

# **Aesthetics in Various Types of Music & its Impact on Humanity**

वर्तमान परिप्रेक्ष्य में संगीत और साहित्य  
का सहसंबंध



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# The Impact of Music on Human Development and Well-Being

*Dr. Swati S. Shambharkar*

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## Abstract

Music is one of the most universal ways of expression and communication in human life and is present in the everyday lives of people of all ages and from all cultures around the world. Music represents an enjoyable activity in and of itself, but its influence goes beyond simple amusement. Listening to music, singing, playing, composing and improvising, individually and collectively, are common activities for many people: these activities not only allow the expression of personal inner states and feelings, but also can bring many positive effects to those who engage in them. There is an increasing wealth of literature concerning the wider benefits of musical activity, and research in the sciences associated with music suggests that there are many dimensions of human life (physical, social, psychological including cognitive and emotional) which can be affected positively by music.

*Keywords:* music, wider benefits, lifespan, health, well-being

## Introduction

Music is one of the most universal ways of expression and communication for humankind and is present in the everyday lives of people of all ages and from all cultures