Singing best therapy

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The transfer effects or a subject of study for many scientists but especially those in the field of neurology and psychiatry. It is a phenomenon unique to the human brain which involves a process of cognitive restructuring. The human brain is incredibly resilient and the ability to rewire itself is fully supported by the fact that we can learn a new language, a new skill, or even recover from a brain injury. This ability is a testament to the brain's ability to adapt and change in response to new experiences. The same phenomenon that allows us to learn a new language can also be applied to music or chess. The correlation, shown from research at the University of Toronto, is that people who play a musical instrument or engage in a sport that involves a lot of hand-eye coordination, such as playing chess, develop enhanced cognitive abilities. These abilities can include improved memory, attention, and problem-solving skills. The scientists analyze the influence of such activities and their impact on cognitive function. The research is supported by the fact that these abilities can transfer to other domains, such as reading or writing, and can also enhance learning and memory. The relationship between music and chess and cognitive development is not only of academic interest but also has practical implications for education and rehabilitation. The human brain is capable of adapting and changing in response to new experiences, and this ability can be harnessed to improve cognitive function and overall well-being.