

## Methodological Fundamentals of the Art of Music

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**Annotation:** In this article, the history of the development of musical art and its theoretical and methodological foundations are discussed, as well as the processes of forming the psychological effects of modern music on the minds of young people. Musical approaches to the history of the development of aleatoric flow music and sonorica techniques, modern music and art, and its theoretical foundations will be discussed.

**Keywords:** Aleatorics, sonorics, therapy, baroque, dodecophonism, classicism.

**Introduction.** The development of music culture and performance art is linked to ancient times [1]. If we refer to historical sources, we can see that our musical culture is connected with a long history [2].

1. Medieval music;
2. Renaissance music;
3. Baroque music;
4. Musical classicism;
5. Musical romanticism;
6. Musical post-romanticism;
7. Musical impressionism;
8. Dodecaphonism;
9. Modern music and others.

Music can be classified in many ways, depending on its form, instruments, function, origin or style, and context. The most general classification available is academic music, which distinguishes it from popular music. Both have vocal and instrumental expressions[3].

**Research materials and methodology.** Today, the distinction between academic music and popular music is complicated, as many genres of popular music have been influenced by academic trends and vice versa. In fact, today popular music has become part of the educational programs of the academies and is highly recognized by the elite. Academic music corresponds to what is created from a musical text. A sheet music follows a set of compositional and stylistic rules defined in the academy. Also, if we pay attention to musical signs and their meaning, music can be classified as follows:

- Choral music (monodic song and polyphony);
- Chamber music (from two instruments); - Orchestral music; - Electronic music.

According to them, the function is classified into the following genres:

1. Sacred music: refers to those who perform a function within a particular religion.
2. Liturgical music (strictly for mass);
3. Religious music (intended to promote devotional activity or faith outside of the liturgical context).
4. Dramatic music: These are musical genres performed for stage performances that combine elements such as performance and dance.
5. Opera;
6. Opera buffet;
7. Singspiel;
8. Operetta;
9. Oratorio (can also be classified as sacred music); - Music for ballet, etc.
10. Incidental music: this is music created to accompany the various atmospheres created in the piece. It contains music for theater, video games, and audiovisual productions (film and television).[4]

#### **1. Music for meditation and entertainment:**

- Concerts (for orchestra or solo instruments);
- Concert arias (for the singer to show off);
- Lead or song;
- Dance and quadrille;
- Minuet;
- Sonatas;
- Symphonies.

The dominant historical context, music can be classified as: Medieval music;

- Renaissance music;
- Baroque music;
- Musical classicism;
- Musical romanticism;
- Musical post-romanticism;
- Musical impressionism;
- Dodecaphonism;
- Contemporary music and more. [5]

Popular music is something that responds to the expression of popular music independently of the academic regulation of individuals. The style of popular music corresponds to the world of functions, references and dominant aesthetic values in a certain socio-cultural environment in which a person is included.

Popular music is characterized by short duration and catchy rhythms. When it is sung, it is accompanied by the use of lyrics that are easily memorized. Also, many of its genres offer great room for improvisation, such as jazz or salsa.

**Research results.** By its very nature, popular music is usually easily accepted and assimilated by different cultures, so it is not necessarily associated with a particular nation or people, but is extended as a standard. Since its inception, it has allowed for the widespread commercialization

of the cultural industry, for which it takes a leading place in mass media such as radio and television.

There are many popular music genres. For example: bolero, bossa nova, son, salsa, merengue, chant, ballad, rock-roll and its aspects, jazz, pop music, etc. folk music.

Traditional or folk music is closely related to popular music, but they should not be considered equivalent terms. Folk music expresses the customs and traditions of a specific people, which are passed down from generation to generation as their values and identity. Being rooted in tradition, folk music fulfills five elements:

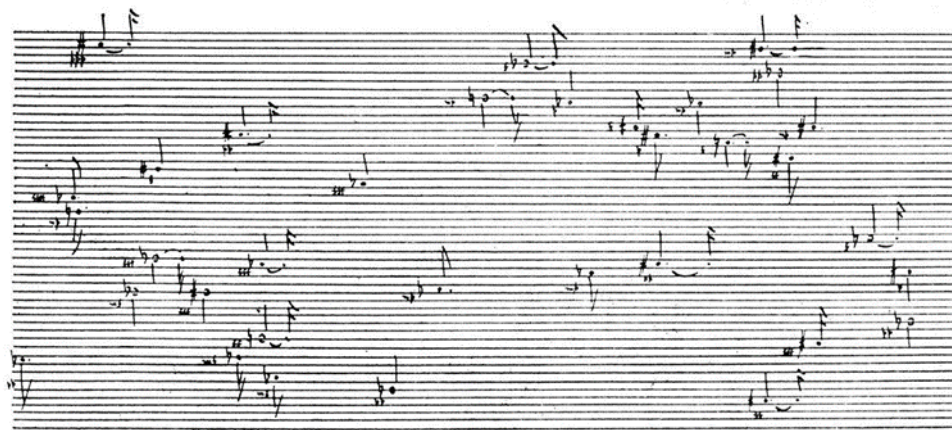
1. It is collective;
2. It is based on repetition (tradition), but supports innovation;
3. It collects a set of local, regional, national or international influences;
4. It is functional, that is, related to certain holidays and events;
5. It depends on the change of function according to the historical context.

Music therapy. Music therapy is a relatively recent discipline that envisions music as a therapeutic tool for certain types of emotional, psychological, and affective processes in humans.

Music can be used as therapy because, through an intervention plan guided by a specialist, it allows the release of emotions to improve their communication, social integration and individual expression.

The image displays a detailed musical score for a large ensemble, specifically for strings. The top section shows staves for Violini (24), Viole (10), Violoncelli (10), and Contrabassi (8). Below this, there is a 'ZEITSTRUKTUR der gesamten GRUPPEN' (Time Structure of the entire groups) section, which includes a 'PROPORT' (Proportion) table and a 'ZÄHLMAT' (Counting Matrix) table. The score is written in German and includes various musical notations such as notes, rests, and dynamic markings. The 'PROPORT' table lists proportions for different groups, and the 'ZÄHLMAT' table provides a detailed counting matrix for each group. The score is divided into sections, with the first section labeled '1-6' and the second section labeled '7-12'. The score is written in German and includes various musical notations such as notes, rests, and dynamic markings.

Based on the history of development in the art of music, modernity is one of the main formative factors in every field, from science to art, from sports to literature, which is important for the present day. Psychological effects and characteristics of the flow of aleatorics in music.



Music is not only something we listen to, but also a pain reliever, stress reliever, self-understanding, and communication barrier.

In medicine, there is a special direction called music therapy. It is used as a psychotherapy, as well as to help seriously ill patients. [6] For example, one study looked at the effects of music therapy on hospice cancer patients. They took part in improvised musical performances - gathered in groups and played various musical instruments. According to the results of the experiment, its participants admitted that the therapy gave them many psychological bonuses: they felt the use of friends, joy and self-confidence, as well as relaxation and release of stress. [7]

Another interesting method of music therapy is writing songs. Some psychotherapists use this method in working with participants. If a person cannot express his feelings in words, music will help him: it will help him tell his story, experience deep emotions, make important decisions, understand himself better, and reach his worth. This is the only way to achieve spiritual maturity and a rich cultural and spiritual heritage.[8]

**Discussion.** According to scientists, the impact of modern music on the mind of young people is that aleatoric music is a good way to help oneself and raise the mood. When you choose a type of music, you (often without knowing it) ask yourself the following questions: "How do I feel?", "How do I want to feel five minutes from now?" , "What kind of music can help me feel better?" interestingly, when choosing music, you focus not on the content of the song, but on your own associations that you can get from this composition, with free temporal parts that have an absolutely free duration that is not clearly defined in the author's text.

**In conclusion.** It should be said that the history of the development of the art of music and its theoretical methodological foundations are the psychological influence of the flow of aleatorics and the technique of sonorics in the formation of the human mind.

Favorite music can even reduce pain. In one experiment, scientists examined the effects of listening to music on the ability to tolerate unpleasant sensations and pain. They invited 54 people to their experiment. The participants had to pass the test with cold water. In particular, they had to hold their hands in cold water until they felt severe pain. Each participant has to pass the test 3 times: in the first, they listen to their favorite songs during the process, in the second, they listen to special relaxation music selected by scientists, and in the third, they listen to loud noise. It turned out that people can endure pain more than anything else after listening to Suygan's song.

**Conclusion.** That's why many people put on their favorite tracks while running or working out in the gym - a relaxing soundtrack can actually increase endurance - increase tolerance and subjectively reduce pain.

Playing music helps people with various intellectual and mental disabilities to better adapt and integrate into society.

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