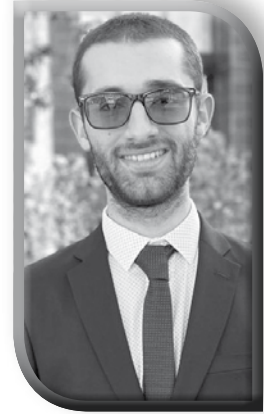




Benefits of Music Education

Manuel Cassar
Music Teacher



In schools, children learn music. Some might see this subject as extra, while others might see it as a time for children to express themselves. Research shows that teaching music to children might facilitate the learning process of other subjects whilst also increasing the skills children would inevitably use in other subjects. Music is everywhere. It is all around us, be it a wedding, mass, funerals, celebrations, etc. Making music is not just simply jotting down notes in a music book. It is a process. The involvement of children tapping a particular rhythm, playing an instrument, or even singing all involves multiple skill tests, which are often simultaneously (playing a wind instrument requires moving the hands to press the correct buttons, articulating notes using the tongue, hearing what other musicians are playing and analysing the music sheet that is being played). Hereunder are some benefits that music education has on children:

1. Language development

When children are introduced to schools, their first instinct is to analyse their environment. Listening to other people talk is one of them. Children tend to want to decode all the sounds and words they hear, and music education helps enforce these natural abilities (Brown, 2012). Music and language are closely linked and processed in the brain in the same region. Introducing several sounds in early childhood education enables children to be exposed to, learn and practice the sounds and words. Gestural and vocal imitation has been acknowledged as the origin of human communication, (Donald, 1991), and such techniques would be very beneficial for children to learn new songs or pronounce new words. Nursery rhymes usually contain several rhymes and repetitions, which support this technique, allowing children to develop their awareness of letters and sounds (Queensland, 2020). Teaching singing as part of music education also increases the students' concentration, listening skills, vocabulary, and sentence development.

2. Music education increases intelligence

This point does not have to do with the Mozart effect (studies linked to Mozart's music that can lead to extended memory retention) per se. Instead, this is a question of whether music education increases intelligence that would eventually extend to non-musical areas of cognition. Music lessons require children to be attentive and focused, including the daily practice and other learning outcomes. However, this combination can positively impact cognition, especially during early childhood years when the development of the brain is still sensitive to several environmental influences (Huttenlocher, 2002). Several studies hypothesised that music lessons promote intellectual development, including a study by E. Glenn Schellenberg at the University of Toronto. His study sample included 144 six-year-olds assigned randomly to each group, including either Keyboard, Kodály, drama lessons or no lessons. Those children who had no lessons received keyboard lessons for the following year. After conducting this study, the results showed that music lessons increase IQ by small increments. In contrast, those in drama classes did not have the same increase in IQ; however, their social behaviours increased (Schellenberg, 2004).

3. The brain works harder when exposed to music learning

Research shows that the brain of a musician works differently than that of non-musicians. Children involved in music have more significant growth of neural activity than people who are not musically trained. Foregard et al. found significant changes in the fifty-nine children observed and studied. An improvement in sound discrimination and motor skills was present in children who received musical tuition, and images showed activity in the brain network associated with the two mentioned skills (Foregard et al., 2008).

Conclusion

In conclusion, music education offers numerous benefits for children, including enhancing language development, increasing intelligence, and stimulating the brain to work harder. By integrating music into school curricula, we can provide children with valuable skills that extend beyond the music classroom, helping them succeed in various aspects of their academic and personal development. It is clear that music education is not just an extracurricular activity but a crucial component of a well-rounded education.

References

- Brown, L. L. (2012, May 7). The Benefits of Music Education. Retrieved from PBS Kids for Parents: <https://www.pbs.org/parents/thrive/the-benefits-of-music-education>.
- Donald, M. (1991). Origins of the Modern Mind. Harvard University Press.
- Queensland, S. L. (2020, August 10). Singing to Support Language Development. Retrieved from first5forever: <https://www.slq.qld.gov.au/blog/singing-support-language-development>
- Hill, W. J. (2002). Advocacy in Music Education. Teaching Music, 10(2), 5.
- Huttenlocher, P. (2002). Neural Plasticity: The Effects of Environment on the Development of the Cerebral Cortex. Harvard University Press.
- Schellenberg, G. E. (2004). Music Lessons Enhance IQ. Psychological Science, 15(8), 511-514.
- Forgeard, M., Winner, E., Norton, A., Schlaug, G., & Fitch, T. (2008). Practicing a musical instrument in childhood education is associated with enhanced verbal ability and nonverbal reasoning. PloS One, 3(10), E3566.

Trid quddiesa sabiħa għall-
għezież tiegħek fl-aħħar ta'
ħajjithom?



Ċempel lil

Mgarr Folk Group

fuq

79046166 / 21574686

u staqsi għal

Bernard Vella

~~~~~

Nagħmlu wkoll quddies  
tat-tigijiet u anniversarji



Café • Bar • Grill

**Ċavett  
Place**  
EST. 2003

*Made with love*



Triq il-Kbira, L-Imgarr, Malta

Mobile: 9978 8449

# Ph Borg Ltd.

FUEL & LPG SUPPLIER

WE DELIVER FUEL AND LPG TO  
Hotels ◊ Domestic ◊ Industrial ◊ Farms ◊ Yachts

## WE FOCUS ON

- ◊ Timely deliver
- ◊ Flexible credit terms
- ◊ 24/7 delivery service
- ◊ Excellent quality products

...all of which are offered by our **trained staff** and well **equipped vehicles**.



find us on facebook

## Ph.Borg Ltd.

Joseph Yard, Triq Il-Prinjol, Wied Il-Ghasel, L/O Naxxar, NXR 6345  
mob: 9949 1177 web: [www.phborgltd.com](http://www.phborgltd.com) email: [info@phborgltd.com](mailto:info@phborgltd.com)



**FREE  
DELIVERY**

**bottles & bottles**  
[www.bottlesandbottles.com](http://www.bottlesandbottles.com)

“ your wholesale beverage store ”

**OPEN ALL DAY, 7 DAYS A WEEK**

**7, TRIQ L-ETNA, MELLIEHA**



Find us on  
Facebook

Contact Us: 21521235

# Art in Beauty

MED - AESTHETIC CLINIC

📍 132 Triq il-Kbira, Mellieha  
 ☎️ +356 21 522 123  
 📞 +356 99 843 941

✉️ info@artinbeauty.com  
 🌐 www.artinbeauty.com  
 📱 Art in Beauty



Laser Hair Removal



Body Sculpting



HIFU - Facelifts



Chemical Peels



Botox & Fillers



Pedi Spa



Dermaplan



Advanced Facials



Pigmentation



**GREAT DANE**  
RESTAURANT

SUNDAY ALL-INCLUSIVE BUFFET LUNCH  
 FROM OCTOBER TO MID-JUNE

**RESTAURANT**  
 IDEAL FOR ALL THE FAMILY



**BOOK NOW**

GHADIRA BAY, MELLIEHA

Email: info@walshs.com.mt

**21575750**