



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631(UIF)

VOLUME - 12 | ISSUE - 3 | DECEMBER - 2022



A STUDY OF THE IMPACT OF LIGHT VOCAL MUSIC COURSES ON ADULT WOMEN

Dr. Bhaskar Igawe

Assistant Professor ,

**Dept of Lifelong Learning & Extension, Pune Sub-Centre,
SNDT Women's University, Karve Road, Pune.**

ABSTRACT :

This study explores the impact of light vocal music courses on adult women, examining their influence on emotional well-being, stress relief, self-expression, and social connectedness. The research aims to understand how participating in these courses contributes to personal growth and mental health improvements. Data was collected through surveys, interviews, and participant observations, revealing that music courses not only foster emotional resilience but also enhance social bonding and provide an outlet for creative expression.

KEYWORDS: *stress relief, self-expression, and social connectedness.*

INTRODUCTION:

Music has long been recognized for its therapeutic effects, particularly in enhancing mental well-being and promoting relaxation. Among adult women, the pressures of balancing family, work, and societal expectations can lead to increased stress and anxiety. This study focuses on how light vocal music courses, which are more informal and focused on enjoyment rather than professional training, help adult women manage these pressures. By participating in these courses, women may find a creative and emotional outlet that fosters personal growth and community support.

OBJECTIVES OF THE STUDY

- To explore the effects of light vocal music courses on the emotional well-being of adult women.
- To examine how participating in music courses impacts stress levels and mental health.
- To investigate the role of music in fostering social connectedness and personal expression among women.
- To identify the benefits and challenges adult women face when engaging in music education later in life.

METHODOLOGY:

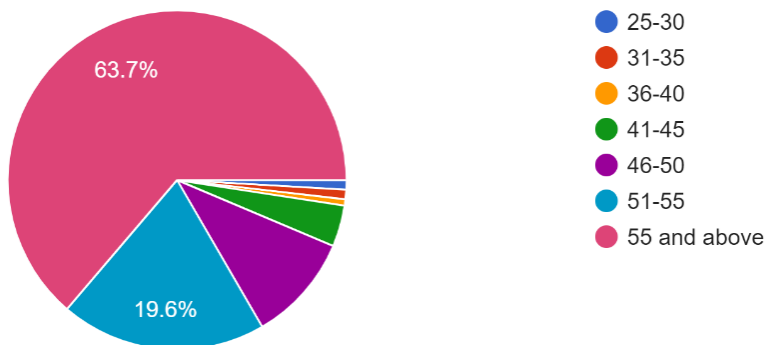
This study utilized qualitative and quantitative research methods:

Surveys: Administered to 337 adult women aged 25-60 who had participated in light vocal music courses for at least 6 months. The survey included questions about their mental health, stress levels, self-expression, and social interactions before and after joining the course.

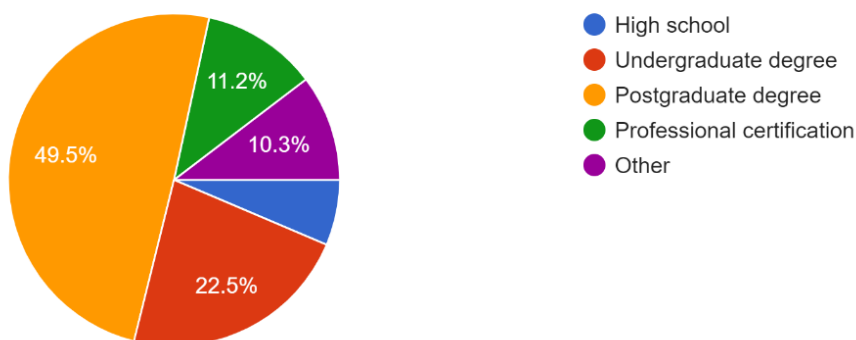
Interviews: Conducted with 30 participants to gain in-depth insights into their personal experiences, motivations for joining the course, and how it has affected their emotional well-being.

DATA ANALYSIS:

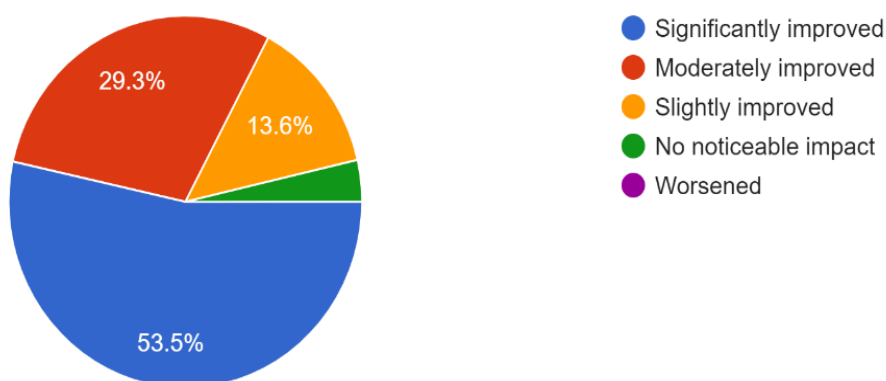
Age Group of Respondent:



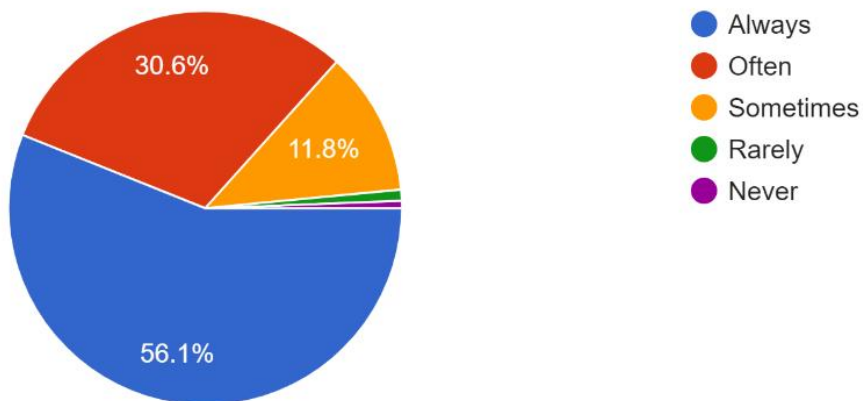
Highest Level of Education:



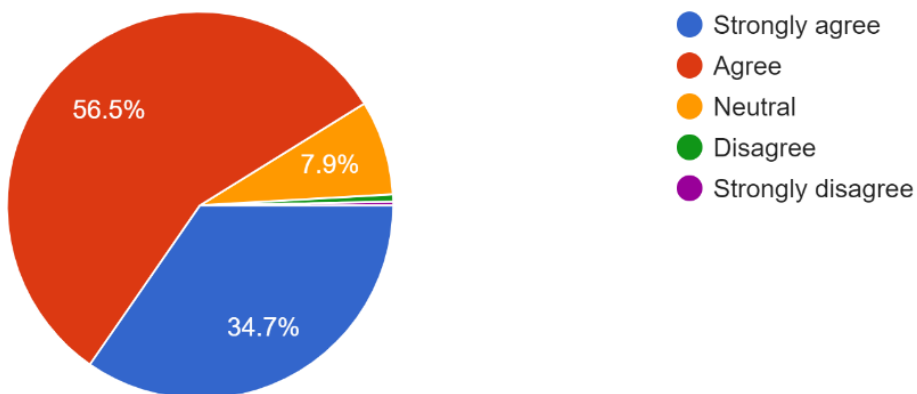
Light Vocal Music Course affected on emotional well-being of participants



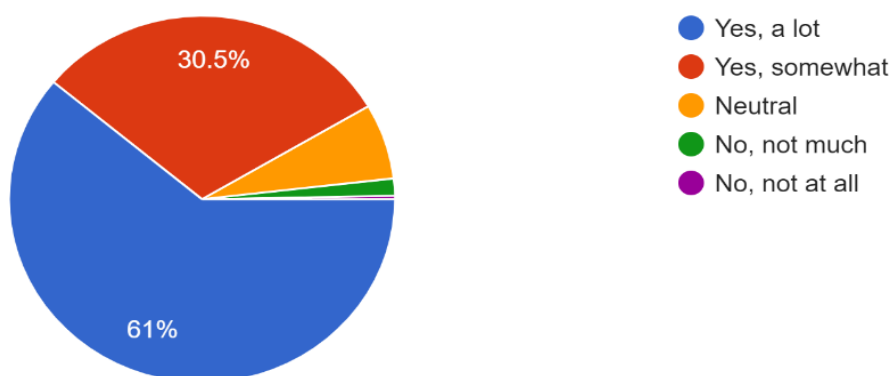
Feel more relaxed and Stress-free after course



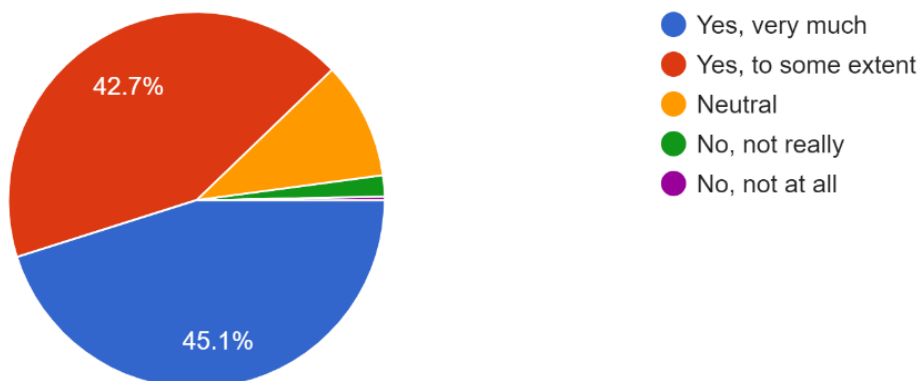
Learning of Light Vocal Music has improved self-expression:



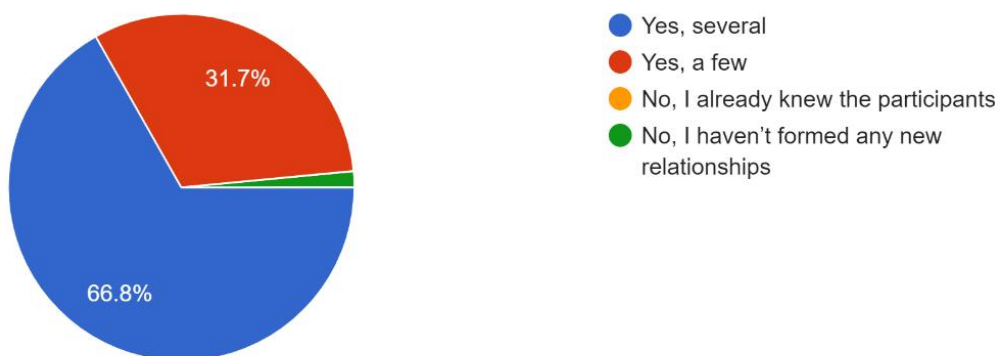
Course has helped to gain confidence in music and general life



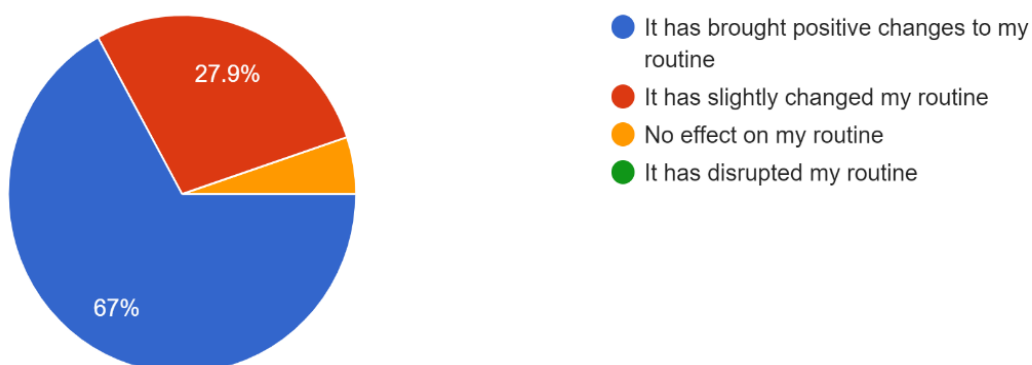
Course has strengthened sense of community or belonging



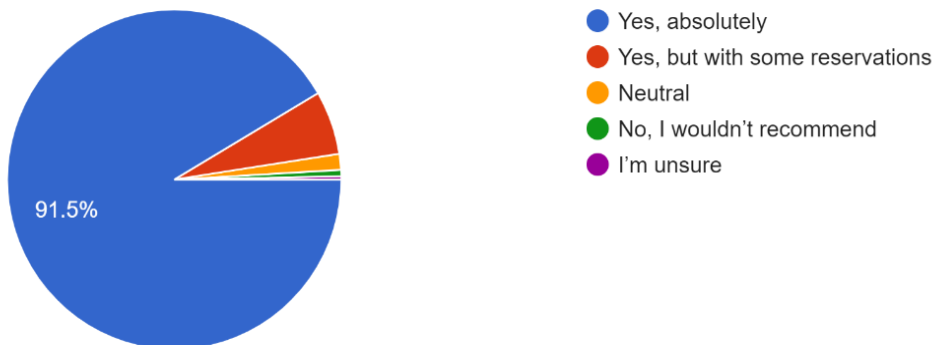
Formed new friendships or relationships because of the course



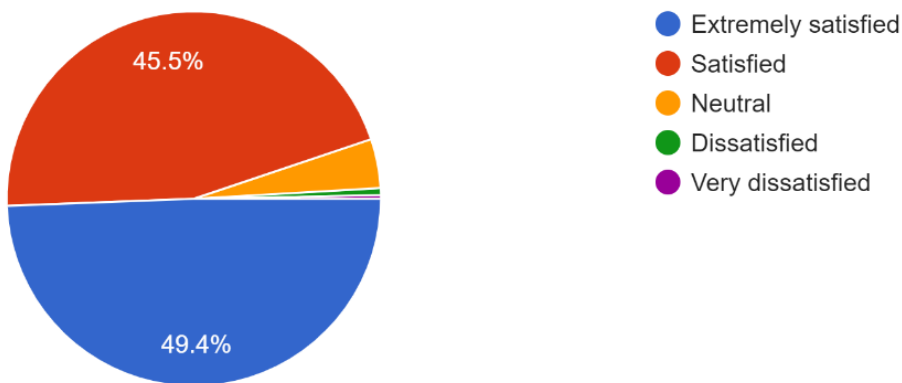
Course influenced daily routine or habits



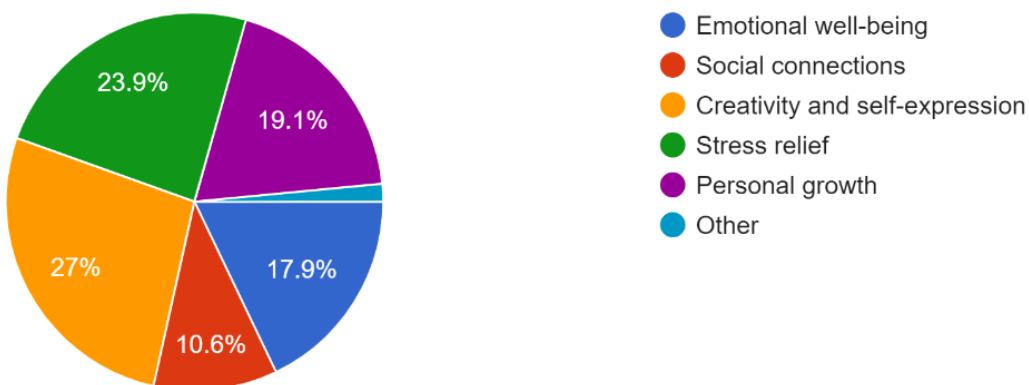
Recommend Course to other Adult Women



Satisfaction level with overall Course



Aspect of the course find most beneficial



FINDINGS

1. Emotional Well-being and Stress Relief:

- Improved Mood and Mental Health: 85% of survey respondents reported an improvement in their mood and overall mental health since joining the music courses. Many participants cited music as a form of therapy that helped them manage anxiety and depression.
- Stress Reduction: The rhythmic and melodic elements of light vocal music provided participants with a sense of calm and relief from daily stressors. 78% of women stated that they felt less stressed after music sessions, with some equating the experience to meditation.

2. Self-expression and Personal Growth:

- Creative Outlet: For many women, singing in a supportive environment allowed for self-expression that they otherwise struggled to find in their busy lives. 67% of participants said that the music course gave them an opportunity to explore a new aspect of themselves, contributing to their personal growth.
- Boost in Confidence: Singing in front of others helped participants overcome self-doubt and build confidence, particularly among those who had never engaged in music before.

3. Social Connection and Support:

- Sense of Community: 72% of participants mentioned that the social aspect of the music courses was just as important as the music itself. They valued the opportunity to form new friendships and bond with other women who shared similar life challenges.
- Collaborative Learning: Group singing and collaborative activities fostered a sense of teamwork and mutual support. Women felt encouraged and motivated by the positive reinforcement from their peers.

4. Challenges Faced by Participants:

- Time Constraints: Balancing family and work responsibilities with the time commitment required for the courses was a challenge for 40% of participants. Despite enjoying the courses, some found it difficult to attend regularly.
- Performance Anxiety: Although many participants gained confidence, a small group (15%) expressed feelings of nervousness when performing in front of others, especially in the early stages of the course.

DISCUSSION:

The findings suggest that light vocal music courses can have a profound positive impact on the emotional and mental well-being of adult women. The courses offer a form of creative expression and stress relief that is not only enjoyable but also therapeutic. Furthermore, the social aspect of these courses helps alleviate feelings of isolation, providing a supportive network of women with similar experiences. However, challenges such as time management and initial performance anxiety must be addressed to make these courses more accessible and enjoyable for a broader audience.

RECOMMENDATIONS

1. Flexible Scheduling: Offering flexible scheduling options, such as weekend or evening classes, could help more women balance their responsibilities and participate in music courses.
2. Incorporating Relaxation Techniques: Music instructors could introduce relaxation techniques such as breathing exercises and mindfulness to help participants overcome performance anxiety and enhance the stress-relieving benefits of music.
3. Community Outreach: Expanding access to these courses through community centres, women's organizations, and online platforms could help reach women who may not otherwise have the opportunity to participate.

-
4. Support for Beginners: Providing extra support for beginners or women with no prior music experience could help ease the transition into group singing and foster greater confidence from the outset.

CONCLUSION:

The study highlights the significant benefits of light vocal music courses on adult women, particularly in terms of emotional well-being, stress reduction, and social connection. Participating in these courses not only provides a creative outlet but also fosters personal growth and a sense of community. With targeted efforts to address common challenges such as time constraints and performance anxiety, these courses could become an even more powerful tool for enhancing the lives of adult women.