

# Perspectives of the Relationship among the Presence of Music, Well-Being and Happiness

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## Abstract

Medical and social problem of COVID-19 is currently continued, which is associated with difficult situation for art, culture, music and music therapy. The previous word of music was mousike. In ancient Greek era, some philosophers, Pythagoras, Plato and Aristotle gave comments for music, exercise, well-being and happiness. Subjective well-being can be evaluated by physical/mental health, economic/social conditions and human relationships. Furthermore, Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment (PERMA) model can be applied to music activity. Musicking gives mind/body satisfaction and achieve the self-actualization advocated by psychologist Maslow. The is internal reward which can be obtained from cognitive neuroscience.

**Keywords:** Music; Happiness; Subjective well-being; Positive Emotion; Engagement; Relationships; Meaning; and Accomplishment (PERMA); Musicking; Internal reward.

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## Editorial

Recently, the world has medical and social problem of COVID-19 pandemic, and difficult era has come for art, culture and music [1]. For an overview of the future society, it is necessary to return to the origin and think about the significance for the existence of music and music therapy. The definition of music cannot be easily decided. Cultural anthropology can be used as a reference for the reason why music may exist for long [2]. The origin of music would be considered for from various points of view. Historically, music existed with the birth of human being and continued to be indispensable [3]. After that, the language was born along with the development of human socialization. Anthropologists and psychiatrists have reviewed the situation of the rhythmic behavioral activities induced by drum beats and music. As a result, such performance can sometimes lead to altered states of consciousness. In such cases, mutual trust among members of societies may be involved [4].

The etymology of the current word music was “mousike” in the past. Regarding human well-being, philosophers have been discussing the benefits of music and exercise since ancient Greek times. Pythagoras recognized the influence of sound on human emotions and explored the secret of the mechanism using some numerical relationship. Plato commented that music must serve the purpose of the nation and interpreted the instrumental sounds of Lira and Kitara as the sounds of peace and happiness. Aristotle was advocating catharsis theory for music [5]. At that time, there were nine muses, such as poetry, singing, dancing, play, and so on. Among them, Harmonia (harmony) was emphasized, and the

consonant pitch and the dissonant pitch were regarded as the truth of the law of the world [6].

What kind of effects does music have on humans and society? Some categories are present as follows:

- cultural anthropology involves rituals, prayers, communication, and joy,
- social connection has the role of communication through words and music,
- music is useful for forming appropriate relationships with others,
- when working together, music can lead adjusting voices, movements, behaviors and dances. Creating music is called as musicking. Musicians, music therapists, general public and various patients can enjoy musicking [7].

This includes the entire musical activity, including active creation and performance and passive listening. The ability for music to express and stimulate emotions has been a mystery which fascinated both of laymen and music experts [8]. Music has provided various fantastic attraction for long to musicians, psychologists, philosophers and people with interest in mind and music. Recently, several professionals are also influenced such as health, film, engineering and game industry.

Human emotions existing deep inside the heart are affecting the reason why people listen to music [9]. Some kinds of emotions are originally present as adaptive functions related to human survival. It is presumed that art has existed for many years as a desire with mental energy. In the art, the positive effect of music itself is

thought to evoke human emotional reactions. In other words, it seems to be a real phenomenon from the dynamic manifestations of emotions. There is an opportunity where emotion is shaken and the body becomes throbbing by music. In such case, opioids, which are certain substances providing happiness feeling, are transmitted in the body. Further, a large amount of dopamine is secreted, and then the mind and body can feel joy. Thus, the mechanism of feeling pleasure and addiction exist at the center of the rewarding system [10].

From the standpoint of cognitive science, the difference between the mind and the brain has been clarified. The mind consists of a part of each person and embodies thoughts, hopes, memories, experiences and beliefs [11]. On the other hand, the brain is an organ of the body situated in the head that consists of cells, water, chemical substances and blood. Some reports on music and brain function by fMRI (Functional Magnetic Resonance Imaging) were found [12]. Listening to music reveals the time difference in cerebral blood flow and visualizes brain function. The left orbital part of the frontal cortex was activated after listening to music on the relevant parts of the brain. It is the location corresponding to Brodmann Area 47 [13]. In this way, various mechanisms are clarified regarding the relationship between music, language, and brain function [14].

For investigation for QOL and emotions, Japan Quality of Life Survey (JAOLS) was conducted [15]. The items included sense of happiness, interdependent happiness, life satisfaction, subjective evaluation of life circumstances, anxieties, frequencies of social contacts, and others. Subjective well-being was evaluated in three areas. These are

- General health (physical, mental),
- Economic and social conditions (minimal needs, house, education, working, welfare), and
- Human relationships (lifestyle, family, community, surrounding nature). Such sub-items are based on sustainability for long. For these factors, people can enjoy a sense of accomplishment through their involvement with music.

Furthermore, Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment (PERMA) model can be applied to music activity [16]. Using PERMA, better well-being will be acquired for daily life [17].

Happiness was examined by positive psychology [18]. Its research has begun in the 1980s from the perspective of empirical science. There is not apparent definition of happiness, but it is closely related to the meaning of life in each individual. People with positive thinking seem to have a high sense of well-being. Humans are social existence, and then continuing meaningful communication would be indispensable. Happiness has the similar perspective for well-being. They include three aspects of health, including body, mind and society [19]. However, well-being requires other factors of cultural and historical background. The satisfaction of mind and body by Musicking can achieve the "self-actualization" advocated by psychologist Maslow [20]. Musicking is a part of gestural process of mutual information relationships. It

is also actual ritual where a person not only learns about it, but also has direct various experiences.

From mentioned above, listening to music brings aesthetics accompanying comfortable feeling. This process evokes joyous heart, and this repetition leads to happiness. In cognitive neuroscience, this phenomenon is considered as internal reward [21]. This article will be hopefully useful for research development.

## Conflicts of Interest

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