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The role of music and the brain development of children

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Abstract

Music is an imperative part of human life. It is useful to live with joy and wellbeing. It is very interesting to analyze various research studies related to music and the brain development of children. Childhood is all about learning. The development of the brain and the learning connections within the brain are at the heart of learning for young children. On the basis of this research the importance of music and the brain development of children can be established. In this research article the endeavor is made to juxtapose varied research studies with the subject and tried to derive its implications.

Keywords: music, brain development, children.

1. Introduction

A child's developing mind is nurtured by loving interactions, a secure and predictable environment and hands-on experiences that invite exploration and learning. Parents, as children's first teachers, should unlock doors and open windows that allow children to learn and grow. Children benefit from a variety of different activities. However, three critical activities that contribute considerably to overall brain development are music, art and physical activity.

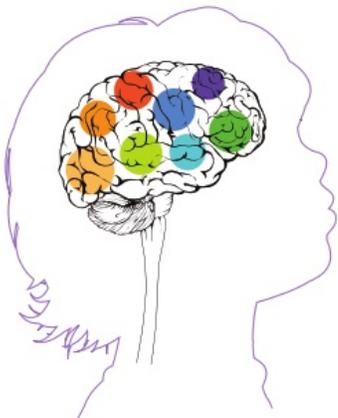
- First, music engages all aspects of the brain and stimulates multiple aspects of brain functioning. Children should be exposed often too many different kinds of music, but especially rhythm, rhyme, and repetition in music and songs.
- Second, art engages a variety of the brain's areas that help children learn emotion, cognition and memory. Children should receive many opportunities to draw, paint, craft and create using different types of art.
- Third, physical activity and movement help stimulate much brain growth and facilitate key connections for learning. Regular exercise and engagement in all varieties of physical activity are critical for healthy brain development in children.



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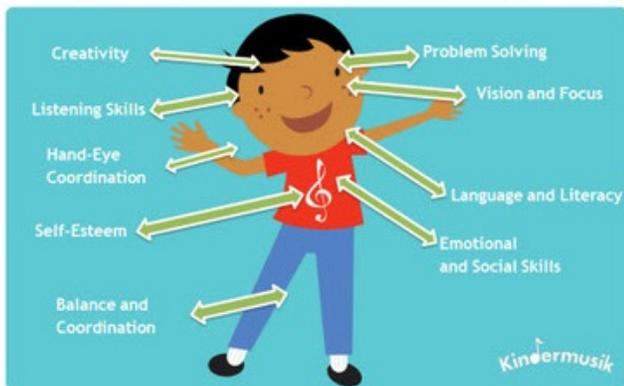
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Although the early years of a child's development are tremendously important, research also has shown the brain is capable of overcoming many negative effects. During the first 12 to 14 years of life, a child's brain has considerable opportunity to bounce back from negative experiences and develop capacities that were not nurtured in the early years. For example, children who did not receive much exposure to language early on still can make up much ground if they receive more intensive exposure to language and reading between the ages of 4 and 10. Sometimes, children need to receive care or stimulation that is more intensive and specialized if they have a particular deficit in motor skills, language development or other areas that the brain affects. Most children are able to make significant progress in developing skills or abilities that did not fully develop in earlier years if they receive greater care and attention to compensate.

1.1 The importance of Music and the brain development of children

Music Matters For A Child's Brain, Body, Heart & Soul



We generally think of music as something created by humans for entertainment purposes. Without intentionally, music can make us more brilliant. Adding to a kid's musical capacity might really enhance her capacity to learn and be effective at different orders, for example, dialect, math and science. To see how this is conceivable, we should take a gander at what we think about the mind. The most recent neurological exploration on mental health and its relationship to music are starting to find that the relationship on mental health to music instruction uncovers that preparation in music has a constructive outcome.

Our cerebrum has more than 100 billion neurons, every connecting to different neurons making trillions of associations. In the event that the neurons are utilized they get to be more grounded, on the off chance that they are not utilized they may bite the dust, but rather everything relies on upon the encounters of adolescence which decides the lives of these neurons. In light of the jolts the children get, their brains are always forming so as to construct themselves new associations, or neural connections. The higher the quantity of these diverse sorts of associations it frames, the better capable the mind is to handle any new data it gets. It is vital for a youthful youngster's mind to experience an assortment of encounters to make the a wide range of neural connections it will require over a lifetime, yet late research is demonstrating that we are "pre-wired" to get and unravel musical jolts. It has been demonstrated that babies can hear tunes in the womb and will quit sucking with a specific end goal to listen better when the same natural tunes are played for them. Babies as youthful as three months have been found to frame relationship with music to recollect certain occasions. Musical encounters are shown in the cerebrum as multimodal, including sound-related, visual, psychological, compelling, and engine frameworks. Both the right and left hemisphere of the cerebrum are included in processing music. The music improvement fortifies the development of neurotransmitters and the development of dendrites in the cerebrum. Training children in music at an early age exercises higher brain functions, including complex thinking assignments. The pathways we use for spatial thinking are like the music pathways in our mind. When we listen to music, the spatial pathways are "turned on" and prepared to be utilized.

Music, particularly the classical music, for example, Bach, Beethoven, or Mozart is unique in relation to music, for example, rock and nation has a more mind boggling musical structure. Babies as youthful as three months can choose that structure and even perceive established determinations they have heard some time recently.

Explores think the multifaceted nature of established music is the thing that makes preparations to take care of spatial issues all the more rapidly. So listening to traditional music may have diverse consequences for the mind than listening to different sorts of music. This doesn't imply that different sorts of music aren't great. Listening to any sort of music helps manufacture music-related pathways in the cerebrum. Also, music can have constructive outcomes on our mind-sets that may make learning simpler.

Youngsters process data in diverse ways. The three sorts of learning styles are visual, sound-related and kinesthetic. Music can help in the utilization of utilizing the three learning styles. Music alone is sound-related, music alongside pictures and words is visual, and music consolidated with movements or move is kinesthetic. As per the article. "Why Do Schools Flunk Biology?" researcher trust that music prepares the cerebrum for higher types of considering. The more we take in the more our neurons are invigorated to develop and contain more data. Utilizing the three learning styles as a part of the classroom will permit kids to thrive and helping learning with music can have a beneficial outcome.

Indeed, a youngster musical improvement is by all accounts fundamentally the same to dialect advancement. It takes after an anticipated succession and incorporates things like figuring out how to sing in order and walking to a specific beat. This is the time when the youngster is figuring out how to make a mental photo of the music she hears in her psyche. That

representation is called tryout, and it is basic to musical development. Likewise essential to musical development is the capacity to take an interest in music through singing and development. Through development, youngsters figure out how to further utilize their bodies as instruments. With a specific end goal to audiate mood in their psyches, youngsters must experience it in their bodies. On the off chance that they don't figure out how to do this at an early age, it is much harder as they get more established. Most essential engine examples create before age five and are only reinforced after this age.

Discriminating periods are windows of chance for music from about age three to ten years of age. This is when learning music, and also learning with music, is generally helpful. On the topic of regardless of whether there is a window of chance for figuring out how to play an instrument, a few studies recommend that starting music preparing early is corresponded with more prominent development in specific territories of the cerebrum. For instance, looks into in Germany distinguished the cerebrum's locale in charge of flawless pitch-- a part of the left hemisphere, which likewise included in discourse, called the planum temporal. In the performers with impeccable pitch, the planum temporal was twice as large as in either the non-artists or the artists lacking immaculate pitch. In this study and a few others, 95 percent of artists with impeccable pitch began music lessons before age seven. As per this study, it appears that early music preparing is connected with more development in this one specific cerebrum area. "In the event that ... preparing begins later or is missing inside and out, flawless pitch once in a while shows up" (Diamond 1998)

Preschool and kindergarten educators have known for quite a while that kids learn best through melodies. They recall the material less demanding and it is less demanding to assist them with engagedding in the action. Tunes, graphs, lyrics, and raps will enhance memory of substance realities and subtle elements and give a snare to recovering data effectively later. Here are a few demonstrates that music can make us more quick witted. Shaw and Rauscher (1993) investigated how certain sorts of introduction to music influence the cerebrum. They took a gander at how figuring out how to sing and to play the console may impact the spatial-worldly abilities of pre-school youngsters. Following eight months of console lessons, the outcomes exhibited that preschooler tried demonstrated a 46 percent support in their spatial IQ, which is essential for higher mind capacities, for example, complex arithmetic and science that draw vigorously upon spatial-worldly thinking. As indicated by Rauscher, this is on the grounds that music is a spatial errand. What's more, while we are taking part in music we are feeling, seeing and learning it at the same time.

A Rockefeller Foundation study expressed that music majors have the most noteworthy rate of 66.7 percent of permission to restorative school.

(<http://www.brainychild.com/article.smartmusic.html>) In The Silicon Valley, the very best engineers and technical designers are practicing musicians.

(<http://www.brainy-child.com/article/smartmusic.html>)

Students with coursework or experience in music performance scored an average of 52 points higher on the verbal portion of the SAT and 36 points higher on the math portion of the SAT compare to students with no coursework or experience in the arts (compiled by MENC in 1995).

(<http://www.brainychild.com/article/smartmusic.html>) In a study done by Martin F.Gardiner and his associates observed

that a sure sort of musical preparing, the Kodaly strategy, which incorporates beat recreations and figuring out how to sing melodies advancing in particular additions toward more prominent trouble, decidedly influences first and second graders' math abilities. Debra Viadero (1998) condenses the Gardiner study results in her Education Week article, "Music on the Mind": "Toward the end of seven months, the understudies getting the specific musical preparing ... in math they zoomed in front of their associates - despite the fact that they had begun somewhat behind." This proposes that musical preparing enhance the kids capacity to learn and be fruitful, for example, in arithmetic

Lamb and Gregory (1993) of the University of Manchester's Department of Psychology distributed the consequences of their study on the relationship between the capacity to separate musical sounds and perusing execution. "Kids accomplishing high scores on pitch segregation additionally did well on phonemic mindfulness and indicated great perusing execution." According to the study, it appears that musical preparing is connected with an upgrade in perusing execution. Many ways folks can do to bolster their tyke's musical development at home. You can start by singing to your child, even before it is conceived.

Subsequently, we can sing to our baby frequently and look. Listening to our voice assists our with pampering start to learn dialect. Children cherish the examples and rhythms of melodies. What's more, even youthful infants can perceive particular tunes once they've heard them. Extremely youthful infants this age have been demonstrated to have the capacity to recognize contrasts in tune and recurrence and can mirror them. Concentrates likewise proposed that infants favored easier tunes to more perplexing ones.

Pick straightforward, mitigating songs, for example, children's songs, soul or smooth jazz. We can sing with our kid. As kids develop, they appreciate singing with awe. More established children will be prepared for all the more enthusiastic music, for example, "Column, Row, Row Your Boat", and "Twinkle, Twinkle Little Star". We can likewise present the thought that development can match with the music by delicately applauding the kid's hands to the beat, or assisting him with motioning alongside the verses. Crawlers and babies will appreciate chiming in and doing the going with developments to melodies like "Head, Shoulders, Knees and Toes", and "Old MacDonald". They particularly love making the creature sounds or the hints of autos et cetera. You can likewise walk or do straightforward strides to their main tunes. Youngsters are glad when they are bobbing, moving, applauding, and singing with somebody they cherish and trust. This expanded capacity to partake in music will just elevate the babies' pleasure in it, and the movements they perform will help foster more noteworthy body mindfulness. We ought to just mess around with our tyke and don't endeavor to right them. Setting words to music really assists the with braining learn them all the more rapidly and hold them longer. That is the reason we recollect the verses of tunes we sang as kids, regardless of the possibility that we haven't heard them in years.

Play music for our infant. Open our child to a wide range of musical choices of different styles. Straightforward instruments, for example, simple to handle percussion instruments can likewise be presented. Drums, shakers, triangles or tambourines permit the kid to explore different avenues regarding musicality. We ought to let the kid find how to utilize every one, and tail her beat instead of requesting that her attempt to take after theirs.

On the off chance that we play an instrument, rehearse when our child is adjacent. However, keep the volume moderate. Noisy music can harm a child's listening ability. As per Ken Guilmartin, author of the Music Together program, "... despite the fact that youngsters procure data and take in aptitudes from numerous sources, they add to the key mien to gain just from the model of their essential guardians." The folks contribution in her musical improvement in the early adolescence years can help set her up for a lifetime of accomplishment

Notwithstanding bolster the tyke's musical development at home, we ought to request that they begin music lessons early. Figuring out how to play an instrument can have longer enduring consequences for spatial thinking contrast with listening to music just. Analysts trust that musical preparing makes new pathways in the mind. There are early adolescence music projects that can be acquainted with youngsters. Such projects are Suzuki system, which shows kids as youthful as three and four years to play an instrument by showing the folks first and permitting the kid to watch and emulate them later. In the event that you need your kid to learn instrument, you don't have to hold up until grade school to start lessons. Youthful kids' creating cerebrum is prepared to learn music. Most four and five years of age appreciate making music and can take in the fundamentals of a few instruments. Also, beginning lessons early assists kids with building a deep rooted affection for music.

However in the event that folks choose to support their youngster's musical improvement, they have to recollect that they are a key element in this imperative procedure. Studies done by right on time adolescence instructors are demonstrating that the musical capacity of kids brought up in a family unit rich in musical encounters far surpasses that of

youngsters living in family unit without this extravagance. Urge our kid's school to educate music. Singing aides invigorate the mind, in any event quickly. After some time, music training as a piece of school can help assemble abilities, for example, coordination and innovativeness. What's more, realizing music helps our kid turn into a balanced individual. Music assists make with learninging expresses that help with holding consideration and expanding maintenance of data. Music settles mental, physical and enthusiastic rhythms and encourages understudies' achieving a condition of profound fixation and core interest. In this state a lot of substance data can be handled and learned. Melodies, serenades, ballads, and raps will enhance memory of substance realities and points of interest and give a snare to recovering data effortlessly later. As conclusion, music preparing and presentation to a wide mixed bag of music as mind boggling as Mozart's ought to be esteemed on the grounds that it may bring up a youngster's IQ score.

Music talks in a dialect that kids naturally get it. It draws kids into its circle, welcoming them to coordinate its pitches, join its verses, move to its beat, and investigate its enthusiastic and symphonious measurements in all their magnificence and profundity. By figuring out how to perceive and deliberately execute music in your youngster's life you can start to correspond and interface with him even before he is conceived. Music likewise can empower mind development in the womb and all through right on time youth; enhance his dialect capacity, including vocabulary, expressiveness, and simplicity of correspondence; and enhance his perusing, composition, scientific, and other scholarly aptitudes and in addition his capacity to recollect and to remember.



2. Conclusion

For children, the development of their minds holds the key to their future and learning. A hostile or stressful living environment, coupled with adults who are inattentive or emotionally unpredictable, can leave a child with diminished potential for learning. If the windows of opportunity for learning are missed, the parts of the brain regulating emotion and attachment do not develop to their full potential. However, a consistent caregiver providing loving and nurturing care during the first few years of life can go a long way toward ensuring optimal brain development in a young child. Children have a greater chance of reaching their full potential when the environment is rich with interesting people, toys, language and things to do. Loving interactions with parents and other caregivers, a secure and predictable environment, and hands-on experiences that invite exploration and learning are keys to brain development in young children. In this paper we are presented the importance of music and the brain development of children.

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