

The Benefits of Playing a Musical Instrument by Musiclady hubpages

There have been several studies that have shown the benefits of playing an instrument, especially for children. Learning to play an instrument, especially has a child, can help in brain development.

There are lots of wonderful reasons to learn to play an instrument. For example, kids that play a musical instrument, like the guitar or piano, are more likely to be much better at mathematics and other classes compared to those who do not.

There are lots of good reasons for this. Playing an instrument teaches you new skills and motor skills.

How Playing Musical Instruments Helps to Improve Various Skills

Playing an instrument fun and it can also be great for improving various skills. Here are some of the benefits to playing an instrument.

- Ability to Focus
- Patience
- Self Confidence
- Relaxation
- Hand Coordination

The above are all important life skills that enable you to lead a happier and less stressful life. By playing an instrument your child has to learn to concentrate on the music. They will be concentrating on playing the instrument as well as reading the music for long periods of time. Therefore this increases their ability to concentrate and that can help in their education too. Similarly, the child's patience will also increase over time. Learning an instrument can be hard work and your child will need to be able to focus and be patient. Learning to be more patient will also help them later in life when they come up against difficult situations.

One particular benefit that playing an instrument has on many children is an increase in self confidence. As they learn to play they will receive encouragement. If you give your child enough praise when they play well you will also increase their sense of pride. This in turn builds confidence and more confidence will help them in every aspect of life. It is shown that children who do have more confidence will make good communicators in adulthood.

Coordination is another skill that your child will learn when playing an instrument. With many instruments such as the piano or the guitar, you need to have good hand-eye coordination to play well. Learning an instrument can help to improve motor skills in the same way that sport can.

Finally another skill that is improved through playing an instrument is relaxation. This is one of the most important life skills that leads to a less stressful life! Music therapy is often used as a type of "medicine" to help people to relax. It has been shown that certain types of music can slow the heart

rate and even lower the blood pressure too.

The American Association for the Advancement of Science has researched the effects of music education on a child's development. It was found that learning a musical instrument will help to enhance the child's emotional and intellectual skills. It was also shown that music can positively affect both adults and children alike.