

Culture And Its Influence On Human Lifestyle

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Culture, Art, and the Formation of Human Experience

Culture is a powerful concept that changes with the variation of external and internal factors. Our customs, attitudes, and values with which we are built are the byproducts of culture. Modernization and globalization have paved the way for a culture to flourish and to bring opportunities for people from all different regions to share ideas for the well-being of humans. Art impacts human life and society through the preservation of ideas at a particular time and in a specific place. [1] Art is a transformative element with varied ideas from different people of different regions interacting with each other through sound, image, or graffiti. The paper will find out the role of culture in human lifestyle through music, architecture, and art contribution to the preservation and evolution of well-being opportunities for humans. The research regarding the influence of art on human health is also included in the paper.

The relationship between art and the brain in humans for aesthetics is an important objective before moving on to the impact of art on culture and humans. The human brain is hardwired to sense the pleasure from scenic landscapes. The portion of the brain magnolia is designed to appreciate beauty. The brain transmits some chemicals, dopamine, opiates, and cannabinoids, that derive pleasure from the visuals. A piece of art having vivid colors and ecstatic images signals the brain to have the particular emotion of pleasure or annoyance, while the objective of the art might take the reader to its cultural, social, or religious perspective. Another thing the brain admires is the beauty of art because it helped the ancestors of humans to look out for the security of lace to hunt or to rest in old times. A perfect place where you feel relaxed or connected to nature is an art instinct that evolved with human evolution and modernization.

The formation of buildings or architecture has evolved through various times from different cultural perspectives. The example of the evolutionary art instinct in humans is justified by the formation of spandrels in architecture, which evolved from art pieces of columns and arches in buildings. The spandrel is a triangular formation that has no specific objectivity, but it is used in places like churches and old vintage buildings to highlight focal areas in rooms or structures. [2]

Artistic Expression in Media and Popular Culture

The effect of art on the human mind turned out to be positive. According to research from Newcastle University, art has a positive influence on the people who reside in nursing homes. [1] The piece of

music is an artistic piece that comes with cultural and personal level expression. It has a strong impact on human emotions. When a person hears a particular piece of music, the art instinct derives the right emotion from the music piece. Music is a universal language among all the people and cultures of the world. In another study, music was used as therapy to improve healing in older individuals. The elders face various challenges as they age, for instance, depression, isolation, and impaired cognitive abilities. The nursing staff utilized music as an intervention for the health of these elders. [3]

With the progress in the entertainment industry, the media industry has also raised up to another level. From a particular survey, an average human adolescent in America listens to music pieces around four hours per day and then watch the episodes of favorite TV shows for about another 2 hours. The daily life of people in modern culture is highlighted as being immersed in the entertainment medium as part of their daily lifestyle adaptation. Talking about the cultural element and effect of the music industry, people in old times were not used to electronic media for entertainment, but with the advancement in technology and cultural environment, the role of music has intervened in the lifestyle of people in the form of electronic medium. The effect of music surfing and addiction is pronounced. In research, adolescents were studied for dependence on music in American culture. The findings suggested that adolescents use this source of art as the best medium that helps them to self-socialize. They scrutinize the available music media according to their personality and choice, which helps them build self-socialization. [4]

The mingling of human ideas with pop culture is an advanced example of art's impact on human life and cultural values. The pieces of paintings, sculptures, and graffiti tell a lot about what we are as a society and what we were in old times. Popular culture is an example of everyday life. The artifacts that are used in the pop medium, for instance, performance, imagery, and expression, communicate with the people about a particular human culture.

The hippie culture is an example of the 1970s. They rejected the mainstream social order and transformed the culture of music concerts into psychedelic music concerts with outrageous clothes, sexual freedom, and environmental awareness in the form of raging behavior and drugs. The emergence of such pop culture has shaped the political conditions and legislation around the globe for youth. The movement of 1970s pop culture for social awareness and African rights received acknowledgment through cultural redefinition.

Architecture, Music, and Cross-Cultural Influence

The adaptation of baggy tracksuits and baseball caps by the younger people addressed their affiliation with the pop-rock genre of music. Similarly, Mexican American actor Pacheco- a special dress from African urban culture as his identity. [5]

[Roman architecture](#) is filled with innovation, mankind, and influential elements. Roman architecture

derived ideas from Egyptians and Persians to use concrete girts time as a building material. They were the first person to create a road system that would connect the cities with the capital. Their sense of architecture later evolved and was adapted by French architects to build the Arc de Triumphant and Vendome Palace.

The element of architecture in [Roman culture](#) used columns and arches in their masterpieces, which descended down into French culture, and now, in the U.S., the Whitehouse building has the essence of Roman architecture in it. The structured framework shows the development through columns and arches. The roaming architecture flowed into the buildings of American culture, such as Union Station Washington. The baser of Roman architecture was strictly confined to facilitating access for people of all cities in every corner of the region. They have built architecture with roads, proper drainage systems, and bridges to cut short the gap for people. Their architecture influenced the whole globe and helped humans with the passage of time. [6]

The Continuing Influence of Art on Human Lifestyle

The influence of art in totality is wide. Art influences people collectively through a venue where people invest in constructive activity. It helps the economy of a region through multicultural visitors and businessmen. Moreover, visual images and art are good for health. Art exhibitions or operas, for example, help in reducing stress and isolation through social bonding and physical health. Art not only arias at the social well-being level but also helps in the psychological well-being of a person. When a person is connected with some artwork, it serves as an outlet for happiness and self-recognition on a social level. The indulgence of one in art brings creativity and improved observation skills. The participants improved because the work made them enjoy engaging in creative work. This will help generate cultural capital. {7}

The integration of art with culture and human lifestyle has provided opportunities to the vast majority of people across various cultures of the world. The mediums may change from sculptures to paintings, music to visuals, etc., but the essence is the same to execute the creativity and thought process into artwork. Art is a powerful thing that emerged from ancient times and descended down into the modern world with an influential capacity. Art influences us all, and people project it into different trajectories, whether it is architecture, lifestyle, or culture.

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