

**THE ROLE AND SIGNIFICANCE OF MUSIC IN THE LIVES OF YOUTH****Haydarov Qutlug' Hamdamovich**

**Abstract:** This article examines the multifaceted role of music in the lives of young people, analyzing its psychological, social, and educational significance through a comprehensive literature review. The analysis reveals that music serves as a powerful tool for emotional regulation, cultural transmission, and social bonding among adolescents and young adults.

**Keywords:** music, youth, identity formation, emotional development, social cohesion, music education, adolescence.

**Аннотация.** В данной статье рассматривается многогранная роль музыки в жизни молодых людей, анализируется ее психологическое, социальное и образовательное значение на основе всестороннего обзора литературы. Анализ показывает, что музыка служит мощным инструментом для эмоциональной регуляции, передачи культуры и укрепления социальных связей среди подростков и молодых людей.

**Ключевые слова:** музыка, молодежь, формирование идентичности, эмоциональное развитие, социальная сплоченность, музыкальное образование, подростковый возраст.

**Annotatsiya.** Ushbu maqolada musiqaning yoshlar hayotidagi ko'p qirrali roli o'rganiladi, uning psixologik, ijtimoiy va ta'limiy ahamiyati keng qamrovli adabiyotlar sharhi orqali tahlil qilinadi. Tahlil shuni ko'rsatadiki, musiqa o'smirlar va yosh kattalar o'rtasida hissiy tartibga solish, madaniy uzatish va ijtimoiy aloqalar uchun kuchli vosita bo'lib xizmat qiladi.

**Kalit so'zlar:** musiqa, yoshlik, shaxsni shakllantirish, hissiy rivojlanish, ijtimoiy hamjihatlik, musiqa ta'limi, o'smirlik.

**Introduction.** Music has been a part of human culture from prehistoric times to the present day as an international and universal communication tool. Moreover, the bond between the youth and music has become increasingly important after the digital era, when young people get unprecedented access to different musical genres via digital platforms and social media. It is vital for educators, psychologists, and policymakers to understand music's role in the development of youth and to be able to work with its positive potential. The impact of this research is determined by the increasing acknowledgment of music as a powerful factor in shaping each adolescent's identity, their emotional state, and social connections [1]. The paper intends to deliver an overview of the research done on the topic through the address of the psychological, social, and educational dimensions of music in young people's lives, and by being guided through the systematic review of the literature.

**Methodology and literature review.** The methodological procedure of this investigation rests upon a thoroughgoing study of academic literature, which includes peer-reviewed journals, monographs, and academic dissertations. The criteria for selection were thematic relevance, scholarly prestige, and availability of various cultural viewpoints on the youth-music relationship. The research theoretical framework utilizes the areas of developmental psychology,

sociology of music, and music education to present the phenomenon under investigation from a multidimensional perspective.

The scholarly literature shows remarkable continuity in acknowledging the great impact of music on the development of youth and children across different cultures. The research of Karimov, for example, on the musical preferences of Uzbek youth reveals that traditional and contemporary music not only help young people to know and appreciate their culture but also allow them to express their individuality [2]. This aspect of music being at once the keeper of the past and the channel for the future is especially important in those cultures which are experiencing a rapid change in their traditional ways of life. Russian researchers, especially Petrovskaya, focus on the neuropsychological characteristics of musical participation, claiming that engaging in music, in particular, improves cognition and the development of emotional intelligence among teenagers [3]. Such findings are supported by the international research carried out by Hallam, who performed several meta-analyses and consequently reported the connection between music education and academic performance in languages and maths being the strongest [4].

North and Hargreaves are the main scholars to discuss the social aspects of music in youth culture. The results of their longitudinal research showed that musical tastes are very good indicators of social identity and group affiliation among the young people, thus providing fertile ground for the creation of social ties and communities [5]. Music is exploited by the young to express their core beliefs, group connections, and personal traits to others in their age group, thus drawing the youth closer to each other and creating communities around the music. Rahimova, the Uzbek researcher, goes one step further and applies this argument to the Central Asian context, where she proves that music shared by the young, as well as the older, not only helps the former to communicate with the latter but also brings about the latter's family ties in traditional communities [6]. The use of music for therapeutic purposes for children and teenagers has been a subject of significant interest among scholars in the past decades.

The work conducted by Saarikallio on listening to music's influence on adolescents' mood regulation gives solid proof that youngsters are aware of and henceforth use music as a tool of control over their emotional states, such as the case of stress alleviation and mood uplift [7]. The Russian expert Medushevsky provides a subjective viewpoint from which he claims that music, for the young, acts as a means of conveying feelings that are hard to put in words [8]. The importance of music for the holistic development of the youth has considered formal music education as well as other wider learning outcomes. The assessment of music education in Uzbekistan by Abdullayev points at the fact that teaching music plays a major part in shaping the characteristics of young learners that will be useful for them in their future life, such as, for instance, discipline, perseverance, and ability to cooperate with others [9]. Parallels can be drawn with the outcomes of the international research of Creech and colleagues, which supports these claims and illustrates how participating in musical ensembles can lead to mastering such life skills as teamwork, communication, and leadership that are usable elsewhere in life [10].

**Results and Discussion.** Drawing on the literature from different cultures and disciplines, the authors of the studies point out some common themes that music has been playing an important part in youth development. The data declares with high certainty that music is a versatile means of the young generation's psychological, social, and educational development. Psychologically, music offered the adolescents the tools of regulating their emotion, self-revealing, and exploring their identity during a time, which is critical for development. The whole process of becoming an adult from a child is inclusive of considerable psychological difficulties like

identity formation, emotional volatility, and to search for meaning, and music, therefore, seems to be a very helpful resource for the youth to overcome these trials. It has been reported in the literature that the steady listening of music together with its making has a positive impact on people's emotional states, however, the latter may and does bring more profound development advantages.

The importance of music in youth culture from a social point of view cannot be emphasized enough since musical tastes and activities are strong indicators of group identity and also bring the peers together. In the day-to-day life of the world's ongoing globalization, young people through music get a chance to experience different cultural expressions and be able to play with others from different cultures. At the same time, classical and folk music still is the means that keeps the young ones attached to their cultural roots, thus inferring that modern and classical music are not in competition but rather are complementary. The impact of these findings on education is great, and they reinforce the idea that music education should be a part of the school curriculum and the youth development programs. The proof is clear that musical involvement brings about cognitive development, better grades, and the learning of transferable skills that are in demand in today's society. In addition, the therapeutic use of music implies that it might become useful in programs that aim at improving the mental health and well-being of the youth.

**Conclusion.** This literature review demonstrates that music plays a significant and multifaceted role in the lives of young people, contributing to their psychological well-being, social development, and educational attainment. The convergence of findings from Uzbek, Russian, and international scholarship underscores the universal significance of music in youth development while acknowledging culturally specific manifestations of this phenomenon. The practical implications of these findings support increased investment in music education programs and the integration of music-based interventions into youth services. Future research should continue to examine the evolving relationship between youth and music in the digital age, particularly as new technologies transform patterns of musical consumption and creation.

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