

Contents

Preface xi

Acknowledgments xv

Part 1: Understanding Music

What Is Music? 3

1. Defining Music 3
2. Sound Waves: The Music inside Sound 7
3. Pitch, Timbre, and Rhythm 14
4. Scales, Intervals, and Tuning Systems 21

Music across Cultures 31

5. Defining Culture 31
6. Cross-Cultural Research in Music Psychology 36
7. Nature versus Nurture 41
8. Musical Universals 47

Musical Expertise 53

9. What Is Musical Expertise? 53
10. Musical Genius 58
11. Genetics and Musical Expertise 64
12. Competitions: Judging Expertise 69

Musical Prodigies and Savants 75

13. Becoming a Musical Prodigy: Hard Work or Born That Way? 75
14. Prodigies in Performance 80
15. Prodigies in Musical Creativity 84
16. Musical Savants 89

Music and the Brain 95

17. Contemporary Approaches to the Neuroscience of Music 95
18. Music and the Brain across the Life Span 100
19. Tone Deafness 105
20. Music and Language 111

Part 2: Psychological and Social Implications of Music

- Music and Identity 119
- 21. Defining Ourselves through Music 119
 - 22. Music and Cultural Identity 124
 - 23. Gender Bias in Music History 129
 - 24. Music and Social Class 135
- Music and Personality 140
- 25. Personality and Listeners 140
 - 26. Personality and Musicians 145
 - 27. Who Likes Sad Music and Why? 150
 - 28. Violence and Music 154
- Music and Ritual 161
- 29. Maternal Songs as Bonding Rituals 161
 - 30. Music and Ecstatic States 167
 - 31. Music and Rites of Passage 172
 - 32. Music and Death 177
- Music and Belief 183
- 33. Religion and Music 183
 - 34. Music and Lyrics 188
 - 35. Music and Advertising 192
 - 36. Music and Healing Rituals 197
- Music and Social Bonding 205
- 37. Lullabies 205
 - 38. Love and Music 210
 - 39. Intercultural Relations through Music 214
 - 40. Music as Social Grooming 220

Part 3: Impact and Applications of Music

- Music and Emotion 227
- 41. Why Is Music Emotional? Theories of Music and Emotion 227
 - 42. Contemporary Research on Music and Emotion 233
 - 43. Music as Emotion Management 238
 - 44. Music and Emotion across Cultures 243
- Music and Memory 249
- 45. What Is Memory for Music? 249
 - 46. Music and Studying 253
 - 47. Earworms 258
 - 48. Music-Evoked Autobiographical Memories (MEAMs) 263
- Music and Movement 269
- 49. Movement and Music Performance 269
 - 50. The Case of Ensemble Performance 274
 - 51. Music and Dance 278
 - 52. Why Do People Exercise to Music? 284

Music and Health	290
53. Defining Music, Health, and Well-Being	290
54. Five Healthy Ingredients of Music	295
55. Music Therapy	300
56. Music and Healthy Aging	305
Music Education	311
57. Music in Schools	311
58. Music Learning across the Life Span	316
59. Music in the Community	321
60. Media and Technology in Music Education	325
About the Editors and Contributors	331
Index	341