



Entrainment

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There are so many examples in the natural world of different rhythmic systems. Rhythmical processes, periodic processes are absolutely fundamental to life but not only to life but to the universe in general.

But more interesting for me as an ethnomusicologist is what it means for different individuals to be in time with each other.

For me a big breakthrough was this concept of entrainment. Where I came across it was reading psychology, the psychology of rhythm perception. Entrainment means the process by which two independent rhythmic systems interact with each other and synchronise.

It's really quite easy to see in principle how entrainment is applicable to people playing music in time with each other. Music is incredibly important to the way we function as human beings so if we can understand how this thing works in musical performances then we can learn something very important which will help us to understand the biological foundations of culture, of social life.