Mozart Effect: A Brief Retrospective

Haoxuan Yu

School of Resources and Safety Engineering, Central South University, Changsha 410083, China.

Authors’ contributions

The sole author designed, analysed, interpreted and prepared the manuscript.

Article Information

DOI: 10.9734/AJESS/2021/20130475

Editor(s):
(1) Dr. E. Seda Koc, Namik Kemal University, Turkey.
(2) Ahsan Nawaz, Zhejiang University, China.
(3) Catalin Ghita, University of Craiova, Romania.
(4) Farai Ncube, Midlands State University, Zimbabwe.

Reviewers:
(1) Ahsan Nawaz, Zhejiang University, China.
(2) Catalin Ghita, University of Craiova, Romania.
(3) Chili, RUDN University, Russia.
(4) Farai Ncube, Midlands State University, Zimbabwe.

Complete Peer review History: https://www.sdiarticle4.com/review-history/72470

What is the Mozart Effect? Mozart Effect is how people perform better on tests of spatial ability after listening to music composed by Mozart. To put it simply, it is generally accepted that listening to Mozart makes you smarter. So why is that? Opinions vary on the Internet, but most people don’t care what the reason is, as long as it has the effect of making people smarter.

In 1993, scientists made the astonishing discovery that listening to Mozart (Piano Sonata in D major K.448) could make one smarter and make the brain more active, but the claim has been the subject of considerable controversy.

With regard to the Mozart effect, many experts have studied and proved this:

From a medical point of view, J. R. Hughes et al [1] proved the existence of the Mozart effect. In 1998, they examined the "Mozart effect" in epileptic patients using a Piano Sonata in D major (K.448). In 23 of the 29 cases, even patients in a coma, a persistent epileptic state, or periodic lateralized seizulo-like discharge (PLED) were found to have significantly reduced seizulo-like activity. And in 2000, they [2] did the same research and concluded that a unique aspect of Mozart’s music is long-term periodicity, which may resonate within the cerebral cortex, or it may have to do with coding in the brain.

Also in psychology, the Mozart Effect has been studied extensively. In 1999, K. M. Nantais and E. G. Schellenberg [3] affirmed the positive effects of the Mozart Effect, as their research showed that Mozart Effect works better for listeners who enjoy music more. In 2001, W. F. Thompson, E.

*Corresponding author: Email: yuhaoxuan@csu.edu.cn;
G. Schellenberg and G. Husain [4] proved that the Mozart effect is a product of arousal and emotion.

While there was a degree of skepticism about the Mozart Effect especially since the year 2003:

As early as in 1999, C. F. Chabris [5] used a meta-analysis to show that any cognitive enhancement after listening to Mozart was small and did not reflect any changes in IQ or reasoning ability, but came entirely from performance on a particular type of cognitive task.

In 2002, S. M. Jones and E. Zigler [6] criticised the link between recent reports on the effects of early experience on the developing brain and proposed policies and interventions for young children, in particular the Misleading nature of the Mozart Effect.

In 2006, with the further study of the Mozart Effect, more and more researchers believe that the Mozart effect lacks sufficient empirical support. L. Waterhouse [7] did a fairly comprehensive literature review and concluded that although these theories are widely popular in education, they lack sufficient empirical support and should not be the basis of educational practice. In the study of A. Bangerter and C. Heath [8], they noted a similar problem: there is not much empirical support for the Mozart effect.

In 2010, M. Cacciafesta et al [9] proposed the use of Mozart music therapy in the treatment of Alzheimer's disease, however, the results were not satisfactory, while E. Grylls et al [10] and D. E. Brackney [11] applied the Mozart Effect to epilepsy in 2016, it also had no real effect.

The Mozart effect was arguably refuted in the 2010s, however, as a pianist, the researcher believes that the Mozart effect does exist in affecting people's emotions, and such subjective feelings cannot be reflected through objective analysis. In short, the researcher thinks Mozart's music is fresh, bright and cheerful, and such a concert puts people in a good mood. Won't your mind be more active once you're happy?

The author claims that the commentary serves as a guide to the Tossing out a brick to get a jade gem, it is hoped that more and more researchers will be interested and engage in the research of this field.

COMPETING INTERESTS

Author has declared that no competing interests exist.

REFERENCES


© 2021 Yu; This is an Open Access article distributed under the terms of the Creative Commons Attribution License (http://creativecommons.org/licenses/by/4.0), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Peer-review history:
The peer review history for this paper can be accessed here: https://www.sdiarticle4.com/review-history/72470