

THE ROLE OF MUSIC IN THE EVOLUTION OF MANKIND

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Abstract: *This article is about music, its role in the evolution of mankind.*

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The subject of active scientific study of scientists in various fields continues to be the issues of psycho-physiological effects of music on a person. Already at the dawn of human civilization, priests, and then doctors, philosophers, teachers used the art of music to heal the soul and body. Reflecting on the mysteries of the influence of music on a person, they tried to determine its role both in restoring the functions of the body and in the formation of the spiritual sphere of a person.

The most prominent ancient Greek philosophers Pythagoras, Aristotle, Plato, pointing to the preventive and curative power of music and emphasizing its educational power, believed that it establishes order throughout the universe, including the harmony of soul and body disturbed in man. Following Plato and Pythagoras, Aristotle developed the idea of the importance of music as a means of harmonizing the individual with social life. It was noticed that music and, above all, its main components - melody and rhythm, change a person's mood, affect his emotional state. It is known that in classical Greece musical art was perceived as a trinity of "musical arts" - poetry, dance and music proper, and the ancient Greek philosopher Plato, trying to comprehend the structure of culture, functioning and laws of development, spoke about the exit of man from nature into culture. His ideas related to music therapy are also known. In his opinion, rhythms and frets, acting on thought, make it conform to themselves. Following Plato and Pythagoras, Aristotle developed ideas about the influence of music on a person in the doctrine of catharsis.

In ancient China, in accordance with the rules of traditional Chinese medicine, music was used quite widely. The basis of diagnosis and treatment, as is known, was the impact on the active biological acupuncture points. According to the

ancient Chinese, music, thanks to the action of these laws, is in harmony with nature and has a huge impact on a person, transmitting certain properties to the human body. A special place in the system of Chinese music therapy was occupied by musical instruments, through which a connection was established between their sound, vibrations of various organs of the body and vibrations of the cosmos. Music, thus influencing a person, brought him into a state of harmony with nature. In ancient China, music was the most important element of education and was among the sciences required for study.

Music was widely used as a medicinal remedy in ancient India. Music therapy in India was based on the idea of the unity of the universe and the law of rhythm, affecting the spiritual essence of man. The outstanding Indian philosopher and musician Hazrat Inayat Khan, revealing the mechanism of interaction between rhythm and the Universe, emphasized that all natural phenomena correspond to certain rhythms. The music of India, having preserved to this day the mysticism of timbre and tonality, discovered in ancient times, has a special effect on a person. In Indian music therapy, it was believed that it was artistic singing or vocalotherapy that was more effective in healing, since the property of the voice to express feelings and emotions is best manifested in the art of singing, which has a centuries-old history. In ancient India, it was believed that it was in the voice that the soul expresses itself, since thinking through subtle vibrations of internal organs through the voice has the power of magnetism.

In the Middle Ages, the practice of music therapy was associated with the theory of affects, based on the impact of various rhythms, melodies and harmonies on the emotional state of a person. Even then, they tried to establish various relationships between the patient's temperament and his preference for one or another type of music.

The first attempts at scientific understanding of the mechanism of the influence of music on the human body date back to the XVII century, and experimental studies - to the end of the XIX - beginning of the XX centuries, when scientists were only trying to bring a physiological basis for empirical facts. As a result of special physiological studies, the influence of music on various human systems was revealed. A number of studies have confirmed that the perception of music accelerates heart contractions, increases the rate of respiration, the amplifying effect of musical stimuli on the pulse, breathing was found depending on the pitch, sound strength and timbre, and the frequency of respiratory movements and heartbeats varied depending on the tempo and tonality of the music. As a result of experimental studies, the relationship between the work of human organs and music as a rhythmic and emotional stimulus was revealed. It was also found that the physiological effect of music on a person is based on the

fact that the nervous system, and with it the musculature, have the ability to assimilate musical rhythm, while music as a rhythmic stimulus stimulates the physiological processes of the body that occur rhythmically in both the motor and vegetative spheres. In turn, the rhythms of individual human organs are always proportionate, and there is a certain connection between the rhythm of movement and the rhythm of internal organs. Taking into account the fact that rhythmic movements represent a single functional system and a certain motor stereotype, the use of music as a rhythmic stimulus allows you to influence the physiological processes of the body, i.e. to increase the rhythmic processes of the body in a more strict compactness and economy of energy costs, or, conversely, to balance the work of the entire functional system of the human body.

In addition, music is able to establish a general mood, and the emotional coloring of the images that arise during its perception varies depending on the individual characteristics of musical perception, the degree of musical training, the intellectual characteristics of the listener. The study of the emotional significance of individual elements of music - rhythm, tonality - showed their ability to cause a state adequate to the nature of the stimulus: minor keys reveal a depressive effect, fast pulsating rhythms act excitingly and cause negative emotions, soft rhythms calm, dissonances excite, consonances calm. Positive emotions when listening to music, "artistic pleasure", according to L.S. Vygotsky, is not a pure reception, but requires the highest activity of the psyche. In his opinion, painful and unpleasant affects are thus subjected to some discharge, destruction and transformation into the opposite.

Speaking about the physiological effect of music on a person, Z.I. Khata uses the concept of psychic energy, one of the sources of which is music in particular. Investigating the physiological effect of music on a person, she emphasizes: "the effect of any music is associated with the influence of psychic energy (PE)... but the whole point is, where does this PE come from in the body: either from the body's reserves, or from space?". It has been scientifically established that low frequencies of percussion installations irrevocably destroy memory stores, and high frequencies destroy the higher centers of the brain responsible for the formation of intelligence. As a result, consciousness begins to be directed from the subconscious or intuitive level of the brain to the conscious, throwing a person to the primitive stage of evolution.

Numerous studies of scientists have proved that music can have a very different effect not only on humans, but also on living organisms of plants, birds, and animals. Today it is safe to say that narcotic music slows down the growth, reduces the vital activity and defenses of any organism, even causing their death. For example, Japanese scientists have found that listening to pop and rock music by

pregnant women leads to the birth of sick children. A three-hour disco in its negative narcological effect is equivalent to taking a high dose of alcohol and requires two weeks to restore the wasted reserves of PE, which naturally reduces psychophysiological activity. Emphasizing the mystical properties of sound, Campbell notes that sound can acquire a physical form and contours that can affect our health, consciousness and behavior. The widespread pop music culture today, therefore, can be rightfully attributed to narcotic music, zombifying a person on a subconscious and conscious level and thereby destroying his cultural layer, spiritual and moral values. Modern pop music leads to genetic, spiritual and economic damage to society, affecting, first of all, young people and threatening their future.

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