I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

Summary Task: How does music make you feel? Byt Zoe Nendick 2022

In this article Nendick (2022) discusses how music plays a huge role in our day to day lives. Whether you choose to play a specific song or its simply on in the background. The author studied a level music. While growing up she found that upbeat music seemed happier and lower tone music was sadder (Nendick, 2022).

Many factors can impact how we feel about a certain song. For example, memories relating to a song can affect how we react to them (Nendick, 2022). Also, another factor can be as simple as our emotional state at the time of listening (Hunter et al.,2021, cited in Nendick, 2022).

Leonard Meyers theorised that we feel changes in our emotions based on the change in harmony of a piece of music (Steinbeis et al., 2006, cited in Nendick, 2022). In the past psychologists have not had the resources to understand people's reactions to music. It is believed that feelings towards music is dependent on the person or situation (Juslin, 2011 cited in Nendick, 2022). There has been an idea formed of how music creates different feelings in people. This idea is “BRECVEMA framework” (Juslin & Västfjäll, 2008, Juslin, 2013, cited in Nendick 2022).

Another idea on the way music affects you is thought to be down to your personality. Such as, if you experience higher levels of negative emotions, you are more likely to experience nostalgia through music (Barrett et al., 2010, cited in Nendick, 2022). Many factors play into how you feel about a song. For instance, whether you intentionally chose to play a song or not. You also must consider what someone's reasons are for playing those songs (Juslin & Laukka, 2004, cited in Nendick, 2022).

Listening to music has changed massively over the years. Many streaming platforms are available on your phone whereas before you would have to go out and buy a CD for a specific song (Nendick, 2022).

This article discusses that music therapy has emotional effects on us. Major music tends to help us relieve stress (Suda et al., 2008, cited in Nendick 2022). Music therapy has helped with memory in patients with Alzheimer's disease (Fraile et al., 2019, cited in Nendick, 2022).

In conclusion, music affects everyone differently some people do not feel emotions from music known as music anhedonia (Satoh et al., 2011, cited in

Nendick 2022). Whereas music in others can gain a large amount of emotion through music (Mas-Herro et al., 2013 cited in Nendick, 2022).

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Essay Plan: Discuss how our understanding of melancholia and approaches to treatment have changed over time.

Introduction

- In my introduction I will start with a description of what melancholia is.
- I will briefly talk about where it started and what it is now.

Main body

- In my main body I will start with discussing when melancholia was first mentioned in history and what was thought to cause it. How they treated it at this time. I will discuss Hippocrates belief of the four humours and their relation to melancholia.
- I will then discuss how it was treated overtime throughout the centuries. Starting with the Middle Ages, what they believed was the cause of it. Mentioning the rise of the belief of witchcraft. In the book by Scull, A (2015). Mentions of witchcraft in relation to melancholia and madness.
- I will then talk about the 19th-20th century understanding of melancholia. How they looked at it during and after the wars. Where melancholia was starting to look at with more backup.
- After that, I am going to discuss our understanding of melancholia nowadays and how it is now treated in the 21st century. Discussing that melancholia is now known as depression. I will talk about how this came about and how people feel towards it now compared to many centuries ago.
- I will look at how the treatments have changed.

Conclusion

- To conclude my essay, I will do a brief overview of my main points to show the changes of understanding melancholia.
- I will discuss how we have changed our understanding throughout the centuries.

Research needed

- Research for a description of what melancholia is.
- Hippocrates time was when the idea of melancholia was first mentioned.
- What came after Hippocrates understanding of melancholia

- Then looking at witchcraft and how in the 14th century they believed was a factor contributing to melancholia?
- How our understanding of melancholia has changed.
- Why it is now called depression- The change in name came from melancholy madness now being recognised as a mental illness. “manic-depressive insanity and unipolar depression” (Jansson, A, 2020).
- It is believed that there are two types of depression one known as nowadays as major depressive disorder (Parker et al., 2010 cited in Jansson, A, 2022).
- How Hippocrates believed that the four humours needed to have balance otherwise it would cause problems. (Kalachanis, K, 2015).

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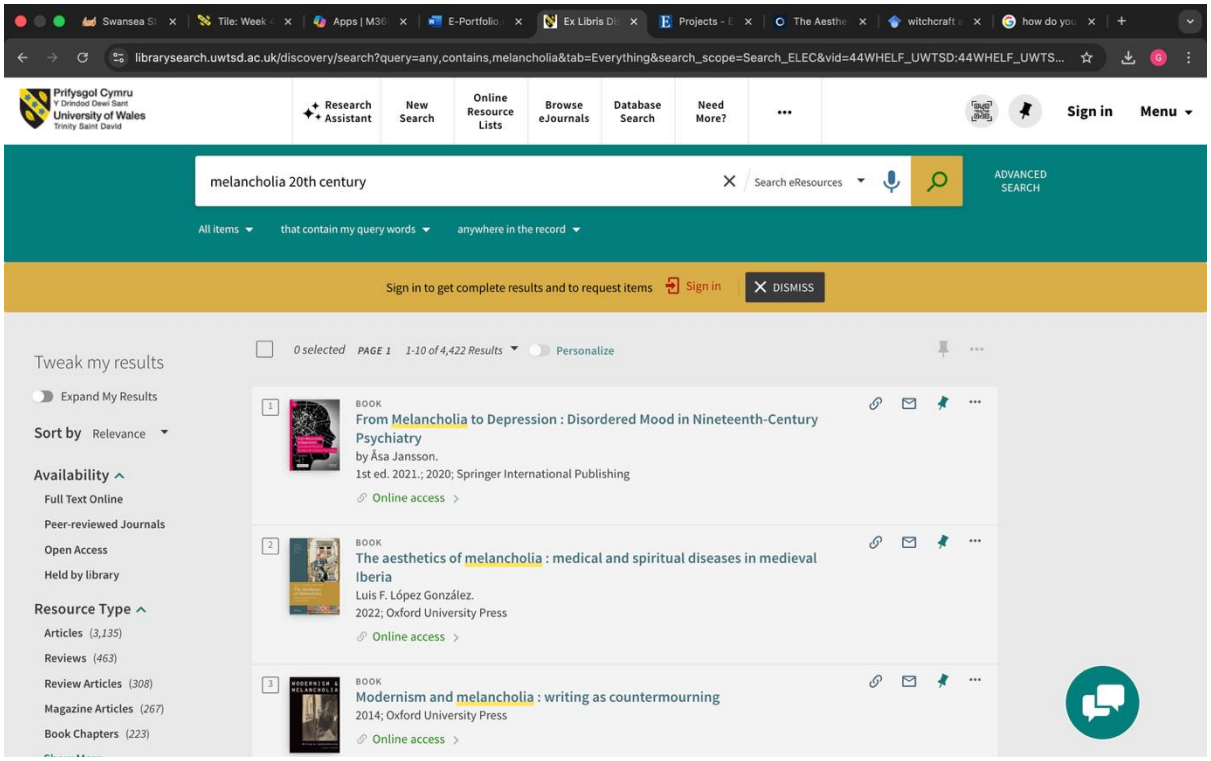
Library search screenshot



<u>Terms Searched:</u>

- Melancholia 20th century
- Hippocrates and the four humours

While using the library search engine, I decided the sources are right by checking if the article/book is peer reviewed. I would also read the article to check if it is relevant to what information I am looking for. I used key words to specify the specific topic and ideas I was looking for.