

WHY MUSIC IS FUN IN LEARNING?

by:

Delia B. Cervantes

Teacher III, Orani South Elementary School

Music is integrated in many aspects of our lives. It is used in different occasions. It is a part of our daily activity. It can make us happy. It can make us sad. It can brighten up our day. Music also helps us in different areas of our lives. Music also helps in learning.

Kindergarten pupils use songs and nursery rhymes. Music enhances auditory skills of learners. Young ones enjoy upbeat rhythms. They love listening to dances, happy songs, etc. This stimulates their brain and helps them learn more.

Elementary pupils also learn through songs. They enjoy the songs used in the selection and the lessons. They tend to remember the lessons more, if they are incorporated with music. They also learn the basic and technical terms in music in elementary.

High school and Intermediate students

have an inclination to music. They enjoy different aspects of their lives with music. Their emotions can be affected by music. Their feelings can be expressed through music. They can create rhythms, jingles and even the entire songs.

Music is also useful in teaching-learning process. Learners can benefit from it. Here are five reasons why music is fun in learning.

Music helps you focus more.

According to a Stanford study, "music lets [the] brain to pay attention. It is believed that music choice was influential in brain processing. Music allows us to focus.

Music helps us memory and emotion to function better.

Through music, the memory is enhanced. On the other hand, the emotion is understood and processed better when music is involved.

Music can even cure pain

Some songs are used for music therapy. Based from USA Today, music is so great to the body that it actually helps lessen the pain.

Music improves performance.

When learners used snap-happy music, they become more lively and energetic. It helps them boost up their energy and perform better.

Music reduce test anxiety.

It has been proven that listening to music while reviewing helps students reduce the anxiety they feel. When they listen to rap and other energetic music, they are developing a sense of calmness, which prevents them from developing anxiety.

It is indeed fun and at the same time, beneficial, to use music in our studies. May its benefits continually help more students find eagerness in learning.

References:

<https://www.fnu.edu/benefits-studying-music/#:~:text=Studies%20have%20shown%20that%20music,maximize%20learning%20and%20improve%20memory.>