

## THE IMPORTANCE OF MUSIC IN LANGUAGE DEVELOPMENT

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**Abstract:** This article gives information the important aspects of music to young learners, as well as, the positive impacts to people who speak more than one language have improved speaking skills, memory and critical-thinking skill, enhanced concentration, ability to multitask and better listening skills.

**Key words and expressions:** language, importance, communication, open-minded, connection, learning, student, music, speaking.

### INTRODUCTION

Every human being is aware of the process of learning, and regardless of their intentions, everyone learns throughout their lives. To advance and eventually be able to exist on their own, humans need to learn various behaviors like how to walk, communicate, and interact with others. Families and educational institutions are where learning happens most frequently because they help young people understand the world around them and acquire the skills they need to improve. One of the final stages of education is college, where students can master particular courses and use them in a more professional role.

The learning process can be impacted by a wide range of events, both positively and negatively. Each person must identify a set of stimuli that best enables them to learn new information and use it in the future. According to research, music has a significant impact on how people learn and assimilate information. While some people view music as a positive for their educational experience, others may view it negatively. This essay seeks to examine music's impact on learning in more detail and comprehend both its benefits and drawbacks. The paper will examine how music affects college-level academic performance, that of young people, and that of the elderly.

### MATERIALS AND METHODS

Due to the diversity of impacts music may have on the human brain, it is frequently recommended as a useful study aid. It has been demonstrated that music helps children feel less worn out and exhausted. People's blood pressure and heart rates can be reduced with the help of soothing music. The way in which one approaches the process of learning is crucial to take into account when studying (The Benefits of Studying with Music 2019). Music can help reduce the stress and anxiety that come with studying, which in turn enhances one's mood, well-being, and ability to concentrate. A person would be able to

study for longer periods of time and retain more material because to music's capacity to increase focus and concentration (The Benefits of Studying with Music 2019).

It's important to talk about the drawbacks of listening to music while studying as well. As an alternative, some types of music can cause someone to divert their attention from what they are doing and toward listening, which reduces focus (Gentle, 2019). Loud music can also have a distracting effect because it muffles the listener's thoughts. A less evident disadvantage of listening to music while studying is that, like any other activity, it can become a habit, making studying harder without it (Gentle, 2019). When music is not accessible, such as during a test, this occurrence may provide a problem.

### Effects on the Brain

The fact that the brain is made up of two hemispheres, each of which is responsible for distinct types of activity and which is active during certain activities, is well recognized. According to popular belief, the left half of the brain governs rational and analytical thought, while the right side is in charge of creativity and imagination. Only one of the hemispheres is often engaged during a specific task due to the various variety of human activity, which restricts a person's ability to engage with it in a nuanced manner. However, music's ability to engage both hemispheres of the brain is somewhat limited (Jun, 2019). As a result, learning and memory can both be enhanced.

Depending on the level of one's engagement with music, different parts of the brain are stimulated by it. Cochlear nuclei, the brain stem, and the cerebellum, which are in charge of sensory processing and information reception, are stimulated during listening (Jun, 2019). The language centers of the brain get active as you listen to the lyrics because they work to make sense of the words being sung in the song. The ability of the brain to learn has been linked to some structural alterations, which have improved the auditory and motor complexes (Jun, 2019).

## RESULTS AND DISCUSSION

Similar relationships existed between the ability to produce aural imagery and a person's listening preferences. An increase in cognitive thinking has been linked to music, according to another study on the impact of music on brain function. The improvement in cognitive function was associated with quicker task completion and more accurate responses to questions. But it's important to keep in mind that the improvement was mostly brought on by the enhancement of a person's mood brought on by enjoyable music, proving the importance of listening to music one appreciates.

Not just teenagers and college students, but other demographics as well, are interestingly impacted by music. It has been demonstrated that using music can occasionally have a therapeutic effect on older persons. The use of music can reduce stress and enhance cognitive function in elderly adults (Rodriguez, 2018). According to American Music Therapy Association research, patients with Alzheimer's can benefit from

musical therapy to reduce stress and enhance their overall wellbeing (Rodriguez, 2018). There are several ways to use music therapy, such as creating customized playlists, singing along, and listening sessions (Rodriguez, 2018).

### CONCLUSION

As previously said, music has a tremendous impact on a person's mood and feelings in a given scenario. It can be utilized to elicit fond recollections of past events, great interactions, or to generally shift the mood to a desired condition. The use of music can also be linked to physical activity, which allows for the promotion of physical wellness in senior citizens. Music has a similar positive impact on kids. It can hasten brain development in the early years and aid in the child's language and reading development. Additionally, music benefits other aspects of young children's development, such as literacy, social skills, motor skills, and academic and attendance-related abilities (Children and Music: Benefits of Music in Child Development).

Children who are exposed to music "help the body and the mind function together," which improves their ability for coordinated action and comprehension (Children and Music: Benefits of Music in Child Development). Children are better able to learn and use new words when they are contextualized and made easier to understand through dancing and music. A young child can express themselves through movement to music, and it helps their memory grow.

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