

How does music education benefit adults?

The Chorus Impact Study examined attitudes, opinions and activities of more than 2,000 singers, and found that choral singing is **positively associated with civic leadership**, financially contributing to philanthropic organizations more than average citizens, voting and serving as civic officers, and volunteering frequently. They also found that choral singers are more likely than average Americans to exercise, attend other artistic performances, and be **team players**, a skill which they attribute to their participation in a chorus.

(https://www.kaufmanmusiccenter.org/images/uploads/content/ImpactStudy09_Report.pdf)

The Guardian (UK) reported in 2016 about a number of studies that show differences in brain structure between musicians and non-musicians. Studying music is associated with a strengthened corpus callosum, the part that connects the two sides of the brain, as well as areas involved with **movement, hearing, memory, and visio-spacial abilities**. Musical training has also been shown to help patients who are **rehabilitating from brain damage**. (Visit https://www.theguardian.com/education/2016/oct/24/want-to-train-your-brain-forget-apps-learn-a-musical-instrument?CMP=share_btn_link for full article & links to research).

A study at Oxford Brookes University comparing adults who sang in choirs, sang alone, or played on sports teams. The **highest levels of psychological well-being were reported by choral singers**, who saw their choirs as more coherent, meaningful social groups than the member of sports teams saw their teammates. British Psychological Society (BPS), December 4, 2013. “Why singing in a choir is good for you”. ScienceDaily.

Researchers in Sweden showed how regular breathing practiced while singing can produce *respiratory sinus arrhythmia (RSA)*, or coordination between the respiratory system and heart-rate variability. RSA can **improve circulation, cardiovascular function and mood**. Singers who sang and breathed together also coordinated the speed at which their hearts accelerated and decelerated!

(Study available at

http://www.juneberrymusic.com/uploads/1/7/4/2/17427251/bottomlinepublications.com-how_singing_in_a_choir_helps_your_heartphysically_and_emotionally.pdf).