much so do heed the warning and have fun! Happy listening!