

Benefits of Music Study in Adulthood

- Involvement in participatory arts programs has been shown to have a positive effect on mental health, physical health, and social functioning in older adults, regardless of their ability. The arts also contribute to communicating, building sense of identity, preserving or restoring social capital, and strengthening social networks in communities.

Arts in Aging report from the National Endowment for the Arts

- Loneliness, depression and even the effects of Alzheimer's disease have been shown to respond to music, and some studies have even linked music making to better functioning of the immune system.

American Music Conference, and the NAMM Foundation

- Research shows that music activities (both music listening and music making) can influence older adults' perceptions about the quality of their lives. Some research has examined the effects of music listening on biological markers of health and subjective perceptions of well-being. Other studies on the psychological and social benefits associated with music making activities have demonstrated that participants often place considerable value on these "nonmusical" benefits of music activity.

Coffman, D. D. (2002). Music and quality of life in older adults. *Psychomusicology*, 18(1-2), 76-88.

- The descriptive study surveyed members of a volunteer wind band for senior citizens. They reported that social interactions, as sense of personal well-being, and accomplishment, and enriching recreational activities were dominant factors in defining quality of life. Furthermore, a desire for active music making was a primary motivator among seniors' reasons for joining a band program, as was a desire for socialization. Many of the participants in the study considered music making and socialization "very important" or "essential" to their quality of life, rating them as high as family relationships and good health. Prior research among older adults suggests that needs for active recreation and education are two quality of life components not being adequately met. Judging from these participants' comments and ratings, it would appear that the band program is satisfactorily meeting these "inadequately met" needs, plus it provides socialization benefits as well.

Coffman, D. D. & Adamek, M. (1999). The contributions of wind band participation to quality of life of senior adults. *Music Therapy Perspectives*, 17(1), 27-31.

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