

HOW MUSIC EDUCATION BENEFITS ADULTS

Music reduces stress and anxiety.

According to a survey by the National Poll on Healthy Aging, nearly all older adults stated they get some health-related benefit from music, most often stress relief or relaxation.

Music promotes teamwork.

The Chorus Impact Study found choral singers are more likely to be team players, a skill which they attribute to their participation in a chorus.

Music can improve memory.

Cognitive reserve is the mind's resistance to age-related memory loss, according to Psychology Today. Music is cognitively stimulating and could contribute to building this reserve. Even short-term musical training strengthens cognition.

Music may help heart health.

Researchers in Sweden showed how regular breathing practiced while singing can produce respiratory sinus arrhythmia (RSA), a positive coordination between the respiratory system and heart rate.

Music can help reduce pain.

Music therapy can assist with pain management, for example, refocusing the attention during painful procedures or providing relaxation during end-of-life care.

Music improves the quality of life for the elderly.

Research shows a music therapy program with institutionalized elderly participants will improve social interaction and creativity.

Music opens up social connections.

According to Psychology Today, musical activities often involve social functions promoting social contact, cooperation, and a sense of belonging with others.



Classes, lessons, events
603-448-1642



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