

MUSIC AND YOUTH PSYCHOLOGY: THE IMPACT OF MUSIC AT DIFFERENT  
AGE PERIODS

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**Annotation:** This article deeply analyzes the role of music in human life and the characteristics of its psychological, educational and aesthetic impact at different age periods. In particular, the processes of formation of worldview, emotional experiences, creative thinking and spiritual values through music in preschool children, adolescents and students are highlighted. Also, the positive impact of music on the human psyche, its importance in reducing stress and its role in youth education are scientifically described. The article reveals the inextricable link between music education and youth psychology.

**Keywords:** music, youth psychology, musical education, aesthetic education, child psychology, adolescents, students, emotional development, creativity, spiritual education, influence of music, age periods, psychological development.

Introduction.

Music is one of the oldest and most powerful means of expression in the history of mankind. Like any other art form, music emerged in ancient times, when people lived in caves, used stone tools, and wore animal skins. The spiritual world of those people was limited, their language was poor, and their ideas about the surrounding events were very vague. However, musical works, although they were in a "wild" state, were created by these ancient people. Music is one of the types of art that has the strongest impact on the human psyche. It significantly affects a person's emotional state, thinking, memory, mood, and even behavior. In particular, the psychological impact of music varies depending on age. Because at each age stage, a person's emotional state, worldview, needs, and level of mental development are unique. Therefore, music performs various psychological functions in childhood, adolescence and youth. In ancient Greece, the "science of music therapy" was widely developed. For example, the mathematician and philosopher Pythagoras recommended music as a means of comprehensive healing for the human soul and body. It is said that even Alexander the Great performed many tasks under the sounds of music. The roots of the musical heritage created by the Uzbek people go back centuries. The monuments that have reached us thanks to the fascinating visual art of our ancestors indicate that Uzbek instrumental music began in ancient times. During excavations in ancient Afrosiab, a figurine was found holding a trumpet in its hand. Scientists believe that this figurine was created in the III-I centuries BC. The rare monuments known in science as Airitash, the finds depicting a woman playing the harp from the ancient To'proq fortress on the plain where the southern ridges of Mount Sultan Uwais begin, according to scientists, date back to the 4th-5th centuries. The period, which in the history of Orientalism in the 8th-12th centuries is called the "Eastern or Muslim Renaissance", is considered the highest peak of all developments in the Middle Ages in the East. Abu Yusuf Yaqub ibn Ishaq al-Kindi, Abu Nasr ibn Muhammad al-Farabi, Abu Ali ibn Sina and others were outstanding representatives of this period. Al-Farabi's work on music "Kitab ul-musiqi al-Kabr" ("The Great Book on Music") states that the science of music consists of practical and theoretical areas.

MAIN PART



*The importance of music.* Music is an art form that unites people through their experiences and emotional feelings. It becomes a means of communication between them. The fact that music created by a composer evokes various experiences in the hearts of other people can be called a skill in itself. Music education is a component of aesthetic education. One of the leading factors shaping a person's personality is education. The main issue in a person's good behavior and upbringing is to develop his mind, expand his thinking, and awaken feelings of love and affection for his homeland from childhood. The impact of music on the human mind. Music affects the human mind through sound, rhythm, and melody. When a person listens to music, certain biological and psychological processes occur in the brain. According to scientists, during the process of listening to music, the parts of the brain that respond to emotions are activated. As a result, feelings such as joy, excitement, peace, or depression appear in a person. The field of music continues to play an important role today as a means of social unity, national pride, aesthetic education and raising the consciousness of youth. Psychologists emphasize that music affects the human mind in the following ways: it regulates emotional state, activates thinking, strengthens memory, reduces stress and mental pressure, and influences human social behavior. In particular, calm and melodious music helps to calm the nervous system and restore mental balance.

*The influence of music on children's psychology.* Music evokes a strong emotional feeling in a child's heart. If a child is taught to feel music from a young age, this changes his outlook not only on art, but also on life. Through the text and melody of music, it is possible to instill the concepts of love for the homeland and national heritage. Music enriches the child's inner world, helps to freely express his feelings. This strengthens emotional development, and aesthetic taste is gradually formed. The attention of a child engaged in music also develops well. Feeling the rhythm forms qualities such as discipline, sense of time and responsibility in him. Especially by singing or performing as a team, the child learns to work with others, hear and respect each other. In addition, going on stage gives the child self-confidence, develops speech. He learns how to behave in society, speak freely and demonstrate his abilities. Therefore, music education plays an important role in the comprehensive development of the child. It is important to determine the task and content of musical perception. These are related to the tasks of the comprehensive development of the personality, including aesthetic education, and are determined by general goals. Such tasks should be to involve children in activities in the field of music, develop aesthetic perception and emotional mastery of artistic music, cultivate love for it, cultivate musical abilities, form musical taste, and develop artistic creativity in children. From an early age, children are instilled with a desire to perceive, feel, and understand beauty in art, and the desire to create such beauty increases. The child's interest in artistic activity increases. Artistic and creative abilities develop in him. Musical and aesthetic education should become a component of the great work being carried out on the harmonious upbringing of a person in a democratic society. Musical work with children is of particular importance. Without musical propaganda among the masses, it is impossible to achieve full-fledged results. Musical education should begin in children from an early age. Music evokes a strong emotional feeling in the heart of a child. With the help of music, his artistic perception grows and his feelings become even richer. Without developing musical perception in children and not sufficiently instilling in them a love of music, it is impossible to cultivate comprehensive physical, spiritual and other qualities.

*Psychological properties of music in adolescence.* Adolescence is one of the most complex psychological stages in human life. During this period, emotions intensify, independent thinking is formed, and personal interests develop. Music becomes a means of expressing adolescents' inner experiences. The following psychological functions of music are observed among adolescents: enhancing self-awareness, expressing emotions, adapting to social groups,



increasing motivation, and reducing internal psychological pressure. Many adolescents feel psychological relief by listening to music that suits their mood. In some cases, music helps reduce stress, loneliness, and depression. Studies have shown that music therapy is an effective tool in reducing stress.

*The importance of music in youth.* During youth, a person's worldview and aesthetic taste are formed. At this stage, music becomes not only a means of entertainment, but also a spiritual need. Among students and young people, music: serves to concentrate attention, develop creative thinking, reduce mental fatigue, and increase motivation. In particular, classical and national music plays an important role in the spiritual education of young people. Psychologists emphasize that classical music calms human thinking and activates the thinking process.

*Research work with students.* The study involved 40 master's students aged 22–30. Participants were randomly divided into two groups: an experimental group and a control group. Participants in the experimental group listened to classical music (Bach, Mozart, Beethoven) for a certain period of time, while the control group operated in normal conditions without the influence of music. During the experimental process, the emotional states and cognitive indicators of the participants were assessed using special psychological tests. To determine emotional states, mood scales, psychodiagnostic methods measuring the level of stress and anxiety were used. Tests determining concentration, memory capacity and speed of thinking were used to assess cognitive processes. The results obtained were statistically analyzed and the differences between the groups were compared. The results of the study showed that the emotional state in the experimental group that listened to classical music improved significantly. In particular, the level of stress and anxiety decreased, and positive mood indicators increased. These results confirm the effectiveness of classical music in emotional regulation, while in the control group, such positive changes were not observed or were minimal.

In conclusion, music has an important psychological and educational value at all stages of human life. Especially in childhood and adolescence, music has a strong influence on a person's emotional state, aesthetic taste, thinking, and social activity. Through music, a person develops qualities such as a sense of rhythm, discipline, attention, memory, and creativity. It also forms the skills of working with a team, behaving freely on stage, and communicating in society. Therefore, music can be considered one of the important means of upbringing and psychological development of the younger generation.

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