

Music: The Expository Essay

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You walk into Starbucks and they're playing your favorite song. What is better than starting your day with a nice cup of coffee and a great song? Listening to music is one of my favorite things to do. I enjoy many types of music, but my favorite genre would have to be R&B. Some of the reasons I enjoy music is because it brings people together, decreases stress and can be a mood changer. Although it can sometimes it can trigger feelings that may not be positive.

Some people bond over music. How many times have you been in a public place that may be playing a song and you find yourself humming or singing along? You happen to look over and almost everyone is singing along. A lot of times when people start singing together, they smile, high five and even start up a conversation. One song that comes to mind is Sweet Caroline by Neil Diamond.

When my stress level may be up. One thing I like to do is put on one of my favorite groups or favorite albums. Almost immediately I will begin to sing along and even start to feel less stressed. Sometimes I will even start to dance. Most days I like to have some music playing softly while I work. Especially on busier or more stressful days, it helps me get through the day. At my old office we used to have music playing over the intercom system. I am not sure what station it was, but one day, there was nothing but one issue after the other. Sunday Morning by Maroon 5 came on and instantly I felt the tension leaving. There is not a time I hear that song and do not sing along and feel happy.

Playing one of your favorite songs can put you in a good mood. When music is played dopamine is released. Dopamine is a chemical that makes you feel good. When working out or running if you put on one of your favorite upbeat songs, it may help push you to run a little bit further or faster. Whereas if you play a slow song while working out it will do the opposite and you may not push as hard.

Growing up my mother always played music in the home. Although I do not think I play music around the house as much as she did, my children do. Both of my sons play music in their rooms almost daily. I love to see that they share the same love for music as I do. Music is good for the soul.