

The Effects of Pakistani Mother's Lullabies

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Abstract

The bond between a mother and children is the most precious and beautiful in this world. The love, care and protection that a mother could give to her children, cannot be replaced by any other relation. The calm and secure as a child feels in the mother's arms, cannot be replaced and no one can soothe him/her in that way. Mothers from ancient times and in the whole world use to sung lullabies to make children asleep. The lullabies sung by Pakistani mother's at the children bed time contains their love, prays and wishes about the child ,information about their religion, short stories of heroes and praise of social relations especially those who belongs to mother's side .

Children while listening lullabies have a calm and deep sleep. They feel themselves safe and protective while hearing their mother voice. They are able to understand the rhythm, music and emotions of mother, this understanding at such an early age develops a strong association among mother and child. Mostly the content of lullabies passed from generation to generation and it keep the generations connected with their ancestors. Listening lullabies enhances child's brain capability and they grow more active and brilliant. Singing bed time songs for children also relax the mother's. They feel themselves more energetic and positive.

Key Words: Mother's Song, Lullaby, Child Education, Positivity, Association, connection, Feeling

1: Introduction:

His father was honest and brave, so he will be

This child will not disgrace his father's name

His father weapon is hanged on the wall and

The lullabies described his success stories. (Rasool Hamzatuf, 2021)

A lullaby is defined as a sweet, gentle song that is sung by mother to entice a baby to sleep. Lullaby is a rhythmic word, mostly in the form of poetry, which is sung by mothers but sometimes also by other relatives like grandmothers or elder sisters etc. in order to soothe crying babies or make them asleep. Lullabies, the first teller of which is anonymous, are usually sung by mothers to send their children to sleep. A mother singing a lullaby while rocking the baby in a soft and harmonious voice is a tradition of the whole world. Within this tradition there is also the mother's unique kind of managing her voice by softening, rising, hardening, fastening or slowing it just according to the situation of the children and mothers at that moment. In this way the mother is in fact directing her baby with the tone of her voice. (Hassan Gunes, Nadide Gunes, 2012)

Lullaby is a folk song which is sung in all local languages and all eras of Pakistan. Lullaby is the reason to make child a comfortable sleep. It is such a thing which not only soothes the child but also the mother. Mother prays for her child like his/ her good health, destiny and growing fast, teach the child about bravery and courage through this kind of songs. A mother tells the stories of past in her lullabies and wishes for the bright future of her children. Lullabies contains local facts, customs, traditions and many historical issues as well. The lullaby is sung in a gentle way which has power to make deep asleep even crying children. (Jamil Jalbi, 1988)

Singing lullaby enhance emotional attachment between mother and child. During sleep, one exist simultaneously in two realms, the physical world and the world of dreams. The state of sleep, is an intermediate region between life and death. In this region, a person is both sensible and vulnerable. When a mother sings a lullaby she creates a mystical bond between herself and the child. Although it is thought that lullabies have the function of putting of babies into the restful and passive state of sleep, they are actually an experience of integration between a baby and mother.

The singing of lullabies to infants is common and is rooted in ancient oral traditions. Modern science confirms that the human brain has highly selective and specific cortical regions for the perception and processing of the human voice. In some folk cultures, lullabies are considered sacred and are individually composed for each baby. The words, melodies and emotions are passed from generation to generation. Lullabies reminds adults of their own past, they inherit them and passed them on. Lullabies are carried beyond borders and new ones are made along the way. A lullaby combines the cohesive and socializing function of music with the ability to regulate effect and arousal, which contributes to a natural, simple and economical approach to familial attachment and bonding. (A.M.Roberston, M.R.Detmer, 2019)

2: Method:

The study participants are 30 mothers from 20 to 60 years of age group from Pakistan. They used to smooth and sleep their children by singing lullabies. Using quantitative methods, researchers developed an open ended questionnaire as a tool for data collection. The answered questions were evaluated with an interpretation of the material. The answers were subsequently graded according to evolving topics.

3: Results:

Based on a statistical study of 30 mothers, the content analysis in four tables shows the content of Pakistani mother's lullabies, their language, effects on children and effects on mothers themselves.

3.1: Content of Mother's Lullabies

Content of mother's languages along with respective percentage is shown in figure 3.1. These findings describe that mothers who sung lullabies to make children asleep, contained 40% religious content. There are 16.6% mothers whose content of bed songs is based on social relationships. Children and mother love, mothers wishes and prayers about children reveals in 13.3% of mothers song. Some mothers used to sing musical and rhythmic lullabies and their content analysis showed that they are 30% in number. The content of lullaby effect the children curiosity instigation and made them to love others especially close relations. It soothe them before sleep and they got familiar with their mother orientation in this way. Children are informed about religious heroes and tradition as well. As the lullabies have also musical content, so the children can understand the lyrics, poetry and music in their infant period.

3.2: Language of Mother's Lullabies

Figure 3.2 shows the languages of Mother Lullabies. The analysis of mothers lullabies shows that Pakistani mothers used to sing them in different languages. It contained local languages, national language and foreign language. The finding describe that 13.3% mothers sing lullaby in local language. There are 33.3% mothers who sing in their religious foreign language. National language is used in 46.6% lullabies and 6.6% bed songs are sing in foreign international language. The different languages of lullabies enhance the language skills of children. They are helpful to make them multi linguistic and increase their language proficiency. It is beneficial in recognition of different languages and sharpens the mind of children.

3.3: Lullabies Effects on Children

In figure 3.3, a Lullabies effect on children along with their respective percentage is shown. Mothers were also asked about instant effects of lullabies on children. The content shows that according to mothers 90% children feel good and calm asleep while listening lullaby. 60% mothers feel that they have a strong association with their children as a result of singing lullabies fir them. Children feel protected and safe as per the observation of 93.3% mothers. Another interesting finding comes out that children become habitual of listening lyrics before sleep according to 76.6% participants.

3.4: Lullabies Effects on Mothers

Lullabies effects on mothers are also shown in figure 3.4. The participants were also asked about the effects of lullabies on themselves. 66.6% mothers feel relax when they sing for their children. It also plays a catharsis role in their daily hectic routine life and reduce stress level, 46.6% mothers take lullabies as a catharsis for them. According to 83.3% participants they feel refreshing after singing the lullaby. Lullabies not only soothe the children but also have a soothing effect on mothers themselves as per 93.3% mothers. The music and rhythm of lullabies energies their positive hormones level and they feel it soothing and relaxing.

4: Discussion:

Lullaby is not a style only belong to Pakistani or any other nation or country. In fact lullabies are found in different countries and nations under different names and styles.

The due tradition has very positive and constructive effects on children. Lullabies provide the children a healthier period of growing up. The Lullabies are sung in a simple and plain language. As a result children are able to comprehend the words and are able to learn them in a very short time.

A child that grows up by listening to the lullabies have a healthier kind of communication with his/her mother. As long as the mother keeps speaking or singing the related perception centers in the brain of the child remain stimulated. Lullabies take the tension present on the child and thus ease the baby falling asleep and also assist them in forming a calm personality. (Kaif Ahmed Siddiqui,1989)

As the lullabies comprise wishes, desires, love about relationships and information about religion. Consequently the due desires and prayers affect the child's subconscious positively. Lullabies permanently sung give children the feeling that their mother is always with them, they feel themselves safe and sound even when they are asleep. Lullabies create a healthy connection of communication between the mother and child, they get closer because of this connection. (Hassan Gunes, NadideGunes, 2012)

The mother's text of lullabies comprises of the inspiration she got from her experience of life. Her text refers from time to time to her husband, in laws, natural disasters, weather, social relations, religion, her happiness and sorrows etc. Through all these telling the mother transfers all her happiness of the day towards baby. The actual reason of why the children are affected by the expressions taking place in the lullabies has its source in the mothers sharing the events that make her sad or happy in a sincere and healthy way. That's why the baby listening lullabies is able to feel its mother's mood deeply. Lullabies often require a soft, honey like voice and have a sweet, loving message behind the lyrics, it's no wonder that babies feel more relaxed and calm after hearing lullabies, even if they may not understand thy lyrics. (E.Wang, 2020)

According to cognitive Neuroscience society, a universal sign of motherhood is the lullaby. This universality makes the simple lullaby a great window into the human mind. In a new study, cognitive neuroscientists found that lullabies soothe both mothers' children simultaneously, while these lullabies increase baby's attention and displays of positive emotion toward their mothers. (Science Daily, 2018)

Lullaby is only one of the main products of Pakistani folk literature that are originated from different eras, are transferred from generation to generation and affect children in a positive way. For this reason lullabies have an unplaced significance in Paksitani culture. (Barkat Shah, 2020)

Figures:

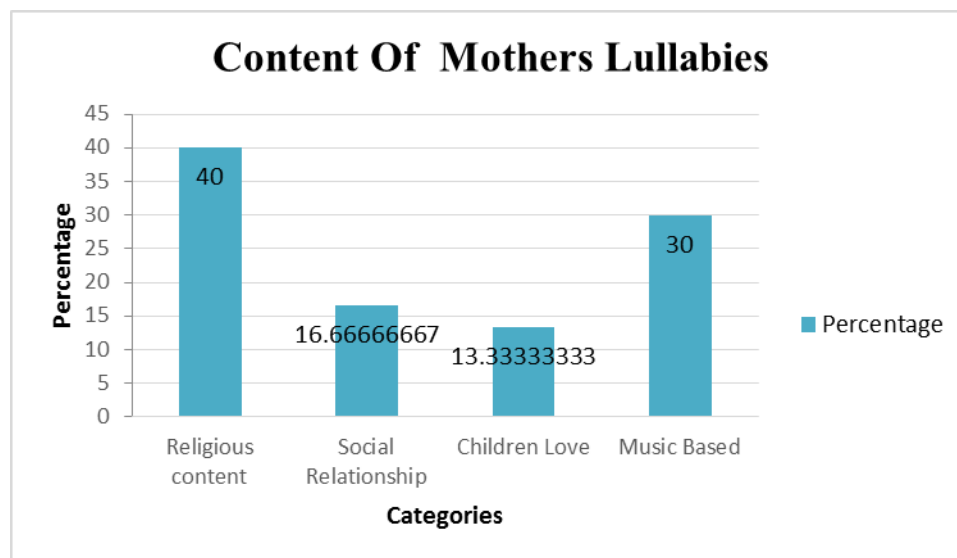


Figure 3.1: Content of mothers Lullabies.

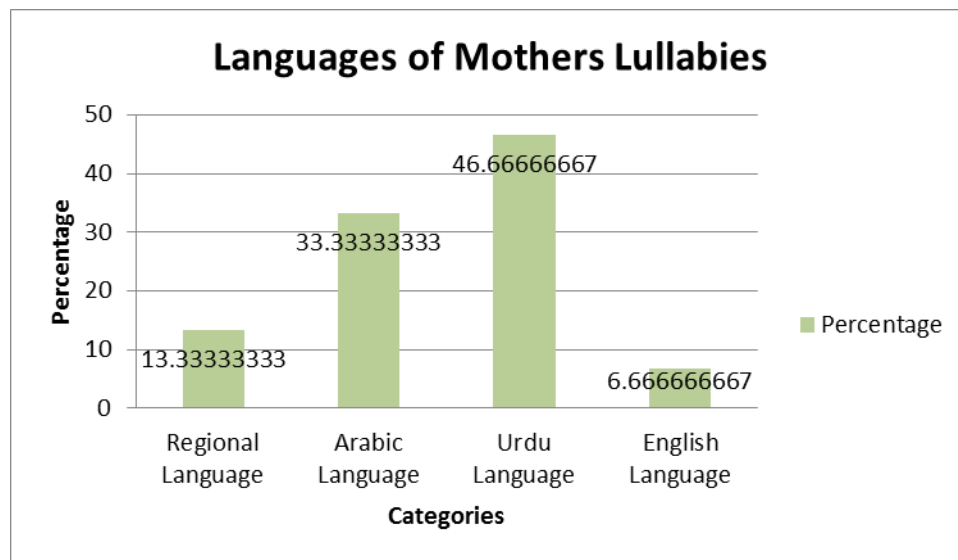


Figure 3.2: Languages of Mothers Lullabies.

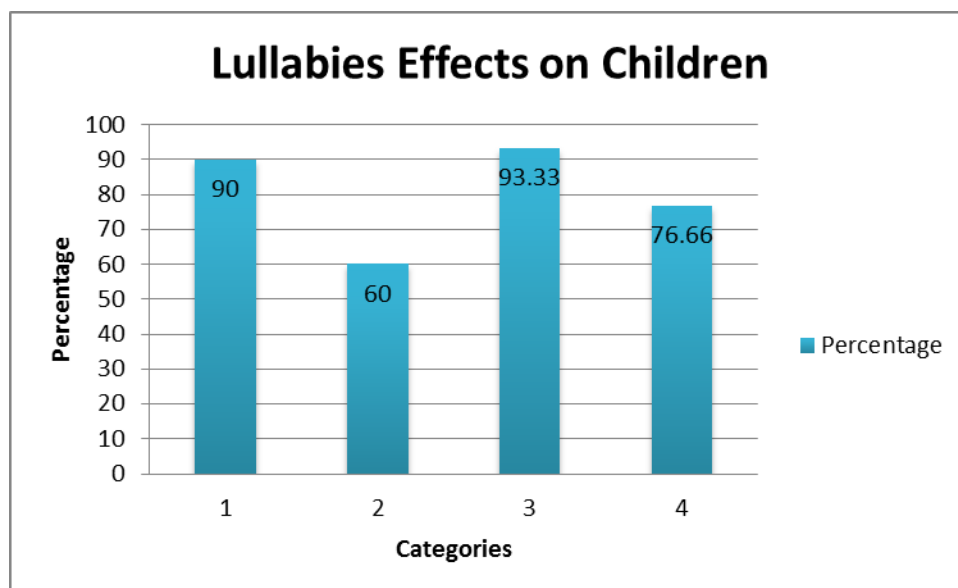


Figure 2.3: Lullabies Effects on Children.

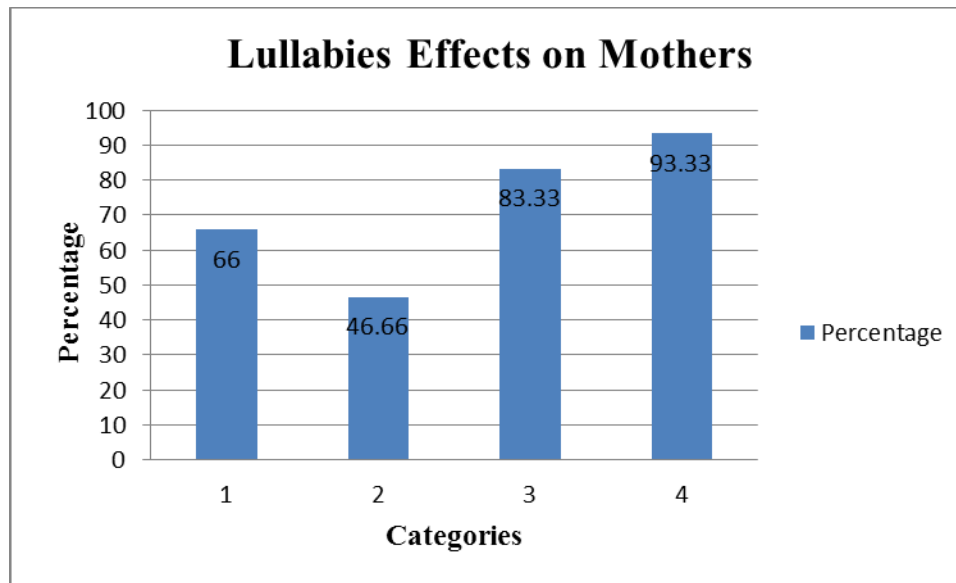


Figure 3.4: Lullabies Effects on Mothers.

5: Conclusion:

Lullaby is basically a quite song intended to lull a child to sleep and established where of the word in specific and particular form according language, atmosphere and civilization. It contains love, prayers and emotional expressions of mothers towards children which has a magical mechanism towards their sleep and comfort. It comprises short stories of legends, heroes and brave soldiers. Lullaby is very famous in all languages of our country like urdu , Punjabi, Pashto and international languages especially in English and Arabic. Listening lullabies make children to feel love, satisfaction and security. Lullaby is the collection of all love, affection and peace which show the heart and soul wanted dreams and hopes of a mother for her kid. Lullabies are a source of early child education in mother's lap the babies grown up listening to lullabies are more intelligent, sharp and responsible than others and can comprehend events more easily.

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