

Are there unique psychological benefits of choral singing?

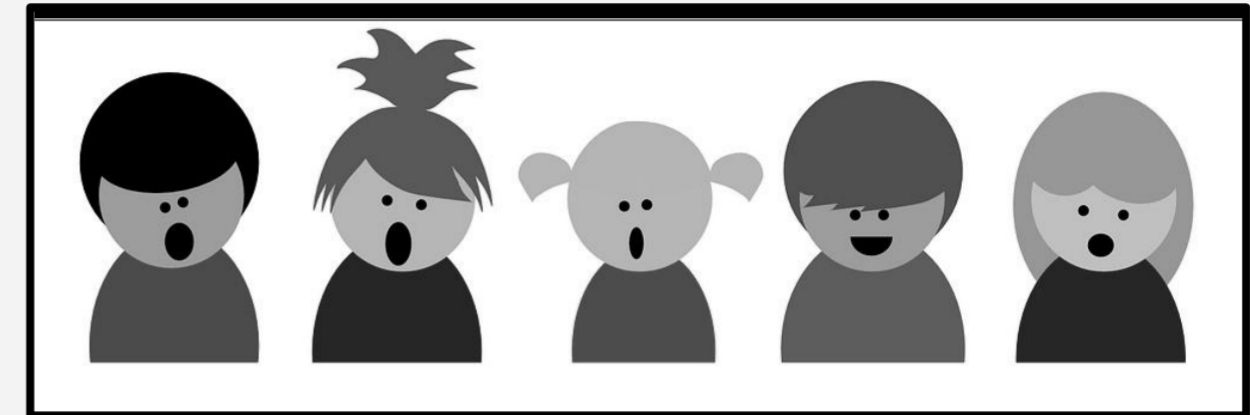
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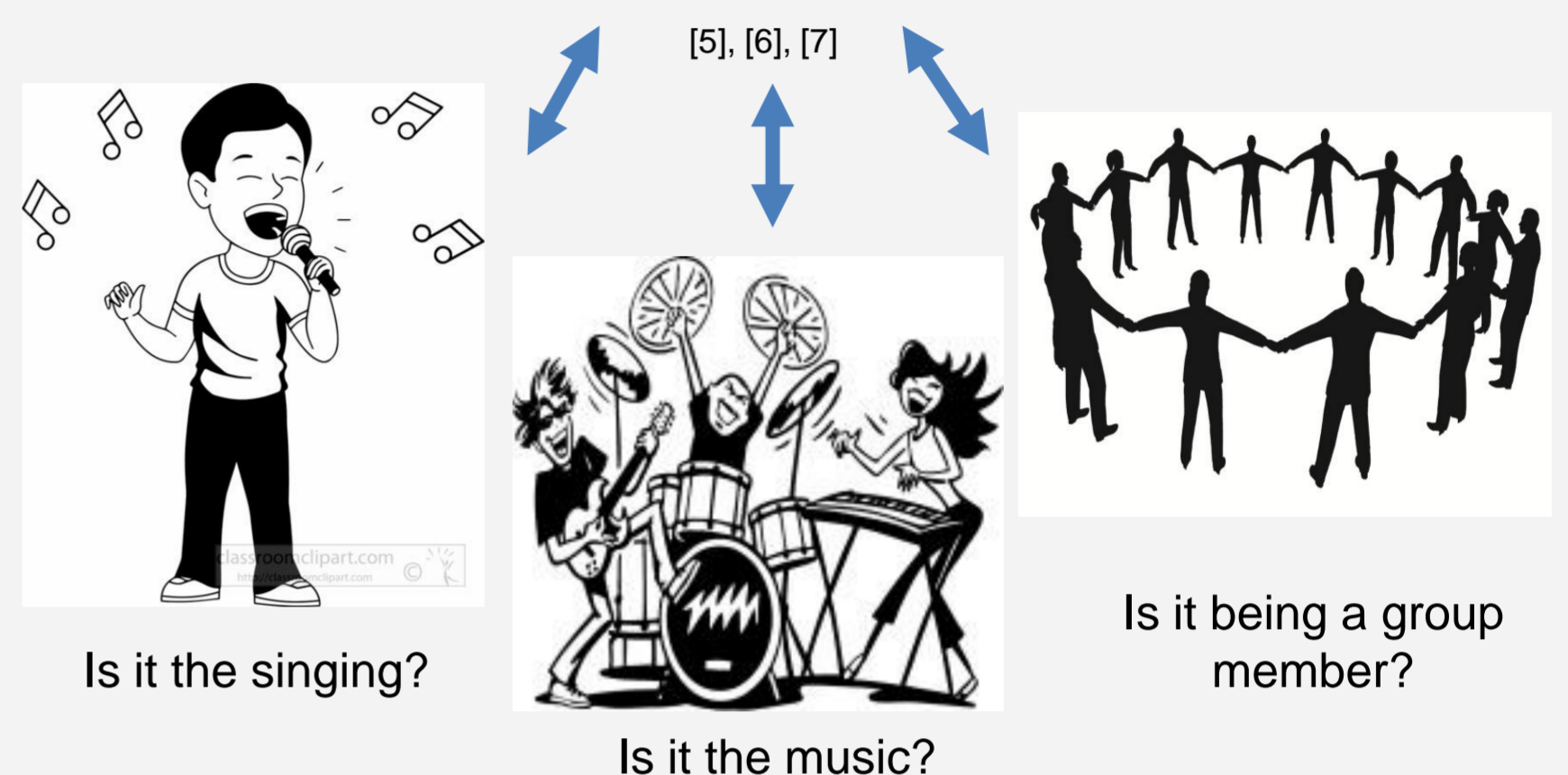
SINGING

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



MUSICAL ENGAGEMENT

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



GROUP MEMBERSHIP

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

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?

WHO WAS STUDIED?

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

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).

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 ($p = .051$, $n2p = .062$).
3. Satisfaction of autonomy and relatedness did differ between activity groups ($p < .001$, $n2p = .11$).
4. Competence predicted 6.9 % variance in hedonic happiness ($p < .01$). Relatedness predicted 8.8% variance in life satisfaction ($p < .01$).

Conclusions

- This evidence suggest 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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