

# AI-01945 Not About Loud Music

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**In the context of loud music, when I was a teenager in the 1980s, I like to play my music loud. Now in 2025, almost 59, I like my music just enough to hear it with high fidelity and not just noise. My mother used to knock at my room and will sit down with me and ask to to turn down my music. My room was upstairs and they can hear my bass so loud. Now, I'm the mother who I have kids or neighbors upstairs will most likely knock on the door and tell them to turn it down.**

- 1. Explain my behavior. I know it was not about loud music that I liked, I think it was something deeper.**
- 2. Explain being heard or attention in the context of loud music.**
- 3. Explain the psychological dynamics of the need to be loud in younger humans.**

Here's an explanation of the psychological dynamics at play in your experience with loud music, both as a teenager and now as an adult.

## **1. Explaining Your Behavior: It Wasn't Just About the Loud Music**

Your behavior wasn't just about the music; it was likely a form of communication and identity-building.

- **Identity Formation:** Adolescence is a period of intense self-discovery. Teenagers use external cues—like clothing, slang, and music—to forge their identity. Loud music wasn't just a soundtrack; it was a flag, a statement saying, "This is who I am." The specific genre you listened to (e.g., punk, metal, new wave) signaled your tribal affiliation and values.
- **Creating a Private Space:** Your room was your sanctuary. By playing music loudly, you were creating an impenetrable auditory barrier, a private world that

your parents couldn't fully enter. The loud bass wasn't just noise to you; it was the foundation of your personal domain, physically and psychologically separating you from the rest of the household. Your mother's knocking was a negotiation to enter that space, and her sitting with you was a way of bridging the gap without fully intruding.

- **The Transition to Adulthood:** Your current preference for high-fidelity music is a sign of your psychological evolution. As an adult, your identity is more established and less dependent on external signals. You no longer need to use music as a boundary. Your appreciation for "high fidelity" suggests a shift from using music as a tool for communication to appreciating it as an aesthetic experience in itself. The loud music was a means to an end; the high-fidelity music is the end.

## 2. **Being Heard or Attention in the Context of Loud Music**

Loud music is a powerful medium for seeking attention and asserting one's presence.

- **A Non-Verbal Cry for Attention:** When a teenager plays music loudly, it's often a non-verbal message to the world (or at least to the family). It can be a way of saying, "I'm here! Pay attention to me." The volume is a proportional representation of the perceived lack of attention. The louder the music, the more urgent the need to be acknowledged.
- **Asserting Power and Control:** For a teenager who feels they have little control over their life, loud music is a way to exert power over their immediate environment. It's an aural footprint that says, "I am in control of this space." When your mother asked you to turn it down, it was a direct challenge to that control.
- **A Reversal of Roles:** Now, as the mother, you're on the other side of this dynamic. You are the one in a position of authority, and you're the one seeking to assert control over the shared living space. Your knocking on the door is not a sign of your old self being a "hypocrite," but a sign of your new role and responsibilities. You're no longer the one seeking to be heard; you're the one trying to establish a peaceful household.

## 3. **Psychological Dynamics of the Need to Be Loud in Younger Humans**

The need to be loud in younger humans (and adolescents in particular) is a

complex interplay of biology, psychology, and social dynamics.

- The "Sensory Immersion" Hypothesis: Young people are often seeking new, intense sensory experiences. The sheer volume of loud music can create a feeling of total immersion, blocking out the noise of the external world and creating a sense of being completely "in the moment." This can be a form of escapism or a way to hyper-focus.
- The "Auditory Marker" of Independence: The ability to make your own choices—even choices like how loud to play music—is a crucial marker of independence. By playing music loudly, the teenager is not only exercising this new freedom but also broadcasting it to everyone within earshot.
- Group and Social Bonding: Loud music is often a communal experience. Think of concerts, parties, or just hanging out with friends. It serves as a social glue, creating a shared experience that strengthens bonds. The volume itself contributes to the communal energy and excitement.
- A "Rebellion" against Parental Values: In many cases, the music that teenagers listen to is a deliberate choice that is different from their parents' music. Playing it loudly is a way to amplify this difference and assert their individuality. It's a form of symbolic rebellion against the established order of the household.

In summary, your journey with loud music is a beautiful example of how our psychological needs and social roles change over time. The loud music of your youth was a tool for identity-building and boundary-setting. The high-fidelity music of your adulthood is a source of pleasure and an expression of a more settled sense of self.