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Music is played in every society and culture in the world today. Some people think that music brings only benefits to individuals and societies. Others, however, think that music can have a negative influence on both. Discuss both views and give your own opinion.

Generally, nowadays music is one of the most popular features of human expression. With the advancement of technology, more people have access to any kind of music at any place. Whether music has positive or negative influence is a controversial debate. Some believe that people can only benefit from music, whereas, others have completely contrasting views and insist, it may cause negative effects. I will discuss both views before drawing a quick conclusion.

To begin with, it is an indisputable fact that music has a beneficial effect on both individuals and communities. Music increases cognitive abilities and activates the brain to some extent. Moreover, it can release physical tension and give positive outlook on human life. Some researches show that music can be used as a treatment to cure various diseases, which is called music therapy. In addition to the aforementioned, listening to some kind of music boosts productivity.

On the other hand, we cannot deny the damaging impacts of music, for instance listening to the music with high volume while using earphones, could cause harm to hearing mechanism and nervous system. Numerous studies indicate that certain types of music will stimulate negative emotions, such as violence, aggression, criminal behavior and even suicidal tendency. Furthermore, some music has the ability to attract youth and feed their feelings with despair and hostility.

The major conclusion drawn from this essay is that music has both positive and negative influences on people and societies, however, we should alter the appropriate sort of music that give us a sense of peace. Music is an integral part of human expression that cannot be separated from our lives.