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**THE STUDY OF MUSIC ON VIVACITY TO THEORETICAL PRINCIPLES OF  
MUSIC THERAPY**

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**ABSTRACT**

Music with its mysterious world and beauty furnishes the mind for fantasizing creative images. Music can reflect sentimental, emotional, physiological, social, and cultural needs in human life. Listening to music, we can experience different feelings, such as, love, amity, and ..., and at the same way can involve human's body and soul. Moreover, spiritual and therapeutic aspects of music can be taken into consideration. Listening to music and its rhythm can be helpful in associating with supernatural. Music is one of the effective points in making global unity (successful and well-knit relation between humans and different cultures) and cultural fairness in society. Besides what mentioned above, one of the other branches of music is music therapy which has been known as one of the practical majors in human society since 1950. Through listening to the sounds and applying music instruments, it helps the patients to reduce their pain. Music therapy has been used in different cultures and eras from ancient time.

**Key words: music, music themes, music therapy, relaxation with music**

**INTRODUCTION**

In the beginning, human got accustomed with music melodies like, wind breeze, thunder roar, sea wave motion, stream murmur, and bird singing in the nature. Later, putting hands around the mouth, striking two stones into each other, using a piece of grass in mouth and breathing into

a hallow reed, tried to use them as an instrument to express the feelings affected by the surrounding environment through sounds. Music is a physiologic, mental, emotional, social, and cultural need in human life; therein it is rooted in our life. Music is biologically and physiologically related to mind. Rhythm is the biologic

trigger and melody generates joy, pleasure, and imagination, thereof the slightest rhythmic action and melody provoke and excites body and soul. Listening to music, the left hemisphere analyzes the musical sounds and right hemisphere recognizes the harmony and entire (gestalt) sound and its sentiment. In other words, the right hemisphere works on receiving the general message of music, special composition of the relations and perceiving the unity in music.

Since music is a world of beauty, mysterious sounds, harmony, accordance of components, and satisfaction of imaginations, mind would enjoy the novel fantasies, inspirations and creating images. On the other hand, music is merged with imagination, memory, association, inspiration, and ...; therefore it turns to be a cognitive concept. However, music, over all, is a sentimental and emotional need. Music invokes the system of mind sentiments (limbic) rapidly and leads to emotions stimulation and inner status projection and sympathy; moreover, in many situations of life that words are not responsive, music can be sympathize and empathize, and beyond these can develop the sentiments.

Also, music is a social need, wherever music streams, a group of people are gathering, because music can bring up common feelings among a group and provoke the

general potentials. Music is the power of sympathy, so it has the power of cohesion and it can be used in mutual understanding in society and public sympathy. Generally, music is the resonance of unity in the world.

### **Significance of the Study**

To increase the cultural justice and education, music can be one of the most effective issues. Strong ties between society and valuable music, leads the society to development and calm mind and soul. In order to have a helpful and tensionless society, we should strengthen the public connections and encourage them to attend in public events. One of the ways to help people to integrate in social interactions is participating in group work, and music with its nature can be effective in this respect. Since music is a positive and joyful activity, can stimulate the person to join the groups and interact with others which is a very operational in human society and can reduce the social sufferance and tensions. It s necessary to apply music to have a successful society and reduce tensions considering the following goals:

- Increase social understanding
- Participating in social group works
- Maintaining mental and spiritual calmness by decreasing tensions

### **Research Method**

First library research was done on data collection from available books and journals, different websites, and referring to music institutes that are engaged in this issue.

### **Music Perception**

The main point in perceiving music and flourishing its fancy is to practice listening carefully. However, playing the music or knowing the notes are not the prerequisite. Basic perception of music is obtained through practice and reinforcing the ears. There are two major manners of listening. First, the emotional and customary manner of listening which takes place without thinking and perceiving the music and takes the advantage of enjoying the ecstasy of emotional affairs. This, usually, relaxes and calms the emotions and gives opportunities for disregarding the sufferance.

However, listening to music needs not only perception and thinking, but also enjoyment. Focus is not just on affection and ecstasy, because one understands the components and composition of music, perceives rhythm, melody, and color of music, and enjoys the composition and beauty of it. A part of music understanding is perceiving its phases. Knowing different themes is which inner affections and sentiments such as love, amity, calm-

ness, and happiness are expressed with music. (Dr. Alizadeh Mohammadi, 2001)

### **The Effect of Music on Human**

In the ancient civilizations, music was not only one of the indices of science, but also introduced amazing ideas about metaphysical aspects and direct relation of music and human's body and soul, which are available in scripts. In Chinese, Hindi, Mesopotamian, Greek, Iranian civilizations, the metaphysical aspects and their moral effectiveness are the most important phases of music which can be categorized into two general groups. The general aspects of music effectiveness which lead to spiritual joy and particular aspects of music effectiveness are used specifically in music therapy.

Music is the most magnificent interaction of practical and theoretical aesthetics. The most important issue which exposes to music is human senses. Senses are shown in two general forms of sorrow and happiness; however this sorrow and happiness are manifested in different forms.

The art of music is close to attitude and is related to intra personal states; it can bear the positive or negative view points of social reactions and express the deep and expressive identity of society. Therefore music is known as a pleasing art, because music can effect on outer fields of granting identity to society and meddle in de-

veloping intra-cultural education of society. Beside happiness and spiritual joy, music can provide national, religious, or ethnical identity, to encourage logical and factual behavior.

The more we enhance cultural fairness in society, and reinforce public access to art and its consumption, the more we are successful in maintaining a community society. People in any social, economical, cultural, and ... situations can enjoy this art; this can help synchronizing and sympathizing of society to build culture. Beside calming and relaxing, music is a medium to transfer social message. As it is said, music effects differently in different fields of mental interactions. However, personal type, education, culture and art knowledge, and testing creation, excitements, knowledge, and conscious are effective features in music.

### **Music Factor in World Unity**

We are talking about music and its role in sentimental strengthening and cohering and world unity. Music have existed in all cultures and civilizations from primitive to today communities, and it can be said it is considered as a human's need and it is one the natural activities of human. Constant presence of music in all the eras and civilizations shows the natural and physiological interest of human to music. This is an emotional medium in fortifying amity, af-

fection, and peace among the ethnic groups. Music has always aroused tendency to have relation with others and attendance in society. National anthem of each country is a sample of unity and cohesion of a country. Music is integrated with each components of a nation, from rural to metropolitans and generates this unity and commonality. Music conveys feelings and words, when you are wordless or suppressed, you can delightfully express it and decline the inner and outer tensions. Music can set up a mutual language and feeling among people to express happiness and frustration and ally hearts to unity.

### **The Effect of Music on Sema Rituals**

Theosophy means appreciating, realizing, and closeness to God. Human has tried to find ties to God in different ways one of these media is art. Art by subtilizing senses and thoughts and reinforcing accuracy, motivation, and affection, paves the way to perceive theosophical concepts. All aspects of art such as scientific music prepare us to conceive beauty of world and join mind and imagination to world. Art associates heart to Deity devotedly, and deepens the worship. Therefore, we can say art is an emotional and theosophical appreciation medium in the world. (Dr. Alizadeh Mohammadi, 2001, 142)

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**Scientific Aspect of Effect of Music on Human**

Skillful experts in music feel there are two main ways that music and sound effect on our lives. First, trailing constantly and gradually which is related to the phenomenon of conformity. In other words, our body adapt itself to the pace, rhythm, and pulse of the music. How many times have you entered a room with different contemplation and when you heard the playing music, hesitated and listened to that or accorded with it and stepped with the rhythm? Or a piece of music that you have heard before, reminded you of a memory. In scientific words, our body and soul are dragged to the space which is playing music. Following the trail to music is the process of integrating to emotions, which is conveyed from music to us and gives us the same feeling. In this situation music can be a powerful positive or negative medium for the hearer. Moreover, following the rhythm can complement one's essence and cures from deep layers. Using music effects on the nervous system which leads to proper performance of Endocrine glands and increases the immunity. (Rajinder Mann, 2006, 72)

**Physical Effects**

Brain activities react physically in response to music. Sound rhythm can conduct calmer and deeper breath that relaxes.

Heart rate and blood pressure react to the genre of music, too. Heart beat changes in relation to the intensity and volume of the vocal stimulants. Loud and intensive sound increase heart rate and blood pressure. Contrarily, calm, smooth, and arranged music calms body. Music, also, decreases the muscular tension, and boost driving skill. While listening to music, endorphin and other natural sedatives increase, and stress hormone levels decrease. This can rationalize immune system of body. (Rajinder Mann, 2006, 30)

**Mental Effects**

Music, depending on its school and type of sound increases the intellect. It can improve memory and learning skills. It can be used to increase learning skills in children. This can be due the fact that, concentration increases while listening to music in some people. Besides, creativity increases though improved concentration. (Rajinder Mann, 2006, 31)

**Emotional Effects**

The effect of music on human emotion is completely known and is used extensively by stimulus makers. Different kinds of music can be used to build up calm, tense, exciting, or adoring emotions. One of the conventions was whispering "lullaby" in children's ears to put them in sleep. Wordless music can be used to express emotions. (Rajinder Mann, 2006, 31)

### **The Purpose of Using Music**

Music includes sounds which can be heard (stimulus of hearing) and vibrations which are sensed (stimulus of tactile) and live performances stimulate vision. Music as a verbal or nonverbal medium of communication expresses affection, views, and emotions. Before a person has a convenient and successful interaction, should feel free that music can provide a “self-expressive” medium and improves “self-efficacy”. One of the ways to help people to communicate with others is attending in social group works where music is effective with its capacity. Since music is a positive and delighting activity can stimulate people to join groups and communicate.

Another purpose of music is to communicate with patients. Therapeutic purposes are medical. The goals determine the changes in patients’ attitude and situation to improve the physical, mental, and affective-social performance. The medical purposes that music therapist decides for the patient are the same as other purposes that other medical and educational groups determine. The difference is in the process of therapy, that the music therapist uses music and related activities for medical purposes. “Music is effective on any purposes of entertainment, medial, beauty or

other aspects”. (Jacqueline Eschmit Peters,2001,21)<sup>1</sup>

### **Music and its Symbols**

Iranian music includes the folklore music of regions and Iranian classical music depicted in theosophy and thought-love-passion of meet-joys of separation and sorrow and happiness. In Iran, poem has always been an important medium to express feelings and thoughts. Its integration with music led to create this situation in music. In China, music is a combination stories and myths of perpetual life. In Arabs, symbols of worldly pleasures can be found. In India, it is formed in demise, decline, ponder, and contemplation in supernatural situation. Among American Indians, and black tribes it appeared as a magic, illusion, in mysterious phases where percussion plays an important role. Western music, because of minor and major paces is a blend of joy and sorrow of worldly love. Among different kinds of music, folklore music is enriched with abundance and concealed medical effects. (Mohammad Zonnoori, PayamMehr)

### **Music Themes**

Effect of music depends on two major factors: first, music theme and type which is related to spaces, rhythm, and melody flow around spaces, and second mental and

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<sup>1</sup>Lathom, W.(1981).The role of the music therapist in the education of severely and profoundly handicapped children and youth.

emotional situations and the hearer's level of information and perception. Theme and kind of music has a general and physiologic effect and more or less impresses anyone with any mental and emotional mechanism. Intensity of this effect depends on nervous cells and mental, emotional, habitual history of the hearer.

Music themes can be categorized into seven groups based on their psychological states and mental effects.

It is obvious we can have many other subordinate themes but here we consider the main groups:

Tranquilizing

Exhilarating

Desolating

Hilarious (Hysterical)

Refreshing

Enchanting

Sedative (Dr. Alizadeh Mohammadi, 2001, 155)

### **Tranquilizing Theme**

Tranquilizing theme is light and monotonous, and has a slow rhythm. This theme doesn't have any specific emotional state, or doesn't bring up any excitement or stimulus, or even doesn't depress the hearer. The most important feature of tranquilizing theme is that doesn't induce any specific enthusiasm or feelings. Melodic flow and rhythms are slow and monotonous in long distances help to reduce the pace, tensions,

imaginations, excitements, and frustration and by slowing down the emotions and excitements in the flows and desired long distances create a calm, pleasant, stressless, and emotion dominant. (Dr. Alizadeh Mohammadi, 2001, 156)

### **Exhilarating Theme**

These are themes that bring up please and delight together with calmness and modesty. These themes lead to enjoyment and vivacity. The exhilarating themes increase the pleasure and vivacity for working and activity. To reinforce the society spirit and their pleasure and vivacity, especially in children and teenagers, exhilarating themes are so helpful. (Dr. Alizadeh Mohammadi, 2001, 164)

### **Hilarious (Hysterical) Theme**

Hysterics are the intensive and immediate passive reaction which usually go along with automatic explicit manifestations and physiologic reactions and develops tendency to activity and motion. Hilarious theme can be applied to excite the mental energy, incentive, and motivation to decline depression and sorrow. Some music producers use this type to stimulation and physical activity which is welcomed by youth. Many of these themes have attractive melodies that if played in a modest way and found with a suitable orchestration, would profoundly effect. (Dr. Alizadeh Mohammadi, 2001, 163)

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**Refreshing Theme**

In these themes, powerful rhythms and stimulating melodies, refresh and revive more than excites the spirit. These pieces like a pleasant and desired shock, replace depression and laziness with activity and create the feeling of ability, dominance, and will. Refreshing themes, rhythm plays a leading role. Its powerful and clear beat is different from hilarious (hysterical). In hilarious theme, activity is together with exhilaration and swing and the feeling of ability and stable “me” are not inferred. However in refreshing theme control and powder are felt. Refreshing theme can be used to decrease laziness, sorrow, and depression. The energy of power and speed decrease the monotony and depression. (Dr. Alizadeh Mohammadi, 2001, 158)

**Enchanting Theme**

Enchanted in psychology means extreme vivacity, passion, and zeal. Vivacity and excitement in astonishment is a part of being enchanted. Being astonished and its crush soothe swing and enchanted ones. Iranian picks and four picks have the potential if inducing this feeling. Hearing these themes, talented persons feel vivid and excited. Enchanted persons by passing through in these themes feel joy, imagination, and attraction. Enchanting themes can be used to stimulate depressed moods. (Dr. Alizadeh Mohammadi, 2001, 159)

**Sedative Theme**

This music is played in heavy and smooth rhythm with a monotonous melody and distributes sound waves. These themes occupy the monotonous space of mind and dominate it and lead to relaxation. These music themes, like tranquilizing theme, don't stimulate any specific excitement. (Dr. Alizadeh Mohammadi, 2001, 165)

**Studying the Effect of Music**

Plenty of research is done on music and its effects. According to the research, types of music such as Rock, Rap, and Techno are usually accused to induce teenager to behave harshly. However, based on American researchers it is not the music that leads to violence following listening to music, but the literal meaning of the words on music. The negative connotation of the words sometimes increases the negative feelings and violence. Words can even effect on attitude toward society.

In 2003, substantial research in the US showed the correlation between each personality and his tendency to listening to music. Researchers observed 3500 students and grouped them in four categories based on their interest:

- 1- Classic, Jazz, Blues, and Folk music

These types of music fans are intelligent, politically free, and seek for new experiences.

2- Rock, Alternative, and Heavy Metal music

These types of music fans are smart, curious, physically active, and not interested in politics

3- Pop, light, and film music

These types of music fans are not so curious. Are mostly conscious and politically conservative

4- Rap, Soul, and Funk music

These types of music fans are more open in society and have good public connections. They are pleasant and do not seek management.

However we should bear in mind that the results of this research don't show that characteristics are affected by merely music or vice versa. People are categorized in two groups:

A group which follow this rule and the other group which includes most teenagers and use music as a show window and want to themselves as they want to be.

### **Definition of Music Therapy**

Music therapy is using arranged music to rehabilitate all patients (mental or physical). Music Therapy Association of the US defines music therapy as using music for medical purposes including revival, making, and reinforcing mental and physical health. Music Therapy Association of Australia defines music therapy as planned use of music in medical purposes and meeting

children and adults' need who are hurt due to social, emotional, physical, and mental affairs. Also, the Professional Association of Music defines music as a medium and connected network to make a mutual relation between patient and therapist through music and musical signs that can change both the patient's situation and the process of therapy.

Avicenna in his well-known book of "Shefa" has talked about the medical features of music extensively, and introduced it as a way to reach absolute health and treatment. Aristotle says: Music can be used in many aspects of life, education, entertainment, treatment, joy, and adjustment of emotions and affection. However, he devises the eminent music.

Farabi defines music with three features: emotional, joyful, and imaginary that can be a blend of all three. Music tunes have certain vibrations based on distance and rhythm composition which are sensed in nervous cells and reinforce, suppress, or transmit the motivation. (Mohammad Momtazi, Monthly Magham Music journal)

Using the creative relation in therapy situation, the therapist creates some experiences based on music to lead in medical purposes. Methods and plans of music therapy are useful at any age from infant to adolescence and for any disease, impairments, or

physical disabilities to mental, behavioral disorders and chronic diseases to death. This helps the abilities and declines sorrows and inabilities. Methods and plans of music therapy are arranged and prescribed appropriate to each need. Main lines of music therapy plans include listening to appropriate selected music, playing music in groups or solo (improvisation), singing songs and suitable single or group vocalization, discussion on music and its concepts, dance, rehearse on music driven practices, musical show and story making, and producing song and music. (Dr. Alizadeh Mohammadi, 2001, 23)

### **History of Music Therapy**

Using music to treat patients has a long ancient history. In the primitive civilizations there was a certain ritual to have trance, unconscious control on mind, and penetrating to unconscious. Music has been used in treatment and education of people, in all ancient cultures and civilizations. In the primitive culture of Africa and its ancient tribes "Shaman" (wizard physician) was music conductor, physician, and priest of the tribe. Shaman used to music in connection with miracle and religious ritual for removing diseases from patient's body. American Indian tribes also had special songs that physicians used them to treat diseases. (Jacqueline Eschmit Peters, 2001, 36)

In the ancient Egyptian and Mesopotamian civilization, music and treatment were tied to temple and religious rituals. Clappers and Rattles were used to capture the Satan spirit in ceremonies. Merian believed that music is the dice and spell and a symbol of other creatures' sound and each note has a miraculous power of spiritualism of gods. (Jacqueline Eschmit Peters, 2001, 37)

Music was used in theosophy to delight ethics and moderate of human attributes. In Hindu, the goddess of Shiva links with cosmic mysteries through dance and conveys her energy and power to creatures with a glory dance. In ancient Chinese civilization, music was used to connect with celestial ups and downs to treat patients and theosophy affairs. (Dr. Alizadeh Mohammadi, 2001, 34)

In the ancient Greece, a tight relation was between music and treatment. This coheres to one of the Greek goddesses, Apollo. Apollo was the goddess of both music and medication. Greek believed that diseases are the result of disconformities in human body, and music with its mental and spiritual power may retain harmony, order, and ultimately health. Since Greek found that music and its authorities have predictive effects on directing human affection, used it in treating diseases. (Jacqueline Eschmit Peters, 2001, 38)

Iranian philosophers following Greek accepted systematic and scientific point of view and studied the mysteries of celestial in relation with the essence of music<sup>2</sup>. Accordingly, based on medical knowledge development, music therapy also developed. Then in 16<sup>th</sup> century a musician named Zaralino followed the effect of music on the rhythm of heart rate in different medical aspects. In two centuries of 17 and 18 a lot of efforts were on applying music to treat nervous disorders. In 18<sup>th</sup> century medical students of Pennsylvania University stated the subject of music therapy in their paper and theses. Then, this research subject was studied abundantly in the US and Europe. In the 19<sup>th</sup> century some institutes got the advantage of music in rehabilitation of deaf and blinds. In 20<sup>th</sup> century some experimental research was done on applying music in treatment. Actually, since 1950's music therapy as an independent major had graduates named music therapist in society and started their profession in hospitals and medical and rehabilitation centers. (Dr. Alizadeh Mohammadi, 2001, 22)

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<sup>2</sup> Generally there are two civilizations and methods in developing music therapy. First, Greek who had medical, scientific, and astronomical view point to music. Second, Chinese, Hindu, and Egyptian civilization, who had theosophical and astronomical view point to music. Iranians were mostly followers of Greek, but after Islam in Iran theosophical concepts and music relations with celestial mysteries and philosophical thoughts intensified.

### **Tranquilizing Effects of Music**

With its effect on brain, music increases Endorphins (inner Morphemes) therefore effects on mind receivers. Actually the effect of music on body is due to its effect on brain. Brain is the place where tranquility is derived from. It decreased stress and anxiety and develops a calm environment. Music not only helps people to relax, but also helps to join large groups of society and eliminating isolation in children. Moreover, music is used to express emotions like uncontrollable anger, sorrow of losing a dear or a failure, or inner disintegration. Music affects on three functions of the brain, learning, thinking, and remembering. There is a tough bond between music education and conceptual function improvement.

Does music education to children under six increase their intelligence?

Listening to classic or non-classic music in 10 minutes increases the IQ. Listening to music can increase abilities such as creativity, conceptual function, spatial reasoning, and problem solving ability, temporarily.

Does listening to music decrease stress level?

Music is relaxing. If music is played for students, live or recorded, leads to decrease tension and stress. This would be obvious to the person and group.

Does music effect on activity function?

Studying the adjustment motion pattern, speed of movement, eye and hand accordance, and the scale of movement, musical-dynamic skill tests show music is effective on kinetic-dynamic accordance, rhythm pattern, and tone of speaking in children under five. These activities form under five and stabilize afterwards.

Does adding music as a part of curriculum help to educational and non-educational problems of students?

One of the other effects of group music classes which entails from its relaxing feature, improving social interactions, decreasing isolation in children, friendship, public tensions, and more cooperation which can be thought to children in educational activities.

### **Relaxation with Music**

Relaxation means soothing tensions and pressures on body and muscles to decline moral tensions and feeling fleecy. Since spirit is connected to brain cells and body tissues, any tension on body effects on spirit. Each body, based on its strength and family trainings, react differently in these tensions on body. Music is one of the relaxation ways. While listening to music the level of Oxygen consumption decreases, and declines inhale and exhale and enters brain waves from tense state of "beta" to lower level of "alpha". This leads to feel

lazy and decline in stress and inner-tension.

### **Music Meditation**

Today many people use music tones known as music meditation to adjust and deepen the contemplation. These meditating tones take the listener deep to the mysterious waves. To conceive this music you should be free from daily tensions and concerns. If we decide, any music can be meditative to us. The classic Hindi music is the closest music that brings up this state which is based on the first sound of "OM".

### **Music Therapy Instruments**

Different classic, national, local, and even handmade musical instruments, based on their application are used in music therapy. The main purpose in music therapy is rehabilitation and treatment of patients and it is not to teach music or playing it. Therefore, the music therapist can use different classic, local, and cultural instruments based on the patient's needs and goals or even he can make basic instruments to reach the goal easier and better. The more the sound of the instrument is simple, beautiful, and attractive, the more the patient communicates with it and the more the therapy is effective. The simple and basic structure of Asian and African instruments attracted more attention of music therapy instrument designers. Some kinds

of these instruments are in Iran such as harp, simple dulcimer, and percussion.

### **Instruments for Vivacity and Mental Relaxation**

#### **Relaxing rock**

It is made up of a wooden box in body size which hung by sticks from both sides and rocks. At the bottom of the box some strings are embedded to vibrate and played with fingers. While the person is lying in it, the therapeutic music is playing with its rock. The monophonic and harmonic strings vibrate the rock. The waves produced from these vibrations penetrate to the lying one's body and makes the feeling of delighting flow. Gradually, the person feels lax and relaxed. (Dr. Alizadeh Mohammadi, 2001, 34)

#### **Relaxing chair**

It is wooden armchair whose frame embeds blades of bass notes with load vibrations. While the person is lying on the chair, the therapeutic music vibrates the blades slightly in certain periods. These waves distribute in the body and reinforce the inner waves to conform and comply and bring up drowsiness and relaxation. (Dr. Alizadeh Mohammadi, 2001, 35)

#### **Relaxing spatial sphere**

It is a wooden or metal polygonal which has speakers on the corners of upper rectangle. While the person lies on the soft ground under it, closing his eyes listens to

his favorite or selected music and travels with the melodies. This instrument is to practice relaxation and mental concentration to decline stress and reinforce serenity. (Dr. Alizadeh Mohammadi, 2001, 35)

In music therapy, besides applying musical instruments for relaxation, some single or group practices can be performed under the therapist supervision which are introduced as below:

- 1- Arranging group plans to cooperate in playing instruments and singing songs
- 2- Maintaining verbal or nonverbal interactions with improvisation
- 3- Increasing self-esteem and self-value by practicing playing and singing in a group and improvising
- 4- Asking them to recite some lines to express their feeling and read in the music therapy session and discuss them
- 5- Choosing song whose subjects and words accord with the patient's problem and discussing them
- 6- Reviving the person's feelings and thoughts and penetrating the deep feelings by listening to music
- 7- Reinforcing visual creativity by listening to music
- 8- Drawing a picture of the favorite song subject (Dr. Alizadeh Mohammadi, 2001, 56)

### Suggestions and Ideas

In each society, authorities are trying to improve the situations and well-bond and good public interactions, and provide a tensionless and crimeless society. To modify and provide a sound and peaceful society, supply some resorts for group gatherings and group works along with music which can be so impressive in relaxation. With the help of state authorities and specially Ministry of Culture and Islamic Guidance, and issuing and distributing relaxing songs with optimistic word connotation, and listening to music in different social environments decline the crime and integrate people in social era in peace. A centre of relaxation with music can be set up to help people enter in society and face the problems.

### CONCLUSION

Human needs music and by listening to valuable connotation music can build up his personality. We can build up the culture with music and impress the personalities from birth time to be helpful in future for society. Music can provide different feelings in different facets; it has different effects based on each person and mood. Generally, music intensifies sorrow, happiness, excitement, and ... . Eventually, it

is to say that music is one of the basic needs of human, since it effects on mind connects rapidly and provokes body nerves.

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