

# How Does Music Effect The Brain?

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### What is Music?

According to dictionary.com, music is “an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, and color.” Music is the product of sound waves coming from anything making a melodic tone. There are different genera’s of music, ranging from rock to pop to classical. Each person likes different genera’s of music.

No matter what you listen to, music has a way to “play with our emotions”. For example, if you listen to Tchaikovsky (classical) you may feel calm, and if you listen to Eminem (rap) you may feel hyper. If the music you listen to makes you feel good, it is good for you, Daniel Levitin, a Neuroscientist who focuses mainly on music, explains in an interview.

### What is The [Brain](#)?

The human brain is the control center of the human body. It is the most important part of the body, because without a brain, none of us would be alive. In the brain, there are the cerebrum, the cerebellum, and the brain stem. The cerebrum holds memories, controls movement, and does problem solving and thinking. It is the biggest part of your brain. The cerebellum is underneath the cerebrum; it controls coordination and balance. The brain stem is the part closest to the neck. It controls breathing, heart rate, blood pressure,

digestion, etc. (Alzheimer's Assosiation, 2011). The brain has two hemispheres as well as the three major sections; the right hemisphere and the left hemisphere. There is not exactly a "music area" in the brain.

#### Miscellaneous Facts

The brain is a very powerful organ, no doubt. It tells your body how to react and what to do. But what happens when you listen to music? How does your brain react? Let's take a look.

According to William J. Cromie, a writer...

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