

## The Dark Side Of The Human Mind; Its Disturbances

**Nabajit Debnath**  
M.A in English literature  
MBB University, Agartala

### ABSTRACT

‘Life is not as serious as the mind makes it out to be’

– Eckhart Tolle

The study examines the disturbances of human mind, its consequences and how can we get rid of it.

We all love to listen to music over and over again. Music is deeply involved in our lives. Music is a companion of happiness as well as a companion of sadness. For some people life means music. And sometimes this habit of listening music over and over again causes the rise of disturbances in human mind. Music can get stuck in our heads. Not only music sometimes imagery enters in our thoughts and plays, replays in our mind in a never-ending loop. We shall talk about in this article what kind of issue is this.

**Key Words:** Sticky Music, Earworm, Mind wandering, Involuntary Musical Imagery, Meditation.

### IN DEPTH DISCUSSION

When we try to prevent something from coming into our mind, these come with all its forces. Really it then becomes harder to resist. I have experienced such issues in my life more than once. Why do we prevent? It happens when we try to concentrate or focus on something with all our mind and efforts. If suddenly something violence/noise happens in a very peaceful moment it really disturbs and smashes the whole situation. This happens when mind like that quietness and it shatters when the next things happen and make things abnormal. In our childhood we used to play a game named ‘hide and seek’ in which one player closes his or her eyes for a short period of time while the other players hide themselves. The seeker-player opens his eyes and tries to find the other players who hide themselves. In this process the player who seeks he knows it very well that they have hidden themselves, and while finding them they may appear suddenly and he bears a sense of pleasure as well as fear, but this fear is usual and he knows it well. But just imagine for a while if somebody is coming on his/her way and abruptly if anyone or anything appears in front of him/her, the walker may get a sense of shock for this kind of stuff. Why’s getting such shock? As his/her mind was not prepared for facing such stuff. Now if he would remain aware that anything may happen in his way then he would not get the shock because his mind was alert at that time. Sometimes we cannot concentrate on our study just because of nuisance because our mind notices it that something disorder is happening in his/her way so that he or she is unable to concentrate. Because our mind doesn’t like that nuisance happenings in our way while concentrating on particular subject. But what may happen if our mind would like that nuisance/sounds happenings during concentrating on particular subject. He or She may not feel the disturbances on his or her way. It depends on what our mind does notice and what not. If our

mind doesn't notice what's going on around our circumstances while focusing on particular subject then to some extent it would be the most delightful thing ever. A meditator may experience in this way.

Now a question arises, can we control our mind? Well, to me it's hard to control. Now let's talk about 'Brainworm' whereas music repeats through a person's mind after it's no longer continuing. If we hear a song repeatedly, we're more likely to get stuck with it. You may have not experienced such issues but I believe there must be some others who may have experienced.

Earworms or Brainworms are related to memory: auditory information functions as a strong mnemonic. Psychologically, earworms are a 'cognitive itch': the brain automatically itches back, resulting in a vicious loop. The more one tries to suppress the songs, the more their impetus increases, a mental process known as ironic process theory. Earworms are considered intrusions: unwelcome involuntary thoughts, they are a subtype of obsessions.

There is a heterogeneous psychiatric disorder namely Obsessive-compulsive disorder (OCD), manifested by recurrent, unwanted, and distressing thoughts, impulses, images, or sounds (obsessions) and repetitive, irresistible, stereotyped behaviors. People experiencing earworms as terribly annoying and stressful are more likely to express typical OCD symptoms (such as mysophobia — a fear of germs, dirt, and contamination). Stuck songs are experienced during migraine, unusual forms of complex epilepsy, or palinacousis (continuing to hear a sound after the physical noise has disappeared).

A 40-year-old man with OCD mentions annoying songs during a period of stress. These disruptive songs are present day and night, and cause severe insomnia. The more he tries to suppress them, the worse it gets, and his fear of losing control reinforces this. Short tunes continue for hours, usually songs he hates. The patient is exhausted and his life is negatively affected by the earworms.

Earworms may occur spontaneously. Sticky tunes initially arise from external stimuli and in some cases are unpleasant songs that get stuck in a loop for minutes or hours. Earworms occur more commonly in individuals highly involved with music and in those who consider music to be essential in their lives. Approximately 98% of the Western population has experienced earworms at some point in their lives.

Dr. Williamson, a memory expert at Goldsmith's College in London, found that scientists use a range of terms to describe the subject - stuck-song syndrome, sticky music, and cognitive itch, or most commonly "earworm" - a word which some people misunderstand.

But sometimes songs pop into our heads even when we haven't heard them for a long time. In this case, something in our current environment may trigger the memory. Williamson experienced this by herself, when she was in her office and noticed an old shoebox.

"It's from a shop called Faith," she says. And just by reading the word 'Faith', her memory went down a line of dominoes and eventually reached the song 'Faith' by George Michael. And then he was in her head for the rest of the afternoon. Another trigger she identified was stress. One woman in Williamson's online survey said a song - Nathan Jones, by Bananarama - first got stuck in her head when she was 16 and taking a big exam. 'She now gets that song at every single moment of stress in her life,' says Williamson. "Wedding, childbirth, everything."

Williamson says earworms may be part of a larger phenomenon called "involuntary memory", a category which also includes the desire to eat something after the idea of it has popped into our head. —There are a couple of reasons why this might happen with music, she

says. "Music can be encoded in so many ways, it's what we call a 'multi-sensory stimulus'," she says. "Music is often encoded in a very personal and emotional way, and we know that when we encode anything with emotional or personal connotations, it's recalled better in memory."

Other experts suggest music may get lodged in our heads because of the way humans evolved. "For a very long period of time, we needed to remember information," says Daniel Levitin of McGill University in Montreal, an expert in the neuroscience of music.

Modern humans have been around for some 200,000 years, but written language may have been invented only around 5,000 years ago, Levitin says. So through much of human history people memorized important information through songs. That practice continues today in cultures with strong oral traditions. Levitin says the combination of rhythm, rhyme, and melody provides reinforcing cues that make songs easier to remember than words alone.

It is estimated that up to 40% of everyday thoughts fall into the category of spontaneous cognitions. This form of mental activity is exemplified by phenomena such as mind wandering and involuntary autobiographical and semantic memories or "mind pops". One of the most commonly reported forms of everyday spontaneous cognition is involuntary musical imagery (INMI) or, colloquially, "earworms". These terms describe the spontaneous recall and replay of musical imagery within the mind's ear that goes on to repeat on an involuntary loop. People have experienced involuntary musical imagery or simply as earworms especially those who play and sing music regularly and who see music as an important part of their daily lives.

People who are facing such issues rate their experience as disturbing or annoying. Disturbing INMI (involuntary musical imagery) can lead to distraction, anxiety or upset. These negative reactions are similar to those noted for other forms of spontaneous cognition such as mind wandering, which can be associated with impaired attention and increased subjective unhappiness.

This is a weird experience of having an earworm in mind. Though it does not have any permanent instant solution but there are some ways which we can follow to stay out of such issues.

Research reported in 2015 by the School of Psychology and Clinical Language Sciences at the University of Reading demonstrated that chewing gum could help by similarly blocking the sub-vocal rehearsal component of auditory short-term or "working" memory associated with generating and manipulating auditory and musical images.

By playing some games like Sudoku or any puzzling game can be the way of getting relief from such issues.

Just as iron cuts iron, one song can be an antidote to another song. When music repeats in mind, that time, it's better to listen to other likeable music or song that can be used as a remedy to cure that repeating music. But the song that cures, can be the next one that gets stuck.

On the other hand Meditation can help effectively from such issues. After all Meditation is the most powerful mental and nerve tonic. Divine energy freely flows to the adept during meditation, and exerts a benign influence on the mind, nerves, sense organs and body. The mind becomes calm and steady through proper meditation. Many meditators don't hear anything from the outside world anymore. It's similar to when we enjoy reading a book so much we don't hear any other noises.

On the physical level, meditation helps to prolong the body's anabolic process of growth and repair, and to reduce the catabolic or decaying process. Each of our body cells is governed by

the instinctive subconscious mind. They have both an individual and a collective consciousness. When the thoughts and desires pour into the body, the cells are activated; the body always obeys the group demand. It has been scientifically proven that positive thoughts bring positive result to cells. As meditation brings about a prolonged positive state of mind, it rejuvenates body cells and retards decay.

#### Conclusion

So many things come to our mind suddenly and sometimes may come from the depth of unconscious mind. Sometimes a song comes in mind gives relief and simply passes. Not just a song any memorable incident may come but problem creates whenever we resist. Is it necessary to become more serious? To some extent it's not. These are taking place when we get too serious and try to stop these things coming into our mind. We should not force the mind to be still, if something goes on in mind we should let this go on. We should allow the mind wander because eventually it will be calm.

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