Leggi e ascolta.

Rock on!

Have you had a bad day? Are you feeling angry, annoyed or depressed? Well, don’t worry. Just listen to a few of your favourite songs and you’ll soon feel better!

We all know that music can affect your emotions. Some people think that classical music can help you feel relaxed and calm, for example, and that you feel excited after you listen to rock music. But a new study from the USA has found that the type of music you listen to isn’t very important. Classical, rock, pop, jazz or country music can all improve your mood. All types of music can help – the important thing is that you like it!

In the study, university professors asked their students to keep a ‘music diary’ for two weeks. In the diary the students had to make a list of all the music they listened to and say how they felt before, during and after listening to it. The majority of students said that they usually listened to rock music, but some of them also liked a variety of other music. And all of them said they felt more optimistic, friendly, relaxed and calm after they listened to music.

So why does listening to music improve our mood? Well, scientists think that when we listen to music that we like, our brain releases a chemical called dopamine. Some people call dopamine a ‘feel-good’ chemical. This is because it has a positive effect on our mood. Researchers in Canada have discovered that dopamine levels in the brain increase by about 9% when people are listening to music that they enjoy. It’s a biological explanation for something we all know – music is good for you!

So what’s your favourite type of music, does music improve your mood and have you got a ‘feel-good’ playlist? Write and tell us!
Readers’ comments:

Max 3rd March

Interesting article! I love modern rock music and my favourite bands are Coldplay, Muse and The Script. When I listen to their music I always feel happy and optimistic. My ‘feel-good’ playlist would be ‘Paradise’ and ‘Viva la Vida’ (Coldplay), then ‘Bliss’ and ‘Uprising’ (Muse) and finally ‘Hall of Fame’ and ‘The Man Who Can’t Be Moved’ by The Script. Fantastic!

Rosie 4th March

I agree that music you like helps improve your mood, but what about music that you hate? My brother loves heavy metal, but I hate it! He plays it for hours and hours every day. He feels great, but I always feel angry and annoyed when I have to listen to it for more than 5 minutes!