



About the effect of the music of European classical composers on the psyche

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ABSTRACT

The article talks about the characteristics of European classical music, the positive impact of their works on the human psyche, the healing properties of the composers' works, and mental tranquility in music.

Keywords:

suite, fugue, prelude, invention, polonaise, rhapsody, therapy, classic, sonata, symphony, concert, mazurka, nocturne

"Music is a mediator between the mind and the emotional life. Music is a higher revelation than wisdom and philosophy. Music should light a fire in people's hearts."

Ludwig van Beethoven

It is not wrong to say that the thoughts of the great German composer Ludwig van Beethoven about music are one of the most beautiful definitions of music. There are many examples of the positive influence of classical music on the human mind. To increase the interest in music of students who are studying in music and art schools, who are taking their first steps into the world of music, to educate artistic aesthetic taste and to teach them to understand the content of musical works and perform them in a meaningful and attractive way. development of artistic ability is one of the main tasks.

Teacher In addition to developing the child's performance skills, he should also pay special attention to the development of his spiritual world. Our national musical heritage, including national classical tunes, and folk songs play an incomparable role in this. Because in folk songs, generosity, loyalty to the country, humanitarianism and purity of the soul are glorified in their own way, and negative situations are condemned. Such experiences and situations form patriotism and good behavior in students through folk songs. In addition, the influence of works of world classical composers on children's education is of particular importance.



The melody of classical music is endless. Among the world's great classical composers, Wolfgang Amadeus Mozart, Ludwig van Beethoven, Johann Sebastian Bach, Franz Schubert, Frederic Chopin, Sergei Rachmaninov, Mikhail Glinka, Joseph Haydn, Pyotr Tchaikovsky, Giuseppe Verdi and many other great composers are vivid examples of this. will take For example, in many works of Wolfgang Amadeus Mozart, he expressed his unique state of mind, happiness, and inner experiences through bright melodies. will give. Johann Sebastian Bach's works, such as suite, fugue, prelude and invention, reflect the church life of that time, difficulties, and melodies that make the soul wander into the world of sad dreams.

Ludwig van Beethoven's works reflect a brave, solemn, upbeat spirit and lead children towards justice, patriotism, uprightness and bravery. In addition to boldness, boldness in his works, calmness and tranquility are expressed through unique notes. In the works of Joseph Haydn, the love for life, cheerfulness and cheerfulness are skillfully depicted through musical colors.

Hyde's sonatas are distinguished by their intensity, quickly reaching children's minds and giving them a cheerful mood. The works of Franz Schubert and Frederic Chopin, including their waltzes, express the era of romanticism, in which delicate feelings,

melodies expressing the knots of the heart, cover the human psyche in such a way that the heart of those who listen to these works is filled with peace and tranquility.

Due to the positive effect of classical music on the human psyche, it is currently used as a cure for some diseases. At the moment, the treatment of patients with a broken nervous system and addiction to alcohol with music is used in a number of countries as a substitute for drugs. That's why doctors recommend listening to classical music more. The tunes that have the most beneficial effect on the human body are classical tunes. Studies conducted by scientists at the University of Florence have shown that if patients with hypertension listen to calm and light tones for at least half an hour every day, their health will improve significantly. In the early stages, music therapy can even replace the use of drugs. In order to stabilize blood pressure, it is recommended to listen to quiet sounds that create a sense of calm. If during the therapy you breathe calmly and sit mentally immersed in the music, the result will improve significantly. Thanks to this approach, physical relief occurs, and as a result, positive emotions help to relieve mental stress.

For headaches and heartaches, Oginsky's Polonaise, Franz Liszt's Hungarian Rhapsody, and Ludwig and Beethoven's Fidelio

are ideal. Soothing tones are a universal tool. They help in diseases such as various pains, hypertension, mental stress and insomnia. To increase the heart rate, it is suitable to work at a fast pace with high volume. In order to heal the heart, music should give a person pleasure, increase myocardial contraction, and help achieve good physical health. Boring sounds have the opposite effect, often they can be harmful. It is known that listening to Ludwig van Beethoven's 5th symphony has a very good effect on improving heart function. Listening to his "Moonlight Sonata" revealed the characteristics of people who are prone to calm the nervous nerves.

Helping those who listened to Johann Sebastian Bach's "Italian Concerto" to calm down and calm down their anger. The beautiful melodies of Chopin's "Mazurkas" and the bright notes of Strauss's waltzes help to calm the restless emotions. Cheerful musical tones in Tchaikovsky's ballet "White Bird Lake" serve to lower high blood pressure in people. Chopin's "Nocturne in D minor" has also been found to be useful in treating high blood pressure and calming the nervous system. It has been confirmed by doctors that everyone who listens to Bruckner's "9th Symphony" not only has a good effect on the cardiovascular organs, but also normalizes the volume of blood pressure per minute.

We all know that classical music not only has a positive effect on the human psyche, but is also very useful for plants. According to Canadian experts, the sonatas of Johann Sebastian Bach are very effective in increasing the productivity of plants. American farmers succeeded in growing flowers with great freshness and strength by playing music in this regard. As a result of this, it was known that each perfume flower has 65 buds. As a result of observations, it was found out that pumpkin is prone to the voice of men, the suli plant likes the voice of women, and the flax plant is prone to flutes. It is known that the sonority of American composer George Gershwin's music can not only accelerate the growth of corn plants, but also increase the weight of grain up to 42%. It has been scientifically proven that the tomato seedlings grown under the sound of

music grew up to 4-5 meters and produced 835 fruits from each stem, and each "melomon" potato reached 15 cm in length and 400 grams in weight. Following these searches, the string quartet of the London Opera House will give a concert for more than 2300 plants in the theater hall.

As classical music has a positive effect on the world of plants, on increasing its productivity, on increasing its clarity, on the color of flowers, it is important to describe how important it is in the formation of the human body, psyche, spirituality, and spirituality. It is not enough. education and inner world.

In conclusion, it should be said that the place of music in human life is incomparable. Man has been created so that music continues to praise his beauty, becoming a way of life. Humans have a need for music from the time of the primitive community to today's rapidly developing 21st century, and this will continue even after that will continue. The world-recognized great scientists, who are the basis of civilization of mankind, have always emphasized the special role of music in education. The opinions of our scientists mentioned above can be an example of this. Evil never comes from hearts that are familiar with music.

We are sure that if we train the young generation in harmony with the music that our fathers and grandfathers have supported for centuries, our young people, who are the owners of tomorrow, will grow up not only physically but also spiritually. Music enriches the spiritual world of a person, decorates his life. It serves to enrich the aesthetic taste and spiritual world of people, and occupies an important place in the education process of our young generations. As long as there is humanity, as long as life continues, music and its magical world will call people to goodness, beauty, and patriotism. It continues to praise all human beautiful feelings. Along with many educational factors, music education has a special place in leading the young generation to maturity. Music is an art form that occupies a large place in our cultural life and is of great importance in the development of human personality. Music education is one of the main

and complex aspects of the education of sophistication, it teaches a person to correctly perceive and appreciate the beautiful things around him.

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