

Script for “Is Music an Evolutionary Adaptation”

Zdravko Filipovic 1185957

Scene 1 (The location of every scene will be in my bedroom, 4 scenes but in reality all the same)

Title Flashes on Screen: *Music: An Evolutionary Perspective*

Characters: **Zdravko Filipovic** (mostly voice over), **Una Filipovic** (my 11 year old sister)

A bed is shown with music playing in the background, starts with Classical music, then African traditional, then bad Mainstream, then Euro House and concluded by Gangster Rap. At the same time camera rolls over from a record, to a tape, to a cd, to versions of an iPod.

Intro Credits: *Director, Actors, Location*

Scene 2: Same Place

Voice Over Zdravko: Music has definitely changed over time and space as evident by what you just heard. Different places have different musical preferences and as times changed so did what everyone listened to. The key here is that music appears to be universally liked and one would expect something so integral to everyday life would have an easy explanation when it came to Evolutionary Psychology. Yet this is not the case at all as music brings up a lot of confusion, disagreement and uncertainty in the EP field.

Una Filipovic: Wait so what does that mean... in English? (takes off headphones)

Zdravko Filipovic: Short Answer: We are not certain what the evolutionary reason for liking music is...if there is one...

Una Filipovic: So so music is a bad thing? *sad face*

Zdravko Filipovic: wait wait wait relax... I'll explain

Scene 3: (same place)

Zdravko: There are many different viewpoints when it comes to music as an evolutionary adaptation. Some argue that music is simply a by-product of another feature that was actually adaptive such as language. Others argue that music was adaptive in the past but is not anymore. Many...

Una Filipovic: *(takes off headphones, grabs juice, starts drinking it, gulps juice when Many is said)* This doesn't sound too good....

Zdravko: Let me finish.. as I was saying many researchers present adaptive reasons for music. One of the most interesting and evidence filled views is presented by David Huron.

Scene 4 Conclusion: Same Scenario

Zdravko: David Huron (2001) argues that the reason music is adaptable is because it relates to social bonding which is an important part of our ability to survive. Studies show that calm music can reduce testosterone levels and as a result decrease the amount of conflict in a group and improve the ability to bond with others. Additionally, music tends to release oxytocins which help form new memories which of course is helpful in forming relationships. Studies additionally show that oxytocin levels are increased in important elements of human survival such as breastfeeding and as a result many common survival behaviours end up being connected with music as they both release oxytocins. This would justify why two lovers listen to music while courting or why alma maters and religious groups care so much about having unifying

songs. Additionally, singing and music tends to arouse people and increase their focus and energy level which can help them stay focused in situations where high-levels of focus are important such as before a fight. Thayer found that the main way students reported that they got focused and energized was not through eating or sleeping but through listening to music according to self-reports. While it is not certain that music has evolutionary value, all these points combine do show that listening to music does relate well with social bonding and thus the links with evolutionary adaptations are there. It also would explain why so many people listen to music. Listening to music would thus help people form better relationships which would give them more chances of passing on their genes.

Una Filipovic: That makes sense.

Zdravko: You sure?

Una Filipovic: Honestly, I stopped paying attention, I'm going to listen to some music now, You said I could.

(Ends with me facing the camera to myself and facepalming)