

The benefits of learning to play a new musical instrument

It is believed that people who have learned or are learning to play a musical instrument have some qualities that other people do not.

There is also a belief that music accelerates the learning of different scientific areas such as mathematics or physics. There is also a belief that if moms listen to classical music during the pregnancy, the baby will have ease for numbers.

Music has plenty of benefits for our physical and mental health. Learning to play a new musical instrument is a big challenge. However, the efforts are worth it.

Picture 1 of The benefits of learning to play a new musical instrument

Reduce Stress

Stress and anxiety are responses to daily pressure. When our mind is overwhelmed, it generates its own protective helmet. This pressure can arise into a more significant health issue and affect our well-being day by day. Scientific research shows that music is a great stress reliever. We feel relaxed when we listen to music.

Playing an instrument is an excellent way to guide our negative emotions towards something complacent. Once you start learning to play an instrument, you concentrate on details. The piano is one of the most popular musical instruments people tend to learn. In the very beginning, you are likely to start learning topics like piano scales or note values. Then you acquire rhythms, bars, tempo and more. When your brain is occupied with the intellectual music-learning activity, the negative impulse is transformed into energy, and you forget about depression for some time.

If you still doubt how to start learning an instrument, you can use hundreds of apps that adapt to your needs and preferences. Some of these apps are Skoove - to learn piano, Guitar Tricks or Ultimate Guitar - to learn Guitar or Vanido to improve your singing skills.

Cognitive Booster

People who play musical instruments are, on average, better students. They show promising results in math and other subjects. This phenomenon is explained with a positive effect of studying music on your memory. Music boosts your short-term memory and helps you remember formulas and numbers easier, and capture them in your mind. As you practice music, you constantly keep your brain active, and these mathematical concepts remain operating for a long time. Music teaches you to think differently: abstract thinking is essential for math and

physics, programming and other technical skills.

Increase Self-Confidence

Feeling that you are doing something not all of your friends or familiars do, adds an extra point to your self-confidence. Playing an instrument also creates a powerful bond between you and your favorite instrument. You feel great satisfaction every time you achieve a new goal and learn to play a new piece or improve a technique. Confidence in yourself is essential for self-respect and motivation. Playing an instrument helps you feel competitive, free and happy.

Social Advancement

When you play a musical instrument, you are likely to prefer playing in front of an audience. Musicians are also fond of playing in bands rather than alone. Music, be it a hobby or a profession, can open doors to your advancement socially. You can create networks with people of different likes and abilities. Your involvement socially can grow into something more than just a performance. Music is a palace of opportunities and connections.

Memory and Concentration Booster

Music is an excellent support for your memory. Creative tasks activate the auditory cortex responsible for your music learning process. It is the area where melodic harmony is analyzed. Playing any musical instrument boosts dopamine production and its flow to the brain.

Playing an instrument increases your ability to center on critical points and perform complex tasks. Your concentration levels rise, and memory is improved due to constant practice and focus on details in the music. Curiously, music helps you expand your cognitive memory and intensify your muscle memory, as well, because our brain is nothing else but a muscle.

You just need to think about how many songs you can memorize or how many melodies you can play by memory to see that it is something unbelievable. Music opens more and more space in your brain to learn and remember new concepts.

Music is Entertaining!

Finally, among other benefits, music can bring you fun and happiness. It is a satisfying, entertaining practice that enhances your soul and increases your intellectual abilities. Music is flexible. You can adapt it to your needs, preferences and desires. Thanks to alternatives to traditional music classes, online apps give you a chance to learn or improve your skills. There are games devoted to learning music and competitions to increase your level. Music is fun because it is challenging. You create your own goals and overcome them. There is nothing more satisfying than a step forward towards your new achievements.

Music is an excellent destruction and enjoyment. You can relax with the music or party with it; you can fall into euphoria or just unwind your troubles. With your mood changes, you can also change the melodies and harmonies you play. The crossover between music and mood is really attractive.

If you are not sure how to improve your mental well-being, music is a great option. It is one of the best ways to grab all the benefits of playing a musical instrument. Learning to play an instrument at an early age can guarantee your child's intellectual improvement. Learning music as an adult can boost your memory levels and confidence in your abilities. Music is not a must; it is FUN, it is HAPPINESS!!!

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