

Music, Psychology, and the Human Condition



Music?

Did you know that ALL intelligent life is capable of making music, but only humans make music purposefully?

Why?

What is the value of music?

If music is something that we make on purpose, there must be some sort of value inside of it.

- It helps to convey emotions we feel but cannot otherwise express.
- It preserves certain moments in time.
- It adds historical value to events in our lives.
- It forces us to think critically?
- It is an aural type of communication.
 - We have verbal, non-verbal, and aural.

Aural Communication?

If we have 3 different types of communication: verbal, non-verbal, and aural, why does aural communication tend to affect us the most?

We can choose to speak our message. We can choose to show our message.

Why does making music tend to make the **biggest** impact?

Why is music **easier** to remember than texts or speeches?

Intelligent Life

Going back to the idea that humans are not the only form of intelligent life....

If making music is one of the most useful ways of spreading our message, why aren't other forms of intelligent life doing the same?

What makes us different??

Are There Ever Issues With Our Music Making?

YES!

Not one single piece of music that has ever been written, sung, or played has been accepted by all that hear it.

Music **MAKES** controversy.

WHY?

Check In...

1. We know there are ____ forms of communication.
2. Music is considered an _____ form of communication.
3. Are humans the only intelligent life form to make music purposefully?
4. What are 3 values we have inside of music?
5. Why does each and every form of music EVER cause controversy?

Okay, But Why Does It Matter?

We can talk about the whos, the whats, the wheres, and the hows, but for it to be important we need the **WHY**.

WHY should we bother exploring the idea that music is *actually* psychological and *actually* representative of the human condition?

In other words, why do we care to learn *or* know more about music than the fact that it exists?

Intro To The Fundamentals

Music makes us FEEL.

Music makes us THINK.

Music helps SPREAD A MESSAGE.

Music ENGAGES us.

Music CHANGES us.

These are four fundamentals that make a world of difference.

Fundamental: **FEEL**

Music makes us feel something. Psychologically, we feel before we understand why, what, who, where, or how we are feeling.

If we didn't, there would be no need for psychologists and psychiatrists.

If music isn't something that physically touches us, how is it possible to feel it? What elements help us to feel music?

Fundamental : **THINK**

It is rare to find a piece of music that says literally what it means to say. Music is filled with references, metaphors, and similes.

Is this intentional to force us to think?

OR

Is it done to see who actually thinks?

(Those that choose not to think miss out on the actual message)

Fundamental: **SPREAD A MESSAGE**

Even instrumental music is created with this idea that it is supposed to spread a message. Otherwise we would have created it in the first place.

Children listen to music to learn about things like colors, languages, seasons, or important life lessons (tying shoes, brushing teeth, ect.)

Adults listen to music to spread a messages that can be political, radical, emotional, or psychological.

What other kinds of messages can music spread?

Fundamental: **ENGAGEMENT**

Have you ever seen an African Drumming Circle or African Drumming Ceremony?

https://youtu.be/LOS0kA_06IQ

These types of events primarily allow us to engage with each other. It creates a sense of unity, of understanding, and of support?

What Other Groups are known for their engagement practices? Are WE?

Fundamental: **CHANGE**

If music wasn't meant to change us, we would never hear anything new. All of the songs we'd ever heard would be songs our great, great, great grandparents listened to from their previous generations.

Music changes, because it's supposed to change us.

Why do you think that the people that write, sing, and play music want to change us?

How are we changing?

Fundamentals Review

We have 5 fundamentals:

1. Feel
2. Think
3. Spread a Message
4. Engagement
5. Change

What do remember about each of these fundamentals?

1. How does music make us feel?
2. What is the purpose of metaphorical messages inside of music?
3. Why does music bother to spread messages?
4. In what ways can music engage us?
5. Why do music makers feel the need to change us?