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| Introduction:  **What is music?**  Music is by definition an organized movement of sounds that travels by time. It plays a strong role in society and has many different variations, styles, and characteristic according to each culture and nation (Encarta). Music was used in many ways but those ways are not as familiar to many individuals. Music is used as emotional expression to show our feelings, pure enjoyment of beauty and harmony, entertainment to draw us away from life�s hardships, communication, symbol of our unity or individualism, and even as medicine (Scarantino 23).  **How does music affect life?**  As many researchers found, music has a significant effect on all aspects of health. Although scientists and researchers cannot specifically explain *how* music influences the body but they are positive that music *has* strong control over the body. Musical beat has certain rhythms that can stimulate the brain�s motor systems. Listening to music directly affects blood pulse, pressure, and even electrical activity of muscles (Westley 103). Music catches attentions of the minds and help with body functions. It can distract pain, boost moods, revive memories, and promote activity of muscles (Harrar 103).  In many cases, music stimulates hormones and brain chemistry. For instance, music affects three parts of the brain: the emotional (limbic), functional (brain stem), and thinking part of the brain. Music helps hormones produce endorphins, which are the "feel good" chemicals of the body (Scarantino 71). Music can help nurture and grow the connections between nerve cells in the brain (Westley 103). Through that, music can help lower blood pressure, stabilize heart rate, and tune the mind with bodily sensations (Scarantino 71).  **How does rock music affect humans?**  Research has shown us that music affects our brains and enables it to react to music to synchronize motor skills, incite the mind and even makes us more intelligent. Humans hear music not just with their ears but with their body as well (Scarantino 32). Each body has their own rhythm and beat but because our own bodies also qualify as musical instrument, it can adjust to it surrounding. Rock music tends to have unnatural beats that are unnatural to our body�s rhythm.  Beats that are unnatural tend to cause problems in the human body. If the unnatural beat is prolonging, it can cause the atrophy of the muscle. Those types of beats also can cause significant damage. The brain has two hemispheres that one controls the imaginative aspect and the other controls the intelligent aspect. If the abnormal beats are played continuously, the brain will be thrown into confusion and the two hemisphere would lose contact (Scarantino 33). It will also cause the mind and body with learning disabilities, fatigue, and poor work performances.  Rock music also tends to addictive and extremely loud. Our bodies could become caught in a trance. Rock music and beats can pull the mind into a loud and vibrating musical environment that can throw our homeostasis into a unstable state (Scarantino 34).  Sound waves are produced when the pressure of air that move in waves and travel off of a vibrating object (Tortora 260). Our ears have a certain level of frequency. The greater the vibration, the higher the pitch (Tortora 260). When the high pitches get louder and louder, it can cause a problem not just to the ears but also to the whole body. The vibration can affect the body inside and out. The body does not have a defense mechanism to the vibrations and it can take as little as 15 minutes to cause damage(Scarantino 40).  ([Back](http://docs.google.com/intro2.html))([Next](http://docs.google.com/intro4.html))    [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |