



Songs: An Expression of Venda Women's Emotion

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ABSTRACT Life today is full of stress and anxiety in both rural and urban areas. There is anecdotal evidence that music reduces adverse physiological and psychological stress. As women make the transition into womanhood they are likely to have challenges associated with their neonatal family. This paper explores how Venda women express their emotions through music. This qualitative aimed at gathering an in-depth understanding of human behaviour and the rationale for such behaviour. Different songs were recorded and analyzed. The results showed that songs provided a sense of independence, which in turn contributes to a Venda woman's self-discovery and sense of identity. Songs can also serve as a creative outlet to control emotions and find ways of coping with difficult situations.