

There are many different types of music in the world today. Why do we need music? Is the traditional music of a country more important than the international music that is heard everywhere nowadays?

In today's world we have the possibility of enjoying a variety of musical styles. It is obvious that the presence of music in people's life is an important factor for a range of reasons. Personally, I feel that all kinds of music are beneficial, the traditional one is by far more valuable, though.

Listening to music has positively psychological impacts on humans' brain. Firstly, according to some scientific researches, exposure to cheerful tunes, when people feel sad or depressed in their lives, could be effective in helping them release their stress or tension, inviting them to be relaxed, not to mention that recently in many countries music therapy has been using— being used as a treatment not only for mental problems but also for physical disorders. Furthermore, it is proved that music broadens the humans' mind, thereby absorbing new information and learning some sciences sooner than usual. For instance, the children growing up in the-an environment in which music tracks are being frequently played, are more likely to be highly intelligent, so they tend to learn mathematics, in particular, more easily in comparison with other individuals rearing-reared outside-out of that context. Similarly, having background music while people study, would increase the level of their concentration in the learning process.

Regarding whether to the importance between international orand traditional music is more important which is that-we a commonly encountered question today, based on the merits of music as a whole concept, it seems that both types of music would be beneficial for human beings, although keeping the traditional style alive, namely folkloric songs, which are our musical heritage, appears to be vital, for these pieces of music convey cultural aspects of one nation or a tribe. That means they are inspired by previous generations' lifestyles, joys and sorrows, which have been passed on posterity over time. Therefore, we can protect our cultural values and identity through listening to folkloric songs .

In conclusion, I would argue that not only does music play a key role in our life since music meets s our spiritual needs, but also it entails many advantages for our daily activities as mentioned above. Although these days we have the chance of listening to other nations' music styles, which is nice /pleasant in turn, in my opinion, traditional music should be valued over the international type.

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