

Why we still get goosebumps when listening to music

Anglický text s pracovním listem · Úroveň: Mírně pokročilý (A2-B1) · 4 otázky · Klíč na samostatné straně



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Text

Have you ever listened to a song that suddenly made the hair on your arms stand up? Scientists call this reaction “frisson”, and it has fascinated researchers for decades. If you have felt it, you are not alone – in some studies more than two thirds of people report the same experience.

Frisson usually happens when something in the music breaks our expectations. It might be an unexpected key change, a sudden silence, or a powerful voice entering the mix. Our brain notices the surprise and releases dopamine, the same chemical linked to food, love and reward.

Researchers at Harvard and at Wesleyan University have been studying this response for several years. They have found that people who experience frisson tend to have stronger connections between the auditory cortex and the regions that process emotion. In other words, their brains are quite literally wired for music.

If you do not get goosebumps, do not worry. It does not mean that you enjoy music any less than others. Some people feel the same kind of intensity through visual art, sport, or even a well-told story.

Next time a song gives you chills, take a moment to notice what is happening. You are tapping into a small but ancient reward system that has helped humans bond, remember and feel for thousands of years.

Slovíčka z článku

Anglicky	Výslovnost	Česky
goosebumps	/ˈguːsbʌmps/	husí kůže
frisson	/ˈfriːsɒn/	mrazení, zachvění
to fascinate	/ˈfæsɪneɪt/	fascinovat
expectations	/ˌekspekˈteɪʃənz/	očekávání
key change	/ˈkiː tʃeɪndʒ/	změna tóniny
to release	/rɪˈliːs/	uvolnit, vyplavit
dopamine	/ˈdəʊpəmiːn/	dopamin
auditory cortex	/ˈɔːdɪt(ə)ri ˈkɔːteks/	sluchová kůra
wired for	/ˈwaɪəd fɔː/	být stvořen pro
intensity	/ɪnˈtensəti/	intenzita
well-told story	/ˌwel təʊld ˈstɔːri/	dobře vyprávěný příběh
to bond	/bɒnd/	vytvářet pouto

Otázky k textu (zakroužkujte správnou odpověď)

1. What is “frisson”, according to the article?

- A) A region of the brain that stores our musical memories
- B) A physical reaction to music that raises your arm hair
- C) An unexpected key change that composers use in a song
- D) A chemical the brain releases when we eat a good meal

2. When does frisson usually happen?

- A) When something in the music breaks our expectations
- B) When we listen to music that is very loud indeed
- C) When we hear a song for the very first time
- D) When we sing along with a powerful singing voice

3. What have researchers found about people who experience frisson?

- A) They enjoy listening to music far more than other people
- B) They release much less dopamine than everybody else does
- C) They have stronger links between hearing and emotion
- D) They usually prefer visual art and sport to any music

4. What does the article say about people who never get goosebumps from music?

- A) They are unable to feel any kind of strong emotion
- B) They ought to listen to far more surprising music
- C) They almost certainly do not really enjoy music
- D) They may feel the same intensity through art or sport

Klíč - řešení s vysvětlením

1. B) A physical reaction to music that raises your arm hair

Hned v prvním odstavci: pocit, kdy se vám z písničky zježí chloupky na rukou, vědci pojmenovali „frisson“.

2. A) When something in the music breaks our expectations

Druhý odstavec: „Frisson usually happens when something in the music breaks our expectations“ – nečekaná změna tóniny, ticho nebo nástup silného hlasu.

3. C) They have stronger links between hearing and emotion

Třetí odstavec: jejich mozek má silnější propojení mezi sluchovou kůrou a centry emocí – jsou „wired for music“. Pozor, neznamena to, že mají hudbu radši (viz čtvrtý odstavec).

4. D) They may feel the same intensity through art or sport

Čtvrtý odstavec: nic to nevypovídá o vztahu k hudbě – stejnou intenzitu mohou prožívat u výtvarného umění, sportu nebo dobře vyprávěného příběhu.