Music Autoethnography

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Music has always been the best therapy for me. Being Cape Verdean, I used to listen to almost all the music genres belonging from Cape Verde. The famous Cape Verdean that I still remember I used to listen to, include Funana, Kizomba, and Batuque. These are the famous Cape Verdean and music style belonging to this land. Funana and batuque are declared as one of the most upbeat forms of Cape Verdean music. It stimulates the listener to dance or perform some moves. I grew up listening and dancing to these music genres. Since Cape Verde is a land colonized by Portuguese, I spent my life listening to Portuguese music and some Brazilian music as well such as funk, samba, and pagoda.

I think I started to make my own musical choices when I was 15 years old. That was the time when my mind opened and started accepting new things such as English music. I thought that cape Verdean music was too loud, and one couldn’t really think while listening to it. I couldn’t concentrate when I listened to it while studying. Hence my choices and preferences started to change. Over time, it started becoming hard for me to listen to my country's music. However, my family is so particular and obsessed with our country’s music. They will just listen to Cape Verdean music, or Brazilian and get annoyed with this fact.

As I mentioned earlier, music is like a therapy for me. I listen to it all the time when I am travelling, sleeping, and even studying. Music is my best companion when I feel sad or emotional. Even I am just alone at home or with my sister; I listen to music randomly. I also enjoy music when I am baking. Music is an important element of my life. I never spend a day without listening to music. My music choice and preference has evolved over time. Most of the times my choice of music depends on my mood and how I am feeling. I listen to a variety of music which includes Alternative Music, Classical Music, Dance Music, Easy Listening, Electronic Music, European Music (Folk / Pop), Hip Hop / Rap, Pop (Popular music), R&B / Soul But. I believe change is always good and there is variation in my music choice. Listening to the same kind of music makes me feel bored so I love to change it up at times.

My love for music is eternal, but I can’t really sing. I lack the skills that are needed to sing well. But I do sing in the shower or with my sister when we are mostly alone. We both are so bad at singing, but we enjoy it a lot. I believe my vocal cords are terrible you could run if you find me singing. I believe that the role of music in life is real. It makes me feel relaxed and makes learning more fun and memorable for me. It helps me express my emotions, and I don't feel like I am alone anymore. Music is my best companion in most of the times. Baking is more fun along with the music. I love to dance on it and enjoy baking; there is nothing better than that. I listen to music while doing exercises, shopping and even going for a walk. Music is something that helps me dream and escape a bad day. When I need motivation for a task, I go for music, let it be studying, some house core or anything. Music is the best way to collect memories. I remember the vents of my life by associating it with the music and songs I listen to at that time. I also feel like there are so many benefits of music, which is why I can’t skip it.

From me music is an extraordinary thing, it brings tress down and stimulates the listener to do something. The music is kind of fun which connects people. It also makes learning and studying fun and helps concentrate on blocking all the noise. It has the power to change the human mood when it is a bad one. Overall, music is the most treasured human experiences.