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### MUSIC AND PERFORMANCE: A PSYCHOLOGICAL ANECDOTE



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#### **ABSTRACT**

*What is music? Any sound we can empathize with is music. As we empathize and feel we project our emotions and behaviour on to this audio stimuli, thus is said to be a way of expression be it a good or a bad feeling. So does music affect us only psychologically? The answer is no. The first change induced by Music is on*

*our heartrate, blood pressure, on the secretion of the neurotransmitters and thus affecting our behaviour accordingly. Change in these physiological factors affect a psyche of an individual. Thus, music is used as a tool these days to increase the productivity in various sectors like working professionals, sportsmen, students, mental health care's, film and*

entertainment industry and so on. Every sector requires a different genre of music as per the required performance. For example, one cannot play Death Metal song while meditating or an overly calm music at a Gym or sports training. According to the situation, the arousal or calming of the ANS is required and thus the music should be appropriate according to the situation. But to enhance the performance a certain type of music must be listened to.

Research suggests that a happy music with a rhythm and positive mode secretes Dopamine just like that of eating favourite food, sex and orgasm or recreational drugs, and runner's high to have a better performance these things are taken in an account.

Music as a tool for enhancing performance in sports if considered varies from sport to sport. The music that causes dopamine release if listened by the Athletes before the performance or while training reduces their running time and improves the performance. The release of dopamine is responsible for these positive changes in the Athletes. A few sports which need concentration and calm mind to perform for example Chess/ Archery need an audio stimulus which does not cause a dopamine shoot to keep arousal

minimum, with minimal distraction is helpful in such sports. But it is essential that music has a positive mode and slower tempo and less complexity. Hence these sportsmen prefer silent instrumental symphonies inducing calming/soothing affect the players.

Music in the field of the working profession also needs a happy mode, calm yet rhythmic music, to improve the work performance. Workplaces mostly prefer instrumental music, that reduces anxiety and stress and yet not make a professional sleepy at the workplace. So, the balance must be maintained between the mode, rhythm, complexity of the music. Similarly for the students who have academics performance to maintain, slow instrumental music improves their performance, i.e speed and accuracy while taking an exam. Music enhances the performance provided a particular type is suited to the situation. Hence music is just not limited to entertainment or fun, but it can increase our cognitive functions and enhance the performance along with regulated levels of stress and anxiety.

### **KEYWORDS**

Music, Performance, Dopamine, Sports, Work, Students, performance, anxiety, Stress, brain, emotion.