The Grieg Effect – On the Contextualized Effects of Music in Music Therapy

Brynjulf Stige

Published November 1, 2007

How to Cite

Abstract
In this essay I examine the group Upbeat's encounter with Grieg and his music and this story is used as an exemplar to illuminate themes of broader relevance concerning the role of music in music therapy. The contextual perspective taken is situated in relation to Wittgenstein's (1953/1967) discussion of meaning as use, De Nora's (2000) discussion of how various music(s) may afford certain things through appropriation, and Stige's (2002) discussion of health musicing. After a critical excursion to the discourse on the Mozart Effect and a brief discussion of various assumptions on the role of music in music therapy, the centerpiece of the essay is developed as the story of Upbeat's encounter with Grieg. This story is interpreted in relation to the involved interplay of human protomusicality, personal and cultural history, and in the concluding section of the essay the contextual perspective taken is substantiated through a summarized description of the proposed Grieg Effect as well as through a clarification of the concept of context itself.

https://doi.org/10.15845/voices.v7i3.548

Articles published prior to 2019 are subject to the following license, see: https://voices.no/index.php/voices/copyright
Classical music may actually make you healthier. Here’s how Mozart and Vivaldi could help you become smarter, healthier, and even get a good night’s rest. True, the “Mozart Effect” is controversial. Others are skeptical of these findings, citing the need to consciously appreciate the music to reap its benefits. Still, it can’t hurt to switch on a little baroque music during your daily commute. Classical music improves your memory. Nicole Fornabaio/Rd.com, iStock/sntpzh. Next time you need to study for a big test or presentation, make Beethoven your companion. In a study published in Learning and Individual Differences, one group of students listened to a one-hour lecture where classical music was played in the background, and the other group hea