

The Mozart Effect Part 2 (continued...)

5. Relieves Depression

Different studies have shown that classical music helps fight melancholy and depression. Teachers opt for classical music to raise the spirits of their children when teaching due to this benefit. The music causes the release of dopamine, which improves the mood of the listener.

6. Boosts Brainpower

Did you know that listening to some classical songs can supercharge your brainpower and help you ace your upcoming tests?

Research done in France showed that students who attended lectures where classical music was playing in the background scored better grades in their exams. On the other hand, students who attended classes where no music was played did not pass their exams as well. This shows that classical music not only boosts concentration but also improves memory retention and brainpower.

7. Improves Sleeping Patterns

It is well known that the fastest way to put an infant to sleep is by playing lullabies. The slow tempo of the songs is like that of classical music. They both allow the child to relax and eventually fall into a deep slumber. For adults too, listening to classical music before bedtime can help avoid tossing and turning in bed while trying to sleep.

A recent study claims that people with sleeping problems can improve their sleep quality by listening to classical music for 45 minutes before going to bed.

8. Improves Productivity

Classical music is used to make repetitive tasks more enjoyable. Whether in class or at home, you can play classical music around children to improve their reading culture. The tasks the children perform are likely to be more accurate and efficiently done.

9. Raises Mood

A study conducted in 2013 proved that music could help put people in a better mood. As explained earlier, listening to classical songs increases dopamine secretion, which activates the pleasure and reward centres of the brain.

10. Relieves Pain

As proven by various researchers in London, patients who listen to classical music used less pain-relieving medicine. If your child has a headache, play some classical music instead of giving them another Tylenol?

11. Therapy for ADHD

Classical music can do wonders for ADHD patients. It can improve impulse control and enhance language development. Classical music has been tested and proven to help ADHD children focus and concentrate better. Ludwig van Beethoven's 'Emperor Concerto for Piano' is complex but beautiful music. Its details, patterns, and structure are likely to excite different portions of a child's brain simultaneously. This ultimately helps in advancing skills in speech, language, and motor tracking.

Undoubtedly, music enhances the development of children. It gives them sustained and focused attention from adults. The benefits are rewarding and can last a lifetime.