

**MUSIC FOR EMOTIONAL AND SOCIAL DEVELOPMENT OF CHILD**

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ABSTRACT

Music ignites all areas of child development: intellectual, social and emotional, motor, language, and overall literacy. It helps the body and the mind work together. Exposing children to music during early development helps them learn the sounds and meanings of words. Different strategies are planned and tried to develop the children emotionally and socially. One of the very important ways to develop social and emotional skills in desirable way is music. This paper explores about effective application of music for Social and Emotional Development of Children. Present study is a literature survey which focuses on the researches done in India and Abroad plus theoretical and scientific base about the use of music in social and emotional development. It also examines Music as an effective technique of Emotional and Social Development.



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Introduction:

Children who are socially and Emotionally competent, who manage their feelings well and who recognize and respond effectively to the feelings of others, are at the advantage in every area of life, whether it is with family, peers, school member, community and organizations.

If child's social and emotional needs are developed and nurtured, he/she tolerates frustrations and adverse situations better. They are healthier, less impulsive and more focused.

Singing and music play an important role in our culture. You'll find music present in many aspects of our lives: theater, television, movies, worship, holidays, celebrations, and government and military ceremonies. For children music plays important role at every stage.

Music ignites all areas of child development: intellectual, social and emotional, motor, language, and overall literacy. It helps the body and the mind work together. Exposing children to music during early development helps them learn the sounds and meanings of words. Dancing to music helps children build motor skills while allowing them to practice self-expression. For children and adults, music helps strengthen memory skills. In addition to the other benefits of music, it also provides us with joy.

Objectives:

- To examine Music as an effective technique of Emotional and Social Development.

- To review the literature about Music and Emotional and Social development and its effects on research results.

Need and Significance:

Social and emotional development of children at every stage of development is an important issue. Different strategies are planned and tried to develop the children emotionally and socially. One of the very important ways to develop social and emotional skills in desirable way is music.

Music can help us in developing a child emotionally and socially. A study of 106 preschool children found that those exposed to a systematic and integrated music program significantly increased their motor, cognitive, language, and social-emotional scores as assessed by the Preschool Evaluation Scale (McCarney, 1992).

Music links children to their cultural heritage, assisting them to acquire cultural beliefs and values. Listening to music also exposes children to other times and cultures and provides the opportunity to gain appreciation for them. In addition, as children create music together, they engage in a metaphorical experience, where different instruments combine to make a unique sound that no individual instrument could produce. Through this process, they learn that to make beautiful music, you must have unity and work together.

Presentation:

The paper by Susan Hallam reviews the empirical evidence relating to the effects of active engagement with music on the intellectual, social and personal development of children and young people. It draws on research using the most advanced technologies to study the brain, in addition to quantitative and qualitative psychological and educational studies. It explains how musical skills may transfer to other activities if the processes involved are similar. It explores the evidence relating to the impact of musical skills on language development, self-confidence, emotional sensitivity, social skills, team work, self-discipline, and relaxation. It suggests that the positive effects of engagement with music on personal and social development only occur if it is an enjoyable and rewarding experience. This has implications for the quality of the teaching.

Jane Johnston and others say that planning effective learning in music will go on to address significant issues of inclusion, special needs, behavioral management, gifted and talented and many others.

Social Development: Music links children to their cultural heritage, assisting them to acquire cultural beliefs and values. Listening to music also exposes children to other times and

cultures and provides the opportunity to gain appreciation for them. Through this process, they learn that to make beautiful music, you must have unity and work together.

Music and Social Skills

1. Music connects children who may not otherwise discover they have anything in common. Sharing a love for certain types of music creates an almost automatic bond. It helps provide children with a framework on which they can socialize.
2. Children respond to music. Children may move closer to talk , creating a more “social” space.
3. Music can help children and parents relate to each other by creating a relaxed atmosphere for communication or shared activities.
4. Babies respond to music, too. Maybe this is why parents instinctively sing to their infants. When we sing to babies, it provides a sort of communication between you and the baby. This can lay the groundwork for effective verbal communication when your baby gets older.
5. Participating in music – either as dancing, studying, or playing an instrument – gives children a sense of confidence that they take into their interpersonal relationships. Confident kids tend to attract friends.

Music and Routines: Music and singing can help children follow the routine of the child care program. Clean-up songs alert children that it's time to put away their toys and move to another activity. Playing quiet music is a clear signal for nap time. Loud, energetic music can get children up and moving or help them use up energy before they settle down to a quieter task.

Music is not just an "extra" in child care. Listening to music, singing songs and playing instruments provide learning opportunities and make both children and child care providers feel good. Look for creative ways to include music in child care programs for children of all ages.

Emotional Development: From the time of Plato and Aristotle, music has also been viewed as therapeutic. Today more than seventy universities offer degrees in music therapy (Greata, 2006). Music helps to create and manipulate moods. It “has the ability to relax, give pleasure, irritate and deafen us, stimulate, excite, make us feel happier or sadder” (Federico, 2002, p. 534). With these mood changes also comes physiological changes to our heartbeats, blood pressure, and breathing (Federico, 2002).

Erica Frydenberg and Malloch (2002) have Identified the importance of communicative musicality.

According to them musicality develops self esteem, responsibility for self and others can be explored through music. he tried of linking sound making to emotions.

E.g. how we feel when we are humming, laughing, groaning, shouting, whispering, crying. Creating sound to rhythm will be beneficial for emotional development.

Music and Emotional Skills:

1. Music can provide an emotional outlet for children. This can be in the form of playing an instrument or dancing to music.
2. The effects of music on mood are well-known, and these effects hold true for children too. Children can learn to manage their feelings by listening to music to calm them down, give them energy, or help lift their mood.
3. Recognizing emotions is another way that music helps children develop emotional intelligence. Music helps kids to “hear” what certain feelings sound like, and they can learn to tell what emotion is evoked by a particular piece of music. It helps them get “in touch” with what they are feeling.
4. The lyrics of songs can also help children understand complex emotions related to specific events or situations.
5. Music can aid in all areas of the child’s development. A study of 106 preschool children found that those exposed to a systematic and integrated music program significantly increased their motor, cognitive, language, and social-emotional scores as assessed by the Preschool Evaluation Scale (McCarney, 1992).

Like art, music is a form of communication conveying mood, ideas, and concepts (Ohman-Rodriquez, 2005). As children listen to music, they hear differences in sounds, assisting them not only with music making, but also with speech (Miche, 2002). Music can also help children develop fluency (smoothness of speech), pronunciation, enunciation (speaking clearly), and vocabulary (Aquino, 1991). For example, children who are involved in music activities such as reproducing sound sequences, melody discrimination, and singing combined with motor activities and visual stimuli display a significant increase in vocabulary (Moyeda, Gomez, & Flores, 2006).

John N. Heyworth in his study presents an example of a pro-active constructivist approach to music education in the context of social learning. I describe the “journey” (Holly, Arhar, & Kasten, 2009) in which he came to the conclusion that music is a powerful tool for social

learning, particularly if used as an integral part of a whole school approach. In this approach, music helps foster students' value beliefs, sense of belonging and engagement, and behavioral self-management (Bloom et al., 1999). He concluded that Music is a universal language; it is social in nature, and has the power to engage students from all backgrounds. It is this powerful aspect of music-making that gives it potential to be a strategic tool for developing strong social values in any school setting, anywhere in the world. It is in this way that music plays an important role as part of a whole school approach to the social development of children.

Broh (2002) showed that students who participated in musical activities talked more with parents and teachers, and their parents were more likely to talk with friends' parents. She concluded that these social benefits were likely to lead to higher self-esteem in the children in turn leading to increased motivation and self-efficacy.

Chennai School of Music Therapy has designed a program -Music Mom is a structured early childhood Education programme through music and movement which aims to support and facilitate overall development in children.

Research by Teena Sim, Univeriti Putra Malaysia on "The effect of musical activities on children's social emotional development (SED)" provide solid support for the claim that participating in consistent weekly musical activities improves 5 and 6 years old young children's social emotional development regardless of their temperament constellation. Well planned musical activities with focusing on children's all facets of development is effective when used as a medium to help improve the subjects' learning in musicality and as well as the social emotional development.

In addition to developing personal and social skills, music also have the capacity to increase emotional sensitivity. Resnisow et al. (2004) found that there was a relationship between the ability to recognize emotions in performances of classical piano music and measures of emotional intelligence which required individuals to identify, understand, reason with and manage emotions using hypothetical scenarios.

Conclusion:

Recent advances in the study of the brain have enhanced our understanding of the way that active engagement with music may influence other activities. This literature review provides a strong case for the benefits of active engagement with music for social and emotional skills development throughout the lifespan of an individual. Well planned musical activities in school thus are very effective as a medium to improve social and emotional development.

Various researches in India and abroad proved the importance and use of music for development of Social and Emotional skills of children.

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