

19 BENEFITS TO LEARNING A MUSICAL INSTRUMENT

1 ACADEMIC PERFORMANCE

Research suggests that young people playing an instrument show greater progress and better academic outcomes than those not playing - with the greatest impact for those playing the longest. ([Read More...](#))

2 COORDINATION

When you are playing an instrument you are asking your body and brain to coordinate at a fast pace between your eyes, hands and mind, significantly improving certain motor functions. ([Read More...](#))

3 MATHEMATICS

Young children provided with musical instrument tuition score significantly higher on tasks measuring spatial-temporal cognition, hand-eye coordination and arithmetic. Music develops the sense of beat, rhythm and scale which triggers problem solving. ([Read More...](#))

4 READING & COMPREHENSION

When you are learning a musical instrument, you are always reading and trying to understand and interpret notes, pitches and chords. ([Read More...](#))

5 RESPONSIBILITY

Each musical instrument requires maintenance. When you are learning to play, you are responsible to take care of your instrument. This results in developing your sense of responsibility. [\(Read More...\)](#)

6 SOCIAL SKILLS

Making music involves physical and mental processes that are uniquely creative and expressive, and therefore has strong potential for social interaction and self-definition. [\(Read More...\)](#)

7 MEMORY

Playing a musical instrument is considered as a work out session for your brain. If you are playing an instrument regularly, your brain will have better memory and concentration power. [\(Read More...\)](#)

8 SELF EXPRESSION

Playing an instrument with others, whether this be with one other person or a group, is personal to each individual and is often an expression of feelings. [\(Read More...\)](#)

9 AUDITORY ATTENTION

Music helps you have better auditory attention. Once you become familiar with a musical instrument, you will be able to pick up predictable patterns surrounding noise. [\(Read More...\)](#)

10 DISCIPLINE

Learning an instrument is not easy. You will have to practice to be good at it. This process teaches you to be more disciplined. [\(Read More...\)](#)

11 TEAMWORK

Musical instruments offer the best results when they are performed with other instruments. You will often engage in jamming sessions, or orchestra/ensemble work. This improves teamworking abilities. [\(Read More...\)](#)

12 RISK TAKING

Performing a new piece can bring fear and anxiety, but at a relatively low risk. This teaches you to handle risk effectively. [\(Read More...\)](#)

13 EMOTIONAL DEVELOPMENT

Music is an excellent tool with which to express emotions and for this reason music education should play a role in an individual's emotional development. [\(Read More...\)](#)

14 CONFIDENCE

Performance in general helps students feel a sense of worth and boosts their self-esteem. It helps students to develop the self-discipline and self-confidence to achieve in school. [\(Read More...\)](#)

15 RELAXATION

A musical instrument is a great totem when it comes to relaxation. Spending half an hour with an instrument can take away the stresses and pressures experienced throughout the day. [\(Read More...\)](#)

16 CULTURE

Music is very closely tied to the culture and history of different parts of the world. Though this is not directly related to the benefits of learning a musical instrument, it certainly opens doors in this field. [\(Read More...\)](#)

17 CREATIVITY

With the help of a musical instrument you can create new music from your imagination. Creative thinking isn't just related to music – many entrepreneurs, successful film directors and political leaders were musicians. [\(Read More...\)](#)

18 ORGANISATIONAL SKILLS

Learning an instrument requires organisation; attending lessons, making time to practice properly, keeping instruments maintained, storing and transporting instruments. [\(Read More...\)](#)

19 PERFORMANCE SKILLS

Whether performing to a tutor, an examiner, parents and friends, or to a big public audience - performance doesn't just help your music, but increases your presentation skills. [\(Read More...\)](#)

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