

# Perception of Kyrgyz music as a factor of motivation to a healthy lifestyle: survey

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**Abstract** The aim of this research is to identify the relationship between perception of Kyrgyz music and motivation for healthy lifestyle, and to understand the mechanisms of music impact on people's behavior within the context of healthy lifestyle. The research methods included literature review, questionnaire development and statistical analysis of data. A total of 248 participants, dominantly young people and women, took part in the online survey. Results showed that musical lyrics covering themes of health, physical activity, and positive thinking can inspire listeners to lead healthy lifestyles. Key images of space, emotions and natural phenomena in Kyrgyz song lyrics reflect the diverse understanding of health and well-being in the culture of Kyrgyz people. Both great composers of the past and modern musicians motivate Kyrgyz people to take care of their health with their patriotic and lyrical songs. The novelty of the research is in the study of a relatively new area of the influence of music on people's behavior within the scope of a healthy lifestyle.

**Keywords:** Kyrgyz music, healthy lifestyle, motivation, musical lyrics, music perception, emotions.

## 1 Introduction

Music is a sophisticated polymorphic, multifunctional energetic creation, the essence and impact of which depend on a variety of components. This transforms music into a special form of culture, which has its own meaning, a set of images, mechanisms of influence on man and society. It is included in the system of human frame of reference, which it transforms into the energy-informational components of the present. Song is a way of expressing culture, the inner world of man, is an aesthetic, emotional and moral interpretation of the diversity of the surrounding reality. The presence of music in all spheres of human existence enables to consider it as an indicator of thinking, activity, age,

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state of health of a person and mankind. It penetrates all spheres of human life and provides its place as a quality, a powerful spiritual and biological pivot on which all human life is based.

Kyrgyz music has its roots in deep antiquity. Music has always accompanied various social events in Kyrgyz life: festivals, triznyas, military campaigns, family celebrations, etc.

The author of the first work devoted to Kyrgyz music was A.V. Zataevich, a famous musicologist and folklorist who opened the prospect of the scientific branch of Kyrgyz musical folkloristics. He arrived in Kyrgyzstan at the invitation of the People's Commissariat of Education in September 1928". [1, P. 112-113]. One of the experts was A.V. Zataevich, a famous musicologist and folklorist who opened the prospect of the scholarly area of musical folkloristics in Kyrgyzstan. [1, C. 112-113].

One of the musicologists studying Kyrgyz music was the Soviet scientist V. S. Vinogradov. Among his works we can note the following: "Kyrgyz folk music", "100 Kyrgyz songs and tunes", "Musical heritage of Toktogul", "Murataly Kurenkeev", etc." [2, C.68].

The musical creative work of the Kyrgyz people is represented in both vocal and instrumental forms. It has developed its own complete style, characterized by a rich supply of rhythmic means and lyricism, restraint and epic simplicity. A distinctive style of Kyrgyz folk music is characterized by programmatic, specificity of the created artistic images [3, P. 45]. Kyrgyz music is characterized by cheerfulness and optimism. They are manifested in a soft, smooth, narrative artistic form.

A great degree of expressiveness and originality in its melodic content, despite the relative simplicity of performing instruments, reaches Kyrgyz instrumental music, which, like vocal music, is characterized by improvisation [4, P. 27-35]. The Kyrgyz musician is often at the same time the author of the performed work; if he does not improvise it completely, he necessarily brings elements of his own creation into it.

The true flourishing of Kyrgyz folk instrumental music is associated with the work of komuzists. The first generation of folk composers includes poets and singers who achieved fame at the turn of the XIX-XX centuries. They are Toktogul Satylganov, Musa Baetov, Atai Ogonbaev. Creativity of these descendants of song traditions of famous singers of the last century (Boogachy, Musakan, Syrtbai, Kalmurat) reflected the new time, while remaining traditional in style.

The second generation is represented by Kalmurat Nurdoolotov, Jolaman Chorobaev, Asanbek Zhantemirov, Abdrashit Berdibaev, Bektemir Eginchiev, Abdykalyi Temirov, Ekiya Mukanbetov, and Kanimbuyu Dosmambetova, who laid the foundations of a new Kyrgyz folk song. The songs created by the authors of the second generation are characterized by a wide range of genres: patriotic, work-related, and lyrical.

The third generation includes songwriters whose work has been developing since the 1960s: Sultan Mambetbaev, Bolotbek Abylgaziev, Maadanbek Almakunov, Rysbai Abdykadyrov, Aksuubai Atabaev, Jenishbek Shamshiev, Kudaibergen Temirov, Usen Sydykov, Mukan Ryskulbekov, Kalybek Tagaev, Sardarbek Zhumaliev, Tugelbai Kazakov, Tokon Eshpaev, Sovet Urmanbetov, Turgunaly Nurmatov, Chubak Sataev and others.

Among them are representatives of various professions, including musicians with secondary and higher specialized education (except composer's education). Many of them play a musical instrument - more often accordion, bayan, less often komuz, guitar, piano. They sing and play, as a rule, by ear.

Melodists of the present generation have a different, synthetic auditory experience compared to their predecessors. Radio, television, movie and video industry add to the variety of their expressive means. Lyrical genres form the basis of the melodists' repertoire. A lot of songs of "mobile" and dance character, which corresponds to the active leisure of modern youth. Among many examples of this kind are "Invitation to a Wedding" ("Toyubuzga Kelgile") by A. Seitkaziev, "Happy Birthday" ("Kuttuktap Tuulgan

Kunundu") by Sh. Duyshenaliev, "New Armenian" ("Zhatsy Arman") by Ch. Satayev, "Thirst" ("Etssoo") by T. Nurmatov, "Twentieth Anniversary" ("The Day of Life") by Sh. Nurmatov, "Twentieth Spring" ("Zhyyirmanchy zhaz") by T. Kazakov and others.

The modern song trend has been enriched with new genres. There appeared songs of mixed type, combining the style of different genres. Thanks to new expressive means reflecting the images of modernity, the songs of melodists differ significantly from the old folk songs in terms of style and content. They constitute a new type of national rural-urban youth song folklore, designed for a wide audience.

Thus, the varieties of modern Kyrgyz songwriting - marches, waltzes, lyrical (new "seketbai", "kui-gen", "arman"), humorous and other songs - constitute a genre layer that is quite active at the forefront of mass musical culture and are the result of the development of national song from the origins to the present day.

Thus, Kyrgyz folk songs are combined into a large and multicomponent genre layer. They demonstrate not only the external diversity of genre varieties, but also the internal interaction and interpenetration of musical and poetic images and patterns.

Being one of the bright and succinct means of artistic and aesthetic reflection of the everyday life and emotional world of the Kyrgyz, folklore song genres continue their creative life in the modern era. In new socio-cultural conditions, they serve as links in the historical development of the national musical and poetic culture of the Kyrgyz people. [5].

In the trilogy "Huns", Doctor of Philological Sciences, Prof. A. A. Bekbalayev notes that Kyrgyz songs are characterized by special harmony, rhythmic clarity and transparency, because they were not influenced by the Mongolian ethnomusical culture, while the musical cultures of the Altai and Khakass were affected [6].

Music is without doubt the soul of the people, which is conditioned by the paradigm of musical thinking. Musical thinking, as well as other forms of thinking not motivated by language and speech, such as: figurative thinking, picture thinking, mathematical thinking, etc. - belong to the sphere of the unconscious. -, belong to the sphere of the unconscious and, therefore, are explained only by psychological, mental analysis and self-analysis ( by Z. Freud). Linguistic and verbal thinking supposedly belongs to the conscious sphere and, therefore, has a linguistic and logical basis.

The monograph by Ch. T. Umetalieva-Bayalieva "Ethnogenesis of the Kyrgyz: musicological aspect. Historical and cultural study" [Bishkek, 2008] gives a comparative characterization of musical (harmony) systems of the peoples of Eurasia. On the basis of this analysis it is concluded that there is no common 'all-Turkic' musical system and substantiates the undoubted genetic kinship of the Kyrgyz musical system with the pan-European and especially Slavic (Russian)" [7. p. 2].

It is important to note that the main traditional features of Kyrgyz folk music - epicity, restraint, broad light lyrics - have been preserved until today. The melody sounds softly, contemplatively, smoothly, evoking associations with a free-flowing narrative, quiet reflection, vast horizons opening from mountain peaks.

Music closely interacts with human health, supporting, strengthening or destroying its ultimate state. Numerous studies confirm that man is a sounding microcosm and each trend of music performs a certain role in its tuning for inclusion in the forms of life activity. Because of this, music acts as a biological and anthropological constancy, which transforms it into a meaning-forming element of the ecological existence of the individual.

The problem of the relationship between music and health has long been noticed by philosophers and doctors [8,9,10,11,12,13]. There were a great number of attempts to describe the influence of music on human health. We can confidently say that there are no philosophers and physicians who have not tried to analyze this visible and very tangible connection between sound, melody and health. If by health we mean a mental or spiritual state, then this connection is obvious and does not require proof. Now science has got an opportunity to correlate these dependencies based on the wave theory of existence of

nature, society and personality. Since music is essentially an expressed wave structure, the personality, as a microcosm, is subject to this influence to an extreme degree.

Awareness of the healing properties of music has more than one millennium, the unique possibilities of music in changing and maintaining psycho-emotional health said even philosophers Avicenna, Aristotle, Plato, Pythagoras, modern science and practice as foreign and domestic has data on the study of the impact of music on human health, in science is a direction studying the mechanisms of therapeutic effects of music on humans - "music therapy"; music affects the emotional state, has a beneficial effect on the emotional well-being of a person [14; 15]; emotions caused by music are closely related to reactions in the body [16; 17]; music "tonifies", nourishes the emotional sphere, restores immunobiological processes, increases immunity [16; 17]; music affects the human intellectual sphere and brain [18], on many spheres of personality, including emotional, cognitive, behavioral, intellectual, motivational. Music, like no other art, is able to bring the body to a certain state. But not all types of music are beneficial.

**The novelty of this study is as follows:** Our study aims to investigate the influence of Kyrgyz music on motivation to a healthy lifestyle, which is a relatively new area in the study of the influence of music on people's behavior.

The following hypothesis is set: Active perception of Kyrgyz music contributes to the formation of positive motivation to a healthy lifestyle in listeners.

The aim of this study is to identify the relationship between the perception of Kyrgyz music and motivation to a healthy lifestyle, as well as understanding the mechanisms through which music can influence the behaviour of people within the healthy life style.

In this respect a number of objectives is set:

1. To analyze the literature on the topic of music influence on healthy lifestyle.
2. To collect empirical data on preferences in music perception and the level of motivation to a healthy lifestyle among respondents.
3. To conduct statistical analysis of the data obtained to identify possible correlations between the perception of Kyrgyz music and motivation to a healthy lifestyle.
4. To summarize the conclusions and recommendations based on the findings of the study.

## 2 Materials and Methods

The following methods were employed in this study:

- Literature review: Review of existing scientific and popular sources concerning the influence of music on healthy lifestyle, including studies on the influence of ethnic music on psycho-emotional state.

- Questionnaire: Development of a questionnaire to collect data on preferences in music perception and the level of motivation for a healthy lifestyle. The questionnaire includes questions about preferences in musical genres, frequency of listening to Kyrgyz music, awareness of the influence of music on a healthy lifestyle, etc.

- Statistical analysis: Statistical analysis of the data obtained to identify possible correlations between the perception of Kyrgyz music and motivation to a healthy lifestyle.

Materials:

- Literature sources: Review of scientific articles, books and other sources that are used for theoretical justification of the study.

- Questionnaire: Developed questionnaire to collect qualitative and quantitative data from the participants of the study.

- Statistical data: Results of statistical analysis, including tables and graphs demonstrating the patterns and correlations identified.

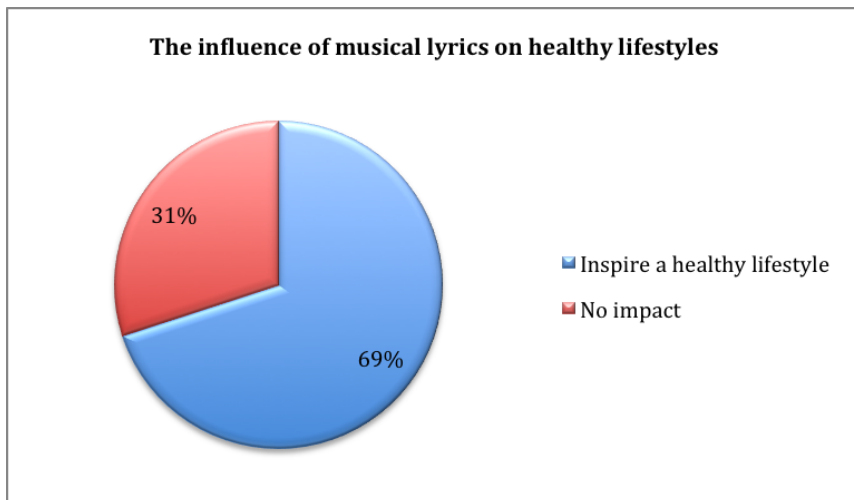
### 3 Results

This section provides tables and figures that visually present the main findings of the study, illustrating the influence of musical lyrics on healthy lifestyles, emotional reactions of listeners, key concepts in Kyrgyz songs and significant composers and performers inspiring healthy lifestyles among listeners. The study was conducted in the form of an online survey in May-June 2024. The questionnaire included 15 questions covering socio-demographic characteristics of respondents, their general music preferences, and attitude to Kyrgyz music in the context of healthy lifestyle. A total of 248 people participated in the survey. Below are some general results of the survey:

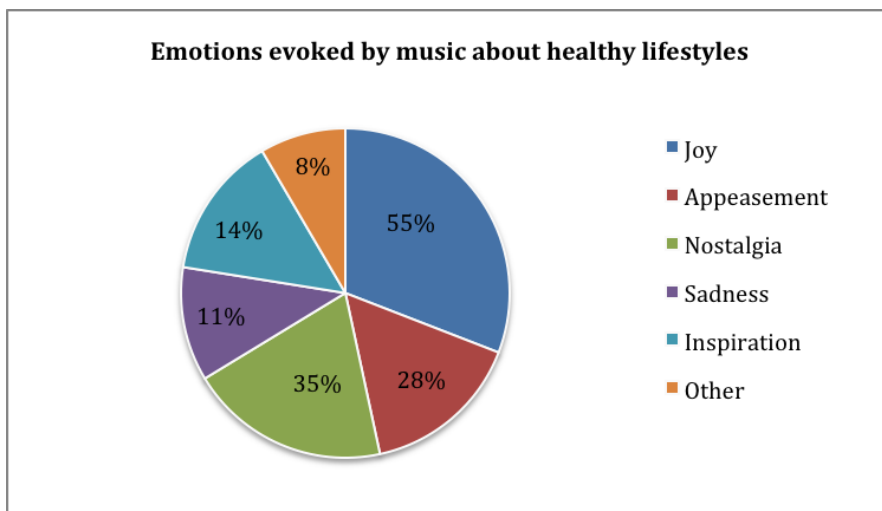
**Table 1.** Demographic characteristics of respondents

Characteristics	%
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<b>Gender</b>	
- Female	91,5 %
- Male	8,5%
<b>Age</b>	
- Youth (18-30 years old)	88,4%
- Others	11,6%
<b>Occupation</b>	
-Students	70,1%
- Working	24,3%
- Others	5,6%
<b>Marital status</b>	
-married	70,1%
- single	29,9%



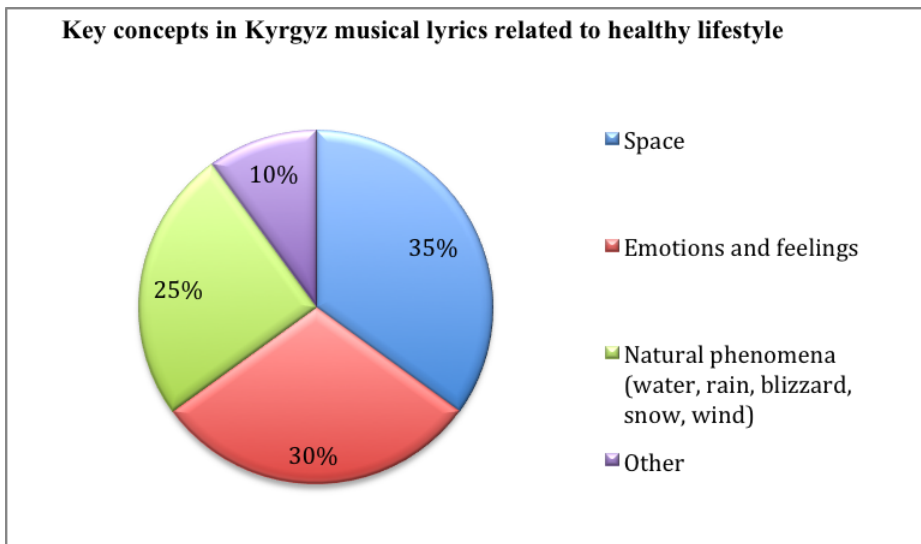
**Figure 1.** The influence of musical lyrics on healthy lifestyles



**Figure 2.** Emotions evoked by music about healthy lifestyle

**Table 2.** Manifestation of intentionality in Kyrgyz musical lyrics

<b>Motivational messages</b>	<b>47,90%</b>
<b>Expression of intentions and desires</b>	<b>39,80%</b>
<b>Expression of opportunities and abilities</b>	<b>22,20%</b>
<b>Expression of difficulties and overcoming</b>	<b>21,80%</b>
<b>Precepts and commitments</b>	<b>19.3%</b>



**Figure 3.** Key concepts in Kyrgyz musical lyrics related to healthy lifestyle

**Table 3.** Kyrgyz composers and singers inspiring healthy lifestyles

Great composers/singers	Moderncomposers/singers
Ryspay Abdykadyrov	Mirbek Atabekov
Kaly Moldobasanov	Beku Borbiev
Kerim Turapov	Omar
Tugolbai Kazakov	Kairat Kyrgyz
Asankaly Kerimbayev	Samara Karimova

## 4 Discussion

Mostly young people took part in the survey, of which the female gender prevails. It is not surprising, because in Kyrgyzstan women are very active in various areas of our country, including the cultural sector. History knows a lot of women, whose contribution to the development of our country is undeniable. The majority of respondents who participated in this survey are students and employed.

The survey showed that for the majority of respondents musical lyrics are not only a source of entertainment, but also a powerful tool that can inspire a healthy lifestyle. The majority of respondents answered positive to this question. Respondents listen to music depending on their preferences: every day, once a week, and monthly. Respondents indicated that music related to healthy lifestyles evoke a variety of emotions including, joy, peace, nostalgia, and even sadness.

Musical lyrics often address themes of health, physical activity, self-improvement, and positive thinking. Research shows that songs containing lyrics about healthy lifestyles can stimulate motivation to be physically active and healthy food choices. For example, a study found that young people who listen to music with lyrics about healthy lifestyles are more likely to exercise and take care of their health.

Using music lyrics in everyday life can be a simple and effective way to encourage a healthy lifestyle. When selecting music, focus on lyrics that contain positive messages about health, active lifestyles, and self-improvement. Creating your own playlists for exercise, yoga or meditation classes can also help maintain motivation and emotional

well-being. However, it should be noted that listening to music with lyrics about healthy lifestyles does not influence some respondents towards a healthy lifestyle.

Music lyrics can also have a positive emotional impact, which promotes healthy lifestyles. Songs with optimistic and inspirational lyrics can increase life satisfaction, reduce stress and anxiety, which in turn promotes healthy decision-making and positive habits. Many Kyrgyz musical lyrics express a connection to nature as a key aspect of a healthy lifestyle. Natural symbols such as mountains, rivers and fields can be associated with health and well-being.

Musical lyrics often reflect the importance of physical activity and mobility in maintaining health. Images of riding horses, running horses, or mountain wanderers may symbolize an active lifestyle. Some lyrics may include references to traditional healing and health maintenance methods such as herbs, medicinal plants, and rituals. Health is often associated with spiritual well-being and inner balance. Texts may contain motivational messages about self-discovery, meditation and spiritual development.

Musical texts may emphasize the importance of social support and solidarity in maintaining health. Images of community, friendship, and family may be symbolic of healthy living. Some lyrics may reflect a celebratory and joyful attitude toward life and health. Holiday tunes and songs can stimulate positive emotions and inspire self-care.

Musical lyrics often include images of strength, endurance, and struggle that are associated with health and well-being. Many lyrics may contain images of healthy, happy and successful people, which can serve as an ideal to emulate and motivate self-care. These symbols and meanings present in Kyrgyz musical lyrics reflect the multifaceted view of health and well-being in the culture of this nation. They inspire us to better understand and maintain a healthy lifestyle.

Within the context of Kyrgyz musical texts, intensionality can be manifested through a variety of ways, including the expression of intentions, desires, possibilities, obligations, and other psychological states. Here are some of the ways in which intensionality can be manifested in Kyrgyz musical texts.

**Expression of intentions and desires:** Many songs may contain phrases that express the intentions and desires of the singer or characters in the song. For example, in love or travel songs, there may be lyrics about the desire to be close to a lover or to travel somewhere.

**Motivational messages:** Kyrgyz music lyrics may also contain motivational messages that inspire one to take certain actions or change one's life style. This could be something like a call to virtue, an encouragement to live an active life, or a call to preserve traditions.

**Precepts and obligations:** Some lyrics may contain precepts or obligations that express expected actions or behaviors from certain characters. For example, songs about parental love or friendship may contain lyrics about caring for loved ones and supporting them through difficult times.

**Expression of capabilities and abilities:** Some songs may contain lyrics about characters' capabilities and abilities or about themselves. This may be an expression of self-confidence, a desire for self-development, or a belief in a successful future.

**Expressions of regret:** Some lyrics may include expressions of regret about past actions or missed opportunities. This may be part of the plot of the song or reflect the emotional state of the characters.

These elements of intensionality help create deep meaning and emotional connection in Kyrgyz musical texts, making them more meaningful to listeners. They reflect the diverse aspects of human experience and the cultural context that shapes the musical heritage of the culture.

In Kyrgyz musical lyrics, the concept of space can serve as a powerful motivation for healthy living through several key mechanisms. You can choose one or more options.

**Connection to nature:** Many songs describe the beauty and majesty of Kyrgyz nature - mountains, valleys, rivers and lakes. These images can inspire people to be active by



reminding them of opportunities for physical activity, such as hiking in the mountains, walking in the fields or swimming in lakes. Travel and adventure: Some songs describe traveling through different areas of Kyrgyzstan. This can be an incentive for people to explore new places, go hiking, or engage in outdoor activities such as bicycling or horseback riding.

Freedom and space: Images of space and freedom, which are often found in Kyrgyz musical lyrics, can support feelings of self-affirmation and personal independence. This can be a powerful motivation to take care of health, as a healthy lifestyle allows people to feel more free and independent.

Harmony with nature and self: Some songs reflect the concept of harmony with nature and self, which can include taking care of health and balance in life. This harmony can be achieved through an active lifestyle, taking care of oneself and the environment.

Social support and community: Some lyrics may emphasize the importance of community and support in achieving a healthy lifestyle. Images of friendship, family and community support can motivate people to take care of their health, as it is not only important for themselves, but also for their loved ones and society as a whole.

Overall, the concept of space in Kyrgyz music lyrics can serve as a powerful motivation for a healthy lifestyle, inspiring people to be physically active, self-improvement and harmony with themselves and the world around them.

Most respondents selected space (mountains, space, valley, etc.), emotions and feelings, natural phenomena (water, rain, blizzard, snow, wind) as key concepts in Kyrgyz musical lyrics related to healthy lifestyle.

Respondents associated Kyrgyz composers and singers whose songs inspire healthy lifestyles with great Kyrgyz composers and singers such as Ryspay Abdykadyrov, Kaly Moldobasanov, Asankaly Kerimbaev, Kerim Turapov, Tugolbai KKzakov, as well as modern and young singers such as Mirbek Atabekov, Bek Borbiev, Omapr, Kairat Kyrgyz, Samara Karimova and others. Many patriotic and lyrical songs, including both old and modern songs, were recognized as Kyrgyz songs that inspire respondents to a healthy lifestyle.

## 5 Conclusion

Music lyrics have a significant impact on our behavior, including our lifestyle and concerns for health. Through inspirational lyrics, music can be a powerful and accessible tool to encourage healthy behaviors and achieve personal goals. By selecting music with positive influences in mind, we can create a supportive atmosphere that can help us make good decisions and achieve the well-being that we desire.

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