

THE ROLE OF TRADITIONAL SONGS IN LOKELE AND ENGLISH CULTURES

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ABSTRACT

Traditional song plays an important role they help people express their feelings, attitude according to the circumstance, ceremonies, namely death, marriage, political ceremonies convey history and collective memory. It recounts historical events, legends, or aspect of everyday life (wars, agricultural work, maritime life) traditional song transmits knowledge orally, especially before widespread literacy. It also strengthens the Sens of belonging to a region or a community.

Keywords: Tradition, Song, Culture Lokele, English

1.0 INTRODUCTION

The Songs play an important role in everyday life of each people. In fact, they help people express their feelings, attitude according to the circumstance, ceremonies, namely death, marriage, political ceremonies. traditional songs play a vital role in the cultural and social life of a people as they primarily serve to transmit collective memory, values, beliefs, and experiences from one generation to another. They help strengthen social bonds by bringing people together during festivals, ceremonies, work, or times of mourning. Through their lyrics and melodies, they express the emotions of the people, tell their history, and reflect their cultural identity. Moreover, traditional songs often have an educational function: they teach life lessons, practical or moral knowledge, and help pass on language and oral traditions. Finally, songs contribute to preserving and promoting the intangible heritage of a society.

2.0 DEVELOPMENT

2.1 Categories of Songs

Songs are categorized according their genre, which refers to a style of music: popular music genres pop, rack, hip hop, and country. songs are equally categorized according to their culture or traditional origins, such as traditional folk songs or African spirituals.

Here are more details look at how songs are categorized:

2.1.1 Genres:

- **Pop:** A broad genre that encompasses main stream music often found on radio and in the charts.

- **Rock:** A genre known for its powerful, often electric guitar -drive sound, with numerous subgenres like alternative rock, hard rock, and progressive rock.
- **Hip Hop:** A genre that includes rapping, djing, and a wide of variety of why the music beats, with various subgenres.
- **Country:** Song rooted in the traditions of the American south and often features storytelling and emotional lyrics.
- **R B:** (Rythn and Blues): a genre that blends jazz, blues, and soul influences, characterized its soulful vocals and often, incorporates hip-hop.
- **Electronic:** A genre that uses synthesized and other electronic instruments to create music.
- **Jazz:** A genre that originated in the African American community, often featuring melancholy lyrics and a slow tempo.
- **Funk:** A genre that emphasizes groove, rhythm and dance, often featuring powerful bassines and syncopated rhythms.
- **Blues:** A genre that originated in the African American community, often featuring melancholy lyrics and a slow tempo.
- **Reggae:** A genre that originated in Jamaica, known for its off-beat rhythm, and often incorporated elements of ska, mento, and calypso.

2.1.2 Cultural / Traditional origins

- **Folk:** Traditional songs passed down orally, often featuring simple melodies and stories.
- **African Spirituals:** Religious songs with roots in the African American experience, often characterized by their powerful vocals and emotional content.
- **Hymns:** Religious songs typically used in worship services.
- **Sea shanties:** Traditional work songs sung by sails

2.1.3 Other categorizations:

- **Classical:** Music from western and music traditions, often featuring complex harmonies and orchestra arrangements.
- **Broadway:** Musicals featuring songs with a thematical style.
- **Instrumental:** Songs that do not feature vocals.
- **Cover versions:** Songs that are performed by a different artist than the original.

This is not an exhaustive list, since there are many other ways to categories songs based on various criteria, such as tempo, instrumentation, or even the mood they evoke.

2.2 Function of songs in English and Lokele Culture

Song have always been and will always be a means that people use to create bonds and the presence of music are that do not include other kinds of forms of entertainment. Songs are great way to bring people together and it is one of the things that has been used for centuries as a tool for bringing people together.

Many cultures do not practice any kind of song at all have developed different kinds of instruments that can be played and people sing or hum the sounds. The importance of music to

the societies is very important and has a direct impact on all aspects of human life, including the development of technology and Understanding of the environment.

2.2.1 Culture transmission and social function.

- **Culture Identity:** songs often reflect cultural values and beliefs, serving as a way to transmit history, traditions, and cultural narratives across generations.
- **Social connection:** Songs can bring people together, fostering a sense of community and shared experiences, as seen in singing along at concerts or during social gatherings
- **Storytelling and education:** songs can be used to tell stories, educate audiences about different cultures, and convey important messages.
- **Social commentary:** some songs use lyrics to critic social issues, promote social change, or express political view.

2.2.2 Personal and individual Functions:

- **Self-Expression:** Songs allow individuals to express their own thoughts and feelings, offering a platform for personal growth and self-discovery.
- **Memory and nostalgia:** Songs can evoke powerful memories and feelings, creating a link to the past and connecting individuals to their personal history.
- **Personal Growth:** Engaging with music whether through listening or creating, can be a source of inspiration and motivation, fostering creativity and self-expression.

In essence, songs are a multifaceted form of art that can be used for a variety of purposes, impacting individuals, society, and culture in profound ways.

2.3 Cultural aspects of song in Lokele and English language.

In the Lokele culture, songs serve as crucial cultural artifacts, preserving traditions, history, and social commentary. They are used in ceremonies, rituals, and even social contracts. Similar English songs have a rich cultural history, encompassing folksongs, popular music, and more, reflecting social values and narratives.

2.3 Culture signification

- **Community Identity:** Both Lokele and English songs contribute to a sense of community identity, and belonging.
- **Passing on knowledge:** Songs are a vital tool for transmitting cultural knowledge and traditions from one generation to the next.
- **Social control:** In some cases, songs can serve as a form of social control, addressing moral issues or promoting desired behaviours
- **Expression of Emotions:** Songs provide an avenue for expressing a wide range of emotions, from joy and love to sorrow and anger.

In essence, both Lokele and English songs are powerful cultural artifacts that reflect and shape their respective societies.

2.5 Positive aspect of songs Songs offer numerous positive benefits, including.

- Improving mood
- Reducing stress and anxiety
- Enhancing focus, and even boosting physical performance.

2.5.1 Mental and Emotional benefits

- **Stress and Anxiety reduction:** Listening to music, especially calming or ambient music, can trigger the release of endorphins reducing stress and anxiety.
- **Mood enhancement:** listening to music can make someone feel happier.
- **Focus and concentrations:** Instrument or ambient music can help improve focus and concentration, especially during tasks that require mental endurance.
- **Emotional Express:** Music provides a safe and healthy outlet for emotional expression, allowing individuals to explore and process their feelings.
- **Relaxations:** Music can help slow your breathing and relax your mind promoting a sense of peace and calm.

2.5.2 Physical benefits

- **Pain management:** Music therapy can help manage pain by reducing stress and providing a strong competing stimulus to pain signals.
- **Improved sleeps:** Some studies suggest that listening to certain types of music, like classical music, can improve sleep quality.
- **Increased coordination:** Listening to music can enhance motor coordination and movement, particularly when engaging in physical activities like dancing or rapping.
- **Enhanced physical performance:** Upbeat and rhythmic songs can motivate you to perform better in physical activities like rapping over exercise.
- **Cognitive function:** Music can help improve cognitive function, including attention, memory, and learning.

2.6 Social and culture benefits:

- **Social connection:** Music can bring people together, fostering a sense of community and shared experience.
- **Cultural continuity:** Music plays a vital role in preserving and transmitting cultural traditions and values.
- **Creativity and Imagination:** Music can spark creativity, imagination, and intellectual curiosity.

2.7 Negative aspect of songs

2.7.1 Distraction: Music can be distracting in certain situations, such as studying or working. Lyrics or complex melodies may interfere with concentration and cognitive tasks.

2.7.2 Emotional impact: Music can evoke emotions, which can wake strong emotions, which can sometimes lead to negative feelings or memories. Music's positive impact, can also have harmful effects on individuals. These include:

- Physical health risks like hearing loss, as well as mental and emotional distress,

- Potentially leading to anxiety, depressing or even behave issues additionally, music's influence on teenagers can be particularly significant, with exposure to certain lyrics potentially desensitizing them to violence or promoting risks behaviour.

Here's a more detailed look at the potential harms:

1. Physical Health:

- **hearing loss:** Prolonged exposure to loud music, whether through concerts, headphones, a personal listening habit, can damage the delicate structures of the inner ear tinnitus.
- **Repetitive strain injuries:** Musicians and those who practice instruments regularly can experience injuries due to repetitive movements such as focal dystonia, which can affect the nerves and muscles involved playing.
- **Overstimulation and stress:** Excessive noise from music can lead to overstimulation, causing discomfort, agitation, anxiety, or even physical distress.

2.8 Mental and Emotional health:

- **Anxiety and depression:** Certain music genres, particularly those with negative or violent lyrics, can contribute to anxiety, depression, and other mental health concerns.
- **Rumination:** Listening to sad music can trigger rumination, or repetitive negative thinking, which can worsen feelings of sadness or distress.
- **Aggression and risk behaviour:** Exposure to music with violent or aggressive lyrics may desensitize individuals to violence, potentially increasing their risk of aggressive behaviours, risks sexual behaviours, or substance abuse.
- **Cognitive impairment:** In some cases, music especially loud or distracting music, can overload cognitive resources, potentially hindering focus and cognitive performance.
- **Sleep disruption:** Catchy tunes or music listened to before bed can disrupt sleep, making it difficult to fall asleep or stay asleep.

2.8 Songs Impact of Adolescent:

2.9.1 Desensitization to violence: Music with violent lyrics can desensitize teenagers to violence, potentially leading to a more accepting view of aggressive behaviours.

2.9.2 Risk behaviours: Exposure to music promoting risk behaviours, such as substance abuse or unprotected sex, can influence teenagers to engage in similar behaviours.

2.9.3 Negative Emotional responses: Some music can trigger negative emotional responses in teenagers, to especially those with themes of violence or discriminations.

3.0 To save Lokele culture for the new generation, we suggest:

- Encourage children to learn and speak Lokele at home.
- Record and document the language (audio, video, or written materials).
- Create Lokele-language books, songs, poems, and educational materials.
- Use social media or YouTube to promote Lokele-language content.

Protect and promote Traditional Music and Drumming

- Lokele people are historically known for their talking drums.
- Revive and teach the drum communication system to younger generations.
- Organize cultural events and workshops around traditional music and instruments.
- Record performances and document the meanings behind the rhythms and codes.

Celebrate Oral Traditions and Storytelling

- Gather and record elders' stories, proverbs, myths, and historical accounts.
- Include these in schools and community centres to teach youth their heritage.
- Publish traditional stories in bilingual formats (Lokele + Lingala or French).

Revitalize Traditional Art and Handicrafts

- Encourage the practice and transmission of traditional crafts (weaving, carving, pottery).
- Support local artisans by helping them sell their work locally and internationally.
- Host exhibitions or fairs showcasing Lokele art and culture.

Create Cultural Education Programs

- Establish community-based classes or clubs focused on Lokele history, language, and customs.
- Involve elders as cultural teachers and mentors.
- Integrate Lokele culture into local school curricula (if possible).

4.0 CONCLUSION

Songs are widely used for entertainment and social recreation in various forms, such as ball room dancing, club dancing, and social songs. They are often a central part of traditional ceremonies, such as wedding's funerals, and religious events, where it serves as a way to honour the deceased or celebrate important life events. Songs provide a medium for expressing emotions, telling stories, and passing down cultural knowledge and beliefs to younger generations.

Through dances and songs, Lokele community preserve its unique cultural tradition, history, and artistic style, ensuring their survival for future generations. Songs promote social interaction and connection fostering a sense of community and shared experience. they provide numerous physical benefits, such as improving cardiovascular health internight, and balance, as well as mental and emotional benefits, such as reducing stress and boosting self-esteem. In both Lokele and English cultures, songs are vital culture and society practice that transcends more entertainment, serving as a powerful form of communication, expression, and connection.

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