

29th World Summit on

POSITIVE PSYCHOLOGY, MINDFULNESS AND PSYCHOTHERAPY

May 21-22, 2018 | New York, USA

Greater happiness through music practice

Clara Scheer and Petra Jansen
University of Regensburg, Germany

Introduction: Music is a global characteristic of human societies, in all cultures and groups humans practice music. The positive or negative effects of music on human emotions are well known and amply studied. However could the practicing of music actually change our overall condition of life satisfaction?

Methodology: The systemic review of the existing literature identified 184 publications within the last ten years, using happiness as dependent variable and music education, music training, music practice, play music and make music as independent variables. After exclusion of preliminary set criteria only six studies met the scientific demands.

Findings: Overall the studies showed a highly heterogeneous experimental set up. Three studies compared the music condition to an active control group and three examined life satisfaction as part of a different investigation. The results did not show any improvement of life satisfaction after a musical intervention program. However some authors hint to a subjective amelioration of the overall well-being of the subjects.

Conclusion: Although it is common knowledge that music enhances life satisfaction, it is not scientifically proven yet. Nevertheless the review presented here points to the importance of further studies investigating life satisfaction and music.

Biography

Clara Scheer studied Behavior, Cognition and Neurobiology at the University of Vienna. Her main interest lies in understanding human and animal behavior caused by internal (emotions) and external stressors. To study this topic, she is also working with EEG (Electroencephalography) and EMG (Electromyography).

clara.scheer@ur.de

Notes: