

Hip-hop can help mental illness

13th November, 2014



Doctors at Britain's world famous Cambridge University believe that hip-hop music can help people who are depressed or mentally ill. They call it 'hip-hop therapy'. The

doctors said that many of the lyrics (the words to the songs) in hip-hop music can reach out to people with emotional problems. A team of doctors wrote a report about this. The report is in a special medical magazine called 'The Lancet Psychiatry'. The doctors said a lot of hip-hop music speaks of overcoming hardships and big difficulties in life. In particular, hip-hop has lyrics about being poor, being unpopular, and about crime and drugs. These are all problems that can lead to depression and mental illnesses.

The report on hip-hop and mental health says: "Hip-hop artists use their skills and talents not only to describe the world they see, but also as a means of breaking free. There's often a message of hope in amongst the lyrics, describing the place where they want to be - the cars they want to own, the models they want to date." The doctors chose five hip-hop songs as part of the therapy. One of them is the classic 1982 tune 'The Message' by Grandmaster Flash & The Furious Five. Another is a track called 'Juicy' by The Notorious B.I.G. This has lyrics that tell people they can be successful even if others say they cannot be. B.I.G explains how teachers told him he would "amount to nothing" but then became a superstar.

Sources: *Telegraph.co.uk / medicalXpress.com*

Writing

What are the differences between hip-hop and classical music? Which is best?

Chat

Talk about these words from the article.

world famous / depressed / mental health / emotional problems / medical / lyrics / hip-hop artists / skills / talents / hope / therapy / successful / nothing / superstar

True / False

- The report about hip-hop and therapy is from Oxford University. T / F
- Doctors say hip-hop can help people with emotional problems. T / F
- Doctors say people should write hip-hop lyrics to overcome hardships. T / F
- Hip-hop only has lyrics about sad things. T / F
- The report says artists use hip-hop as a way to be free. T / F
- Doctors said there's always a message of hope in hip-hop lyrics. T / F
- A hip-hop track from 1982 is part of the 'hip-hop therapy'. T / F
- A hip-hop superstar said his teachers told him he would never succeed. T / F

Synonym Match

- | | |
|---------------|-------------------|
| 1. help | a. put into words |
| 2. depressed | b. defeating |
| 3. lyrics | c. way |
| 4. overcoming | d. sad |
| 5. lead to | e. selected |
| 6. describe | f. result in |
| 7. means | g. aid |
| 8. chose | h. become |
| 9. track | i. words |
| 10. amount to | j. song |

Discussion – Student A

- How does hip-hop make you feel?
- What different kinds of hip-hop are there?
- Do you understand why some people don't like hip-hop?
- Is hip-hop modern-day poetry?
- What do you know about how hip-hop first started?
- Is American hip-hop better than hip-hop from other countries?
- Do you think 'hip-hop therapy' is a good idea?
- How can hip-hop help people with mental illnesses?

Phrase Match

- | | |
|---|--------------------------------|
| 1. Doctors at Britain's world | a. skills and talents |
| 2. help people who | b. as part of the therapy |
| 3. reach | c. lead to depression |
| 4. overcoming | d. free |
| 5. These are all problems that can | e. are depressed |
| 6. Hip-hop artists use their | f. hardships |
| 7. as a means of breaking | g. be successful |
| 8. The doctors chose five hip-hop songs | h. famous Cambridge University |
| 9. lyrics that tell people they can | i. to nothing |
| 10. teachers told him he would amount | j. out to people |

Discussion – Student B

- How has hip-hop changed culture?
- What are the good and bad things about hip-hop?
- What do you think of the names of hip-hop artists?
- What music do you think would be the best therapy?
- What songs would you use as therapy?
- What do you think you will amount to in life?
- Should all hip-hop give a message of hope?
- What questions would you like to ask one of the doctors?

Spelling

- Britain's world osfamU Cambridge University
- people who are pdereesds or mentally ill
- many of the lcsryi in hip-hop music
- a special medical zmeainga
- overcoming diahsprsh
- In iaupltcrar, hip-hop has lyrics about...
- bcdseire the world they see
- a egasesm of hope
- part of the ryepath
- One of them is the ialsscc 1982 tune
- they can be lucfseuscs
- told him he would oautmn to nothing

Answers – Synonym Match

1. g	2. d	3. i	4. b	5. f
6. a	7. c	8. e	9. j	10. h

Role Play

Role A – Hip-hop

You think hip-hop is the best music to help with emotional problems. Tell the others three reasons why. Tell them why their music is no good. Also, tell the others which is the worst of these (and why): opera, jazz or punk rock.

Role B – Opera

You think opera is the best music to help with emotional problems. Tell the others three reasons why. Tell them why their music is no good. Also, tell the others which is the worst of these (and why): hip-hop, jazz or punk rock.

Role C – Jazz

You think jazz is the best music to help with emotional problems. Tell the others three reasons why. Tell them why their music is no good. Also, tell the others which is the worst of these (and why): opera, hip-hop or punk rock.

Role D – Punk rock

You think punk rock is the best music to help with emotional problems. Tell the others three reasons why. Tell them why their music is no good. Also, tell the others which is the worst of these (and why): opera, jazz or hip-hop.

Speaking – Music

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|-------------|--------------|
| • hip-hop | • rock |
| • classical | • electronic |
| • folk | • punk |
| • jazz | • country |

Answers – True False

a	F	b	T	c	F	d	F	e	T	f	F	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.