

Er amatørmusikken sundhedsfremmende?

Præsentation af Henriette Schøn, Ph.D.
ved konferencen

SKAPA, SJUNGA, SPELA
FRITIDSMUSIKENS FRAMTID I NORDEN
Lördag 6 februari 2021

Intro til oplægsholder:



Henriette Schøn

Cand. Polyt, Ph.D.



Steen Finsen

Formand for Danske Orkesterdirigenter

- Har siden 2007 udført research om entrepreneurship og innovation i USA og DK
- Har boet 14 år i USA og arbejdede i årene 2009-2015 som Assistant Director ved University of Central Florida(UCF) Office of Research & Commercialization i Orlando, Florida, og var fokuseret på program udvikling af innovation og entrepreneurship kurser m.m. ved universitet
- 2015-2018 færdiggjorde Ph.D. i innovations økosystemer ved UCF i Florida
- Er retur i DK, og begyndte efteråret 2020 for Musik i Norden, og med formanden for Danske Orkesterdirigenter, Steen Finsen, som coach, at indsamle viden om udført forskning indenfor amatørmusikkens område med særligt fokus på de gunstige effekter, der er ved at synge i kor og spille i orkester

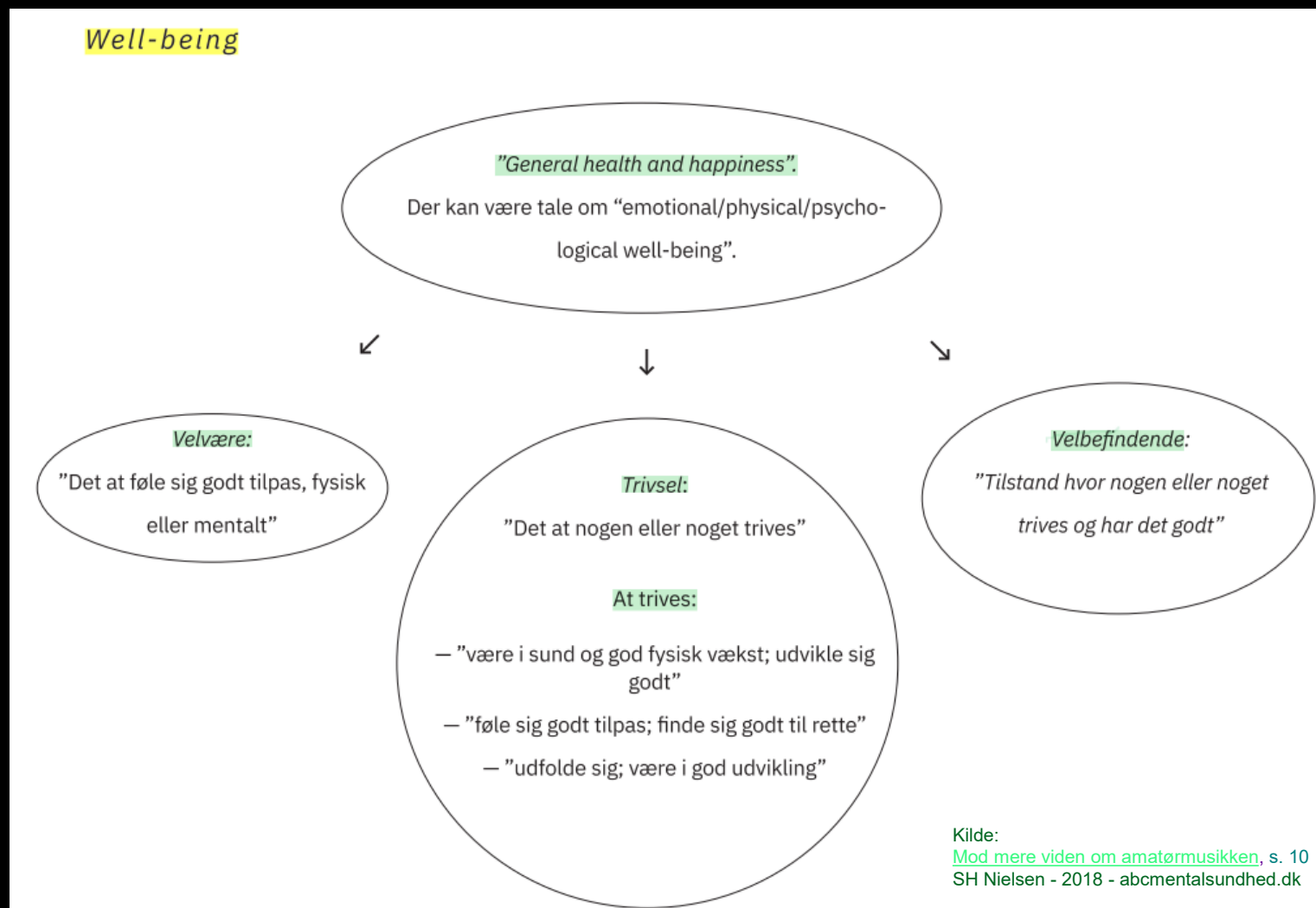
Baggrund for forsknings indsamlingen:

- Musik i Norden's vision er at fremme forskning i amatørmusikkens aktiviteters betydning for, og indflydelse på den enkelte i en samfundskontekst med fokus på sociale, psykologiske, kreative og helbredsmæssige aspekter
- Musik i Norden ønsker at fremme forskning i amatørkultur i et bredt perspektiv, for at skabe udvikling og forbedrede vilkår for det amatørmusikalske område
- Indsamlingens emne er: "Musikkens indvirkning på menneskets krop, sind og adfærd" og er valgt udfra et bredt well-beings perspektiv, som den overordnede afgrænsning
- Totalt er pt. 440 forskellige forsknings dokumenter, bestående af Master-, Ph.D.-afhandlinger, papers, rapporter, bøger, conference papers fundet siden november 2020
 - Indsamlingen består af 2 dele.
 - Første del har 355 med fokus på, hvad musikken gør primært ved voksne, der aktivt udøver musik, og anden del har 85 med fokus på børns udvikling med musik udøvelse, af en eller anden form, i deres liv

Well-being begrebet forklaret

Vi har taget udgangspunkt i Sofie Holm Nielsens rapport "Mod mere viden om Amatørmusikken", fra 2018. Vi anvender hendes figur til at få mere forståelse for Well-being begrebet.

Vi ser ikke stringent på begrebet amatør og hvad det helt præcist indebærer. Vi ser primært på effekten af hvad musik gør ved mennesket, i alle aldre, og når musikken er aktivt udført med et fornøjeligt/trevligt mål, og ikke som levebrød.



Kategorier i indsamlingen:

- Børns helse
- Børn og unges, udvikling og indlæring
- Terapeutisk indvirkning
- Effekt på følelser
- Indlæring generelt
- Hukommelse
- Kreativitet under lytning af musik
- Hjernens funktioner under lytning til musik
- Hjernefunktioner – neurale ændringer
- Neurofysiologiske ændringer
- Cognitiv respons på pitch m. m.
- Korsang
- Orkesterspil
- Musik brugt som en del af behandling i sundhedsvæsenet

Intro til forsknings-indsamlingen:

440
FORSKNINGSRESULTATER INDENFOR
MUSIKKENS INDVIRKNING PÅ MENNESKETS
KROP, SIND OG ADFÆRD
FUNDET VED GOOGLE SCHOLAR SØGNINGER



Indsamling udført for

Musik i Norden
www.musikinorden.dk

Videncenter for Amatørmusik
www.videncenterforamatoermusik.dk

Udført af
Henriette Schön, Ph.D.

Præsenteret ved webinariumet: Skapa, Sjunga. Spela - lørdag, 06.02.2021

Kilde:

<https://www.videncenterforamatoermusik.dk/images/pdf/440%20forskningsresultater%20musikkens%20indvirkning%20p%C3%A5%20mennesket%2020Feb%202021.pdf>

Abstract type 1: Helse

Singing for health: an exploration of the issues

Rosie Stacy, Katie Brittain, Sandra Kerr ▼

Health Education

ISSN: 0965-4283

Publication date: 1 August 2002 



Abstract

Singing for health may be an idea whose time has come. The interest in music in relation to health is evident in medical and health-care research. This paper reviews ways in which music and singing relate to health and healing, historically and cross-culturally, and shows that music forms a part of the healing systems of many cultures. The paper reviews research on the links between music and health. They include studies that suggest that music has profound effects on the emotions, for example, inducing states of relaxation which are particularly useful as an antidote to depression, anxiety and fatigue. Music has also been shown to enhance physical health through improvements to breathing capacity, muscle tension and posture and the reduction of respiratory symptoms. It may also contribute to social health through the management of self-identity and interpersonal relationships. The paper explores theories that are beginning to develop about the mechanisms that mediate music for health, including the possible connections between immuno-suppression, stress reduction, and music. The paper goes on to discuss the role of singing with early years children and community groups of adults. A resurgence of traditional music-making and voice work in community settings is taking place across the UK, and the paper reviews several community-based initiatives.

Related articles

[Singing, gender and health: pe...](#)
boys singing in a church choir
Martin Ashley, Health Education

[The business of authenticity: a...](#)
Nick Wilson et al., Arts and the

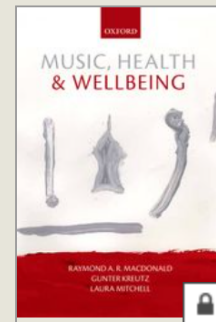
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health governance., 2018

[Statistical universals reveal the...](#)
functions of human music 
Patrick E. Savage et al., Proc Na
2015

Kilde:
<https://www.emerald.com/insight/content/doi/10.1108/09654280210434228>

Abstract type 2: Hjerneforskning



Music, Health, and Wellbeing

Raymond MacDonald, Gunter Kreutz, and Laura Mitchell

Print publication date: 2012

Print ISBN-13: 9780199586974

Published to Oxford Scholarship Online: May 2012

DOI: 10.1093/acprof:oso/9780199586974.001.0001

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Music, Brain, and Health: Exploring Biological Foundations of Music's Health Effects

Eckart Altenmüller

Gottfried Schlaug

DOI:10.1093/acprof:oso/9780199586974.003.0002

The brain as a highly dynamically organized structure can change and adapt as a result of activities and demands imposed by the environment. Musical activity has proven to be a powerful stimulus for this kind of brain adaptation, or brain plasticity. This chapter suggests that music-induced brain plasticity may produce benefits for wellbeing in general and may influence neurohormonal status as well as cognitive and emotional processes in healthy and diseased individuals, helping to improve various sensory, motor, coordinative, or emotional disabilities. It first reviews mechanisms of music-induced brain plasticity. It then clarifies the impact of music on emotion and neurohormones. It demonstrates the transfer effects of music exposure and making music to other cognitive and emotional domains, and shows examples of the potential of music to serve as a supportive and facilitative therapy in rehabilitation from motor impairment and aphasia following brain injury.

Keywords: brain adaptation, music-induced brain plasticity, musical activity, wellbeing, neurohormonal status, music therapy, motor impairment, aphasia, brain injury

Kilde:

<https://global.oup.com/academic/product/music-health-and-wellbeing-9780199686827?cc=us&lang=en&#>

Abstract type 3: Børns helse

Group Music Training and Children's Prosocial Skills

E. Glenn Schellenberg , Kathleen A. Corrigan, Sebastian P. Dys, Tina Malti

Published: October 27, 2015 • <https://doi.org/10.1371/journal.pone.0141449>

Article

Authors

Metrics

Comments

Media Coverage



Abstract

Introduction

Materials and Methods

Results

Discussion

Acknowledgments

Author Contributions

References

Abstract

We investigated if group music training in childhood is associated with prosocial skills. Children in 3rd or 4th grade who attended 10 months of music lessons taught in groups were compared to a control group of children matched for socio-economic status. All children were administered tests of prosocial skills near the beginning and end of the 10-month period. Compared to the control group, children in the music group had larger increases in sympathy and prosocial behavior, but this effect was limited to children who had poor prosocial skills before the lessons began. The effect was evident even when the lessons were compulsory, which minimized the role of self-selection. The results suggest that group music training facilitates the development of prosocial skills.

Kilde:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0141449>

Hvor kan research indsamlingen hentes?

- **Videncenter for Amatørmusik:**

www.videncenterforamatoermusik.dk (Se i menuen: Bibliotek)

- **Vi indsamler flere undersøgelser i tiden fremover**
- **Kender I til andre undersøgelser, så send gerne til:**

min@musikinorden.dk

Opfordring til alle!

- Kender du studerende der skal skrive BA-, Masters (MS)-, Ph.D.-afhandling og doktordisputater, så er der mange "huller" i den eksisterende viden om amatørmusikken
- Hent inspiration i vores store idékatalog til forskningstemaer her:
<http://videncenterforamatoermusik.dk>

SPØRGSMÅL?



Musik i Norden

www.musikinorden.dk



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