

3. The Affects of Contemporary Music

According to psychology, science, and medical studies, worldly music also causes physical and spiritual problems in the body.

In 1978, a California music therapist, investigating the affects of rock music on teenagers, administered to 240 school children aged 10-18 an emotional stability test during which rock was being played. The results were then examined by a psychologist who was unaware of the experiment. He concluded that the test had been given in a mental institution (Lowell Hart, *Satan's Music Exposed*, page 101).

A scientific experiment concerning the side effects of worldly music was being tested at Pennsylvania State College:

“Introduction: The effects of music have been documented in memory research, leading many researchers to posit the existence of a music-dependent memory. In many environments, music exists in the background, and is generally thought to be soothing and pleasant. However, background music may also have an interfering effect, and it can act as a distractor in people's efforts to memorize and retrieve information. Further, different music genres may have different effects on memory. The present study examines the effects of different music genres on memory.

Hypotheses: Based on prior research findings, it was hypothesized that there would be a significant correlation between music genre and memory.

Method: Sixty participants took part in a between-participants experiment. Participants were asked to memorize a 50-word list, followed by a short survey, and concluded by a 200-word list in which they were asked to circle as many of the original 50 words as they could remember. During memorization of the 50 words, participants were exposed to one of four music genres: pop/rock, classical, country-western, or heavy metal. A control group was exposed to no music during the memorization stage.

Results: The hypothesis was not supported as each group remembered about the same number of words.

Conclusions: Though the hypothesis was not supported, the results suggest that

participants' music preference affected the number of incorrect choices on the exam, especially for pop/rock. Since most participants chose pop/rock as their favorite type of music, it could be that those participants in the group that listened to pop/rock were more easily distracted, causing them to make a significantly higher number of incorrect choices."
(www.psu.edu/dept/medialab/research/musicgenre.html)

Popular music clearly affects the mind of the body. God states in I Corinthians 3:16-17 and I Corinthians 6:19 that He disapproves of and destroys those who allow their bodies to be affected. You damage your body, then God will destroy you.

Here is an experiment testing two genders in how they react from listening to different types of music:

"The unsuspecting 'guinea pigs' were a teenage boy and girl. They had never met previously and were completely unaware of any strange happenings. Unfortunately for them, as they sat getting acquainted in a cozy 'private' room with soft music playing in the background, their reactions were being observed and recorded. When classical music and soft ballads were piped into the room they talked and were friendly, but somewhat aloof. When pop music and jazz were played they quickly developed a much 'friendlier' attitude and began to hold hands and put their arms around each other. When the music changed back to classical and ballads they would again become more formal and reserved. If the music would swing back to the jazz and pop music 'their formality would give way to familiarity'"(Lowell Hart, *Satan's Music Exposed*, page 63).

How do the back beats of worldly music stimulate sexual arousal? Neurologists Daniel and Bernadette Skubik explain the process:

"When the beat generates high levels of sensory excitation (that is, when due to the pace of the rhythm and loudness of the music the auditory impact nears maximal reception), the brain is put in a state of stress. This state of stress is measurable in 'driving' brainwave activity. This driving activity occurs in all people when highly stimulated; subjective evaluation of the input—such as whether one likes or dislikes the music—is not a factor. To force its activity levels down and to achieve homeostasis, the brain releases the body's natural opioids. These opioids are naturally produced opiates chemically similar to drugs like morphine. They are used to control the body's sensitivity to pain . . . Considerable evidence confirms that rock music generates or enhances sexual arousal by way of this same process. That is, to high sensory stimulation the body responds with the release of gonadotrophins as well as opioids. The result is a strong connection forged between a stressed fight-or-flight drive state and the young person's developing sexual drive, which then invariably links arousal to aggression. . . . As rock music has moved farther away from its historical roots and medium (viz. folk music), it both causes and expresses an increasing association of overt aggression linked to sexuality"(Daniel and Bernadette Skubik, *The Neurophysiology of Rock* published separately as an appendix in John Blanchard's *Pop Goes the Gospel:*

Rock in the Church
pages 187-188, 32).

Worldly music clearly causes teenagers to become sensual and appeal to their lusts. James 3:15 and Jude 1:19 explains a sensual spirit is of the devil and not of the Holy Spirit. Do you honestly believe God is of the sensual atmosphere caused by worldly music? As proven from psychology, science, and medical studies, worldly music is firmly condemned by God according to the scriptures. It causes mental problems and stimulates lust.

(Please click on this link to read Part 4: [http://bbcenglish.org/index.php?option=com_content
&view=article&id=388:
what-is-wrong-with-contemporary-christian-music-part-4&catid=53:doctrine&Itemid=88](http://bbcenglish.org/index.php?option=com_content&view=article&id=388:what-is-wrong-with-contemporary-christian-music-part-4&catid=53:doctrine&Itemid=88)).