Are there unique psychological benefits of choral singing?

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**Singing**  
It is evident that singing, and particularly singing in a choir, might significantly improve aspects of well-being, such as emotional state [1].

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**Musical Engagement**  
However, many forms of active music engagement have also been positively related to well-being factors, such as self-esteem [2].

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**Group Membership**  
Alternatively, research suggests that the positive relation between choral singing and well-being is determined primarily by group membership [3].

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**Self-Determination Theory**  
These three constructs are proposed to form the basis of self-motivation, personality and, essentially, overall happiness [4]:  
- **Autonomy** = self-governance  
- **Relatedness** = connection to others  
- **Competence** = mastery of a skill  

Are all, or some, of these psychological needs more satisfied in choral singers?

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**Who was studied?**  
Six activity groups: choral singers, solo singers, band/orchestra members, solo instrumentalists, team sports players and individual sports participants.

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**What was studied?**  
Participants (111 females, 65 males; 18-85 years old) self-reported their psychological well-being (7 separate measures), and their needs fulfillment (autonomy, competence and relatedness).

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**Results**  
1. All six activity groups reported equally healthy or high psychological well-being ($p = .94$).
2. All activity groups also reported equally high satisfaction of competence ($p = .051, n^2p = .062$).
3. Satisfaction of autonomy and relatedness did differ between activity groups ($p < .001, n^2p = .11$).
4. Competence predicted 6.9% variance in hedonic happiness ($p < .01$). Relatedness predicted 8.8% variance in life satisfaction ($p < .01$).

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**Conclusions**  
- This evidence suggests that all six activities might encourage similarly healthy well-being (including overall happiness and self-esteem) through equal satisfaction of competence.
- It also seems that equal well-being can be stimulated by musical and sporting activities, despite different levels of relatedness and autonomy.
- It also appears that competence might predict immediate pleasure (hedonic happiness) gained from such activities, whereas relatedness predicts overall life satisfaction.

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**References:**  
[5] [Clipartfest](https://clipartfest.com)  
[6] [Clipartfest](https://clipartfest.com)  
[7] [Clipartfest](https://clipartfest.com)