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# Development of a Modern Personality Through Listening to and Perceiving Music

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**Abstract:** The article indicates the importance and value of music that is present in our lives. It is said that in fact, music and the sounds around us affect the perception of the world, our mood, the quality of our work, the effectiveness of rest ... Musical perception is based on the analysis of sounds and their sequence. In this case, an important role is played by the activity of the listener himself, his focus on the perception of differences in sounds. What a person hears in music depends on what he can expect in it, on what we are able to imagine. The musical image is enriched with associations. With the help of the methods of listening to music and observation, it is possible to reveal not only the music that sounds everywhere, be it in the forest, in the field, on the farm, in the city, in the underpass ... Through listening to music, you can also reveal your personal potential. Hearing music means distinguishing its character, following the development of an image: a change in intonation, moods. Music will be beneficial only when it starts to please listeners, passing itself through thoughts and consciousness. Music should sound only for each specific person. The article reflects the importance, significance and relevance of the influence of music on the development and formation of personality. Describes how a person develops through listening to and perceiving music. The importance of such concepts as "listening" and "listening" to music is shown.

**Keywords:** Music, Art Therapy, Perception, Listening to Music, Personality, Development, Hearing and Listening to Music

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## 1. Introduction

Music... In this word for each of us there is a huge world of emotions, feelings, experiences, reflections, ideas... In our life we consume a huge amount of music - one music is imposed on us by the media, advertising; the other - we choose ourselves, for our soul; the third - the music of nature, sometimes we try to grasp directly in the natural environment - in nature, or listening in our own environment. All the music that surrounds us is the seed for the millstones of music therapy [1].

Listening to music, its perception is the main type of musical activity, which plays a leading role in the implementation of the cognitive and communicative functions. The need to listen to music, like a hundred, and five hundred, and thousands of years ago, does not lose its relevance in our time. The impact of the sounds of music on people is taken into account by designers working on the organization of the space, architects designing buildings, specialists developing product advertisements...

The article describes examples of the positive influence of music on the human body. The importance of the concepts "listening" and "hearing" music is shown.

## 2. The Influence of Music on Personality

Finding yourself alone with yourself, sometimes it is worth listening to the silence in order to understand in the world of what sounds we live. Outside the city, these are the voices of birds, the sound of wind and water, and in a big city these are transport and industrial noises, the roar of sirens, snatches of phrases of people talking to each other and, of course, the most diverse music. It sounds in train cars, from the windows of rushing cars, bursts into our world from TV screens, computers, telephones, street advertisements, from neighboring apartments...

Music is an eternal companion and attribute of human existence - the result of creativity, in its highest manifestation, the geniuses of human society and the source of inspiration for billions of people. Music is an eternal

mystery for humanity. There is not a single era in the history of world culture in which people would not try to answer the question of what music [9].

It is difficult for a modern person to understand what power the art of musicians had in ancient times. Before the advent of television, cinema, the Internet and even general literacy, people must have experienced something special, gathering by the fire and listening to music and songs about the creation of the world or the deeds of heroes and gods.

From time immemorial, human feelings were embodied in certain melodies and poetic lines, which were in amazing harmony with each other. Music has its own language, words are often powerless where music "speaks". She is able to express what is inexpressible in words, to reveal the most subtle shades of our feelings, thoughts, moods, experiences, can help bring to life innermost thoughts, take them to the distant past, look into the future. Music alone is able to convey at the same time the feelings, sensations of different people: both from the one who speaks and the one who listens. It can shake, disturb, calm, make you rejoice and grieve, and always encourages you to worry and think. It is not for nothing that at all times people have tried to get closer to music - this inexhaustible source of wisdom, beauty and knowledge.

To talk about a full-fledged music therapy, you need to go through and feel, first of all on yourself, two main components - the perception of music and active musical performance. Unfortunately, in recent years, more and more in theory and in practice, we are faced only with listening to music. Yes, it is certainly important and valuable. However, the deepest layer lies in active musical performance, both with the help of voice, dance movement, and during the very performance on a musical instrument. In view of the complexes developed in most people, fear of not meeting someone's expectations, fear ... .. we do not fully realize our musical potential, we do not develop the "musical gene" - and, accordingly, we do not know the true purpose of music [5].

How often have you thought about the definitions of the concepts of objects or phenomena that we use every day? How would you define "sound"? And then we begin to understand that there is more than one definition of such a phenomenon as sound. Sound is a phenomenon of vibrational motion of particles in elastic media, propagating in the form of waves, a physicist would say. Sound is a material for creating musical compositions, a musician would say. Each of us will characterize this concept in his own way. In any case, sound is the beginning of beauty, the beginning of a melody, the beginning of music. Already in the womb, the child is surrounded by music and, in fact, a person comes into this world, the world of music, already prepared for the beautiful.

Sounds accompany a person even before his birth. Many of them are associated with a certain place where we heard them, the sensations that we experienced at that time, with visual images of the sources of these sounds. A person has the ability to memorize audible sounds. Accordingly, memory is included in this process. Long-term memory

stores a huge amount of sound information that we associate with certain visual images. Thanks to this, even without seeing the object producing sounds, we are often able to immediately understand who or what is making them. Without seeing the source of the sound, we can also quite accurately determine its spatial location or movement. We get most of the information about the real environment visually. Hearing helps us to adequately perceive the world, react appropriately to different sounds [4].

A person is able to perceive many more shades of sound (volume, timbre, height) than shades of color. A thousand years ago, our ancestors had a finer hearing and perceived many more tones of sound than we perceive today. Accurate determination of the nature of the sound and its location for a person surrounded by wildlife has often been a matter of life and death. In modern society, most people live in cities, respectively, and their sensitivity to sound perception has significantly dulled. At the same time, the number of various sounds that we keep in our long-term and short-term memory has increased. Thanks to long-term memory, we can quickly determine what we are currently hearing. We can easily identify hundreds of objects and phenomena just by the timbre characteristics of sound - the noise of a train or car, the hum of an airplane or wind, telephone calls, the noise of a boiling kettle, a creaking door, or pouring water. Many sounds, thanks to long-term memory, are able to give us an emotional response. Some can cause anxiety or alertness (thunder, shouts and noise on the street, the sound of a car or train, the angry growl of a dog, the sounds of a strong wind), others are associated with safety, calmness, serenity (soft rustle of waves, quiet murmur of a stream, monotonous chirring insects, birdsong). In the voice, we also immediately determine the nature of intonation, expressing various emotions - tenderness or aggression, irony or pathos, sadness or joy [12].

The noises that we hear on a daily basis or for quite a long time become neutral, background, almost imperceptible for us. We practically do not react to the usual, everyday sounds (the noise of the car engine, the clatter of the carriage wheels, the quiet voices of people not addressed to us). When we go about our daily activities, we do not pay attention to the perception of background sounds (the ticking of a clock, the sound of a fan, rustling of leaves, the noise of the street ...). We are accustomed to certain sounds and we realize that they do not cause fear and alarm - they will not harm us (explosions of New Year's crackers, chimes, traffic noise ...). New, unfamiliar or unexpected sounds immediately sharpen our attention. They can generate anxiety, alertness, or a desire to understand the cause of these sounds. If a sound is essential to us, then we immediately adjust our hearing accordingly and concentrate our attention on it. Sound is able to give an idea of the movement of an object in space, even if we do not see it [15].

Exercise "Listening Around"

Sit comfortably and close your eyes. Relax. Take a deep breath in and out. Listen to the sounds that surround you. Perhaps they will even be educated into some kind of music.

Arrive in a relaxed state for as long as you see fit.

If you listen to the brass band playing during the parade, you will notice that the sounds become duller as they move away from you. The reason for this lies in the fact that the airspace dampens, cuts off high tones (frequencies). When the orchestra is far away from us, we no longer hear the melody, but we can still hear individual bass sounds playing on a tuba and a big drum. Then, we already hear only the sound of the drum and immediately understand that the orchestra has gone very far.

The perception of sound, like the perception of an image, is largely determined by the context in which we hear a particular sound. We perceive the same sound differently if we are at home, on the street or in the forest. When we perceive objects with our eyes on a different background, we perceive the degree of their brightness differently (on white snow, a gray sheet of paper is perceived as dark, and on black velvet, as light) [13]. There are similarities in music. Sounds at a medium volume level after a very strong sustained sound will appear quiet, while the same sounds against a background of quiet noise or music will appear loud. In complete silence, even an insignificant noise can seem very loud, and vice versa, if the music is playing loudly, the scream can be lost against its background.

As for the organs of perception, the sensitivity of the ear in relative silence increases, and when perceiving sounds of great strength or changes in volume, it decreases. This adaptation to sounds of varying strength occurs as a result of hearing adaptation. The perception of certain sounds is based on the ability of hearing to distinguish and recognize sound vibrations of a different nature. One of the essential features of the perception of real sounds of the environment is that perception itself determines the dominant sound that is important to us at the moment. Even among dozens of sounds simultaneously sounding, a mother will hear the cry of her own child; among the polyphonic city noise, we immediately recognize the voice of a friend calling out to us; from the monotonous rumble of the crowd, we will immediately single out the singing or the sound of a musical instrument, these facts indicate that we are able to select from many sounds the sound that is most significant for us or unusual for a given situation, while the rest of the sounds constitute only the background, second plan [10].

Despite the fact that various sounds are long and firmly stored in long-term memory, they do not leave as clear and definite information in the brain as vision, which quickly and reliably fixes a particular visual image in memory. Sometimes we do not immediately guess the voice of a person on the phone, if we rarely communicate with him; we cannot immediately identify a sound similar in character to another sound.

In real life, hearing is involved in spatial orientation. A person receives information about the spatial position of an object as a result of the difference in the volume of the sound that reaches both ears. In addition, we can refine the location of the sound by turning our head and feeling how the sound parameters have changed. Just as bifocality of vision helps to

understand the distance to an object and clarify its configuration, so the organs of perception of sound (ears) help to determine the location of the source of sound, what is the nature of the space in which we are at the moment. The nature of the sound in a particular space is perceived in a similar way. Let us dwell on the main features of the formation of sound and its recognition. Having heard this or that sound, we usually strive to understand with which object it is connected, to realize where this sound comes from, what is its source and what consequences for us may be associated with it. Each time, perceiving a new sound, we immediately focus our attention on it and try to identify it using our life experience, which we have stored in the auditory memory. In our long-term memory, we keep the voices of friends, favorite singers, a large number of melodies, various noises. Short-term memory keeps sounds in the brain for only a few hours or even a few minutes. Most often these are sounds that do not play an essential role: a melody coming from someone else's mobile phone, someone's unusual laughter, a crying child, someone else's speech. The operative memory stores the impression of an insignificant sound in general for a few seconds and then erases this impression, as they say, as unnecessary [7].

Hearing a monotonous or repetitive sound, we usually perceive it as a background sound and practically do not perceive it, we turn it off from the zone of active perception. But if the nature of the background noise suddenly changes, then attention immediately transfers the sound from the category of background to the category of essential and begins to "listen" to it.

Just as we switch the concentration of visual attention from one object to another, it is just as quickly possible to switch auditory perception from one sound to another. For example, if you are watching TV and at this time a friend is talking to you, then you begin to perceive only his words and practically do not perceive at this time the speech of the announcer or the characters of the film shown on TV. Then you switch back to the perception of the sound of the TV, but, having heard, say, a loud sound outside the window, now you react to it.

With prolonged exposure to very loud sounds, it adapts, the hearing gets used to the perception of just this level of sound. However, one should take into account the fact that hearing, like sight, has the property of fatigue. As a result of prolonged exposure of the human hearing to sounds with a level higher than 75 dB (vacuum cleaner operation, screaming, loud laughter), hearing sensitivity decreases. Professionals call this phenomenon the disco effect. The sensitivity of the ear in relative silence increases, and when distinguishing sounds of great strength, it decreases. This adaptation to sounds of varying strength occurs as a result of hearing adaptation.

Silence never exists in our minds. We are accustomed to the constant feeling of the presence of a sound environment and do not know what its absence is. We cannot sense and experience in our imagination the complete absence of sounds. There is no image of "deathly silence" in the auditory

memory. In real life, we perceive silence simply as the absence of additional sounds.

The perception of sound in an auditory or audiovisual work, as well as the perception of an image, is largely determined by life experience - after all, listening to the radio, music, we immediately distinguish sounds, familiar or unfamiliar, pleasant or unpleasant, soothing or disturbing.

The perception of music is a complex psychophysical process, the essence of which is to get involved in the process of experiencing those moods and feelings that the composer expressed in his work, and to get aesthetic pleasure. The sociocultural practice of today shows that even the presence of a developed intellect is not a guarantee that a person is able to listen and hear nature, another person, music, and this despite the fact that more than half of our daily communication is listening. In modern conditions, when speech is minimized by text messages on social networks and e-mail, it is possible to realize and feel oneself in the world around only thanks to the ability to see and hear. We are talking not only about the physical ability to perceive spectator and auditory information, but also about the choice from it of the moments that are more significant for the perceiving subject [14].

Music accompanies us throughout life, from birth to death; encourages us, adjusts to a certain mood, relaxes, helps to collect our thoughts, and even... pain relieves. It gives good results as an effective "pain reliever" in obstetrics, dentistry, during surgical operations... On the one hand, it distracts the patient from the mental dominant on their experiences and thus reduces pain. This allows you to reduce the dose of anesthetic drugs and reduce complications, on the other hand, music relieves muscle tension and thereby contributes to a more complete relaxation of a person.

*When it hurt me to walk, when the rubbed calluses on my feet hurt more and more with every step, I was happy to find the player in my pocket! After I turned it on, I felt an insane delight. Music poured straight into the soul, into the heart. The pain went away and didn't come back until I turned off the music.*

Music is the art of sound that unfolds in time. Musical perception is based on the analysis of specially organized sounds and their sequence. An important role is played by the activity of the listener himself, his focus on the perception of differences in sounds precisely in height, and not on some other basis. A similar process can be observed in speech: a person must actively listen and analyze it in order to understand. When we are inattentive to the flow of speech around, we do not give it meaning, it babbles like some kind of background melody.

Hearing music means distinguishing its character, following the development of an image: a change in intonation, moods. The Soviet and Russian musicologist and teacher E. V. Nazaikinsky in his works pointed out the difference in the perception of music and musical perception, depending on whether such a perception took place. Musical perception is an established perception in which a person perceives sounds as musical and knows how to structure

them. When perceiving music, a person simply stays next to the music. At the same time, non-musical perception is also possible, when music is heard as sound signals, as something audible and acting on the organ of hearing, but the structure of which and the essence leave the listener indifferent. Musical perception is not given to a person from birth and is not a consequence of age-related changes, but requires purposeful work of both the child and his environment [2].

The great Russian psychologist of the second half of the 19th - early 20th centuries N. N. Lange wrote that perception is of a stage (phase) nature. Staging is also at the heart of musical perception. Usually, at the first listening, any unusual music appears to consciousness as chaos, formlessness, it is characterized by a vague picture, only individual details are embossed. Emotional reaction plays a leading role here. During repeated hearings, the outlines are clarified: understanding music begins with memorizing relationships that are more familiar to consciousness, and their comparison with less familiar ones, a deeper "probing" of the musical tissue by the ear is noted, the brightest components are highlighted in it. What a person hears in music depends on what he can expect in it, on what we are able to imagine. The musical image is enriched with associations. For people who are musically developed, especially for professional musicians, the process of associative enrichment can already begin with repeated perception [3].

Listening musical perception is a historical, social and age-related concept. It is due to many factors: the piece of music itself, the historical context, external and internal conditions of perception. It is also determined by age and gender. Musical perception is influenced by the style of the work, its genre. For example, the masses of J. Palestrina are listened to differently than the symphonies of D. D. Shostakovich or songs of modern pop music. Music is perceived differently in the Philharmonic Hall, on the open stage of the park, in the sports arena, at home... And the point is not only in the acoustic features of these concert venues, but also in the mood that the atmosphere generates in the listener.

Music perception is one of the main elements of musical psychology. Being a necessary stage of cognition, associated with thinking, attention, memory, and having a certain musical coloring, the perception of music forms the aesthetic consciousness of a person.

Music surrounds us everywhere and everywhere: the humming and pounding music of the subway, the slightly tapping music of the tram, the rattling music of the trolleybus... Street music is generally diverse and multifaceted and depends on the season, time of day, place. And what a wonderful composer Nature! The sounds of the forest, the rustle of trees and foliage in the park, the bewitching music of the sea, the music of a waterfall, rain, wind, fields... Very often one and the same music is pleasant to one, and causes rejection from other, involuntary listeners. The latter, in our opinion, should be pitied - as well as passive smokers. Which is a pleasure for some people, for others it is a noise load.

Listening to music is inseparable from the processes of

music perception. Perception, from the point of view of psychology, is the process of cognizing complex things and phenomena, their representation in the human mind in the form of images. It is in the process of listening that love or a feeling of rejection for music is formed. Music can move you to tears, absorb attention and even change your life. Music is one of the means of aesthetic education, has a great power of emotional impact on a person. Let's take an example of an exercise aimed at self-development and introspection.

The participants of the lesson are asked questions: what kind of music would you turn on, or would you play it yourself with a voice, a musical instrument, if you felt bad and sad at heart? If you needed to relax, rest? Can you answer why you are listening to this particular music? After these questions, you can listen to the answers of the participants, or you can invite everyone to give an answer for themselves and think about these questions.

Music will be beneficial only when it starts to please listeners, passing itself through thoughts and consciousness. Music should sound only for each specific person, in view of this, it is necessary to tune in to the appropriate mood, to stop the train of thoughts, especially disturbing ones [6].

Each person chooses his music for various emotional states, temperaments, moods.... This music is different for everyone. For example, the third movement of the piano sonata No. 2 in B-flat minor, op. 35 F. Chopin, some people may associate with the end, funeral, mourning, while others - simply with reflections, light sadness, memories of the past, the image of a man walking heavily, solemnity, festivity... It would seem that the same work, but so many it gives rise to ideas, images! Music can serve as a characteristic of a particular temperament. Phlegmatic Eusebius and ardent Florestan from "Dances of Davidsbündlers" by R. Schumann, characters from "Four Temperaments" by P. Hindemith are graphic illustrations characterizing the types of temperament. Music successfully copes with the formation of emotions that correspond to certain psychotypes.

### 3. Conclusion

Music has tremendous power over listeners and performers. The mystery of musical notes in their sequences or combinations and the effect they have on us cannot be solved with the help of science, religion or philosophy. Generates emotions, is able to instill love, anger, passion, calmness, hope and any other feeling that you can only imagine and experience. We have all experienced the amazing effect that a song can have on us when we are in a certain state. She can instantly remind us of childhood or lost love, inspire, make us angry, relax, excite... The influence on personal development through listening to music is very great and often many do not pay due attention to this fact. In our work, we only outlined the relevance and importance of the topic of listening to music for the full formation and development of a personality.

The article shows that it is very important to learn to listen to yourself, your feelings, emotions through music. Listen to music, develop, enjoy music, love music!

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