

Introduction and Conclusion Paragraphs

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In the article "5 positive effects music has on your mental health", the author argues that certain music genres can have a positive impact on people. Different genres of music can affect people in different ways. So that, if people choose the right music for certain purposes, they will be able to achieve high results. Although I agree with most of the author's points to an extent, I feel that arguments could have been more varied and clearer.

The author makes three main points in his article. Firstly, music elevates people's mood and motivation. The writer states that, according to researchers, the best music to start a day is classical and ambient one, but the worst ones are metal and hard electronic music. The second point is that music reduces stress. According to the author, some music genres can be very good at reducing stress. For instance, ambient and quiet music can decrease stress. Moreover, the writer asserts that listening to music helps to relax at the end of a hard day and before bedtime. The author ends by saying that music can help to cope with anxiety and depression, based on the research of Dr. David Lewis-Hodgson of Mindlab International.

The author fully and well describes the role of classical music for people. The most interesting for me is the "improve focus" effect. For instance, classical music can help to prepare for final exams (Engel, 2014), which is very important for me. I have tried to listen to classical music during my homework and can say that it works. However, I found a point about reducing depression questionable. I do believe that music can help cope with depression, but in practice, it is very hard to distinguish depression and bad mood without a specialist. I am certain that to cope with depression people need more than just good music. For example, I have met a couple of people with depression, and they have been medically treated for this disease for a long time. In this way, mentioning depression in this article is not correct.

However, I think that the writer does not fully consider all the variety of genres of music. The author claims that only classical and ambient music can provide a positive effect but says nothing good about hard-metal and rock. I disagree with the author here. What is more, some researchers support my point of view. For example, David (2017) stated that rock music has a lot of positive effects on people, such as boosting brain, killing pain, etc. Also, I found the points "reduce stress" and "help relaxation" rather similar. These examples made me think of the difference between such expressions but did not find it

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wrong word order

have been

in my life experience. If the author wanted to show this difference, he should have done it clearer.

In conclusion, the author makes some interesting comments about how music can positively influence people. However, the article contains some weaknesses because the author can cover different musical genres and make given examples more diverse. I think it would be useful for people to know how they can improve their lives and perform tasks more effectively just by listening to the music of various genres.

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References

David, N. (2017). *The 8 surprising ways rock music is good for your health*

<https://www.lottoland.co.uk/magazine/the-8-surprising-ways-rock-music-is-good-for-your-health.html>

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