

Effect of Singing - Focusing on the Love *Changbu Taryeong*

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ABSTRACT

The purpose of this study is to consider the health and well-being of singing, an expression activity of language. There are also many studies in which singing activities have a positive effect on individual quality of life and social activities. Therefore, this study attempted to suggest that more effective singing is being performed by increasing empathy through various expressions of onomatopoeia and mimic words. Love *Changbu Taryeong* (愛倡夫打令) is Korea's traditional representative *Gyeonggi* folk song. It is a cheerful and lyrical folk song based on the five scale of *Sol-ra-do-re-mi*. It sings not only human joy, sorrow, and pleasure, but also natural phenomena and scenes. It is an exciting rhythm based mainly on the *Gutgeori jangdan* (rhythmic pattern, 12/8) but it is a rhythm that you can feel the sadness in it. In particular, various onomatopoeia and mimic words appear in this song, making you think about the fun of singing and the origin of the language. Therefore, this study attempted to examine that more effective singing is becoming more effective by increasing empathy through various expressions of onomatopoeia and mimic words. You can watch our singing activities on YouTube. (<https://youtu.be/IhnBqWiK-3w?si=AAMi2BVes9mPShnr>)

Keywords Love *Changbu Taryeong*, effect of singing, onomatopoeia, mimic words

INTRODUCTION

It is already known that singing gives positive experiences and pleasure to people's quality of life.^{1,2} These activities are useful for pain management³ and enhances immune system activity.^{4,7} It is also effective in controlling language and exercise abnormalities and swallowing.^{2,8,9} Music can also bring about other physiological changes such as decreased blood pressure and pulse rate and increased oxygen saturation levels.^{10,11} Hargreaves and North (1999) concluded that music has three main benefits to an individual's psychosocial well-being in relation to self-identity, interpersonal relationships, and mood management in everyday life.¹²

Eells (2013) also acknowledged that singing is generally beneficial to social and personal health and well-being.¹³ Singing also has psychological benefits. Clark and Harding (2010) reported that singing actively, especially in groups, is more helpful for well-being and mood than simply listening to music.¹⁴ Haslam (2018a) stated that social identity is also important for health, describing it as providing a sense of connection, meaning, support and agency.¹⁵ Group singing interventions could provide a cost-effective preventative tool for both mental and physical ill health thus reducing financial, manpower and other pressures on health and social care systems.¹⁶

What is *Changbu Taryeong*?

It is Korea's traditional representative *Gyeonggi* folk song. It is a cheerful and lyrical folk song based on the five scale of *Sol-ra-do-re-mi*. It sings not only human joy, sorrow, and pleasure, but also natural phenomena and scenes. It is an exciting rhythm based mainly on the *Gutgeori jangdan* (rhythmic pattern, 12/8) but it is a rhythm that you can feel the sadness in it.

In particular, various onomatopoeia and mimic words appear in this song, making you think about the fun of singing and the origin of the language.

RESULT AND DISCUSSION

It is said that language originated from imitating nature's sounds. The ability to imitate sounds seems to be a valuable human ability. There is no sound that nature cannot imitate, such as barking, chirping, and waves. We are also good at imitating other people's voices. Humans, however, don't just imitate sounds. They also imitate appearances. Of course, gestures are the best way to imitate appearances. They also have skills in mimicking birds, waves, and animals. The appearance of others is also the main theme of mimicking. It is also funny and entertaining. Dances performed in many countries were also fundamentally imitated. Dressing up as the form of a bird or an animal clearly shows that the purpose is to imitate. In that sense, mask dance or mask play maximizes imitation.

Language also has ways to capture images. Words that imitate appearances in language are called mimic words. If onomatopoeia is to imitate sound, mimic words. Onomatopoeia is in most languages, but not many languages have developed mimic words. Korean can be said to be the language in which the mimic words were developed. The development of mimic

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words means that they were interested in resembling and capturing the world. A mimic words can occur only when you pay attention to small changes. Even though we describe walking, we speak various mimic words. And when we hear the mimic words, we can feel how we walk. In other words, symbolic effects of language emerge. You can feel the words trudging, loitering, creeping, toddling, waddling, striding. When learning Korean, the most difficult and interesting thing for foreigners is the mimic words. In some cases, it also mimics abstract appearances.

For example, what happens if you imitate love? When you look at folk songs, it's interesting because they imitate the appearance of love. Since there is not only one form of love, there is also not only one form of love. There is a song called "Love Changbu taryeong." This song has various forms of love. Of course, it's not only about love. You can see thrifty love from "omok-jomok (firmly and tendly, 오목조목)" and fighting love from "walkak-dalkak (wranglingly, 왈카달카), tiresome love, veiled love.

We know that even in love, fights happen at any time, but we also know that the fight is a futile fight. We also know that it should not go seriously and should be resolved without much difficulty. Like this, love tells us that we don't always agree. So, we think that if we sing love songs expressed in various onomatopoeia and mimic words, empathy will be better.

Onomatopoeia is interesting because it resembles the sound of the world, and mimicry is fun because it resembles the world. It is also more interesting because it contains an abstract world. Through onomatopoeia and mimicry, humans become one with the sounds and appearances of nature. Onomatopoeia and mimicry are the starting and ending points of human language. Humans resemble and contain nature

As such, singing, an expressive activity of language, shows that it can give an individual's psychological, physiological, and social influence.

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CONFLICT OF INTEREST

The authors have no conflicting financial interests.

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