



Courses you've always wanted to do

University of the Third Age Brisbane Inc.

# Winter School 5-9 July 2017

# Positive Ageing Through Music Participation

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Teresa V. Kunaeva  
PhD Candidate  
Queensland Conservatorium  
Griffith University

***“We do not cease to play  
because we grow old;  
We grow old because we cease  
to play.”***



# Overview

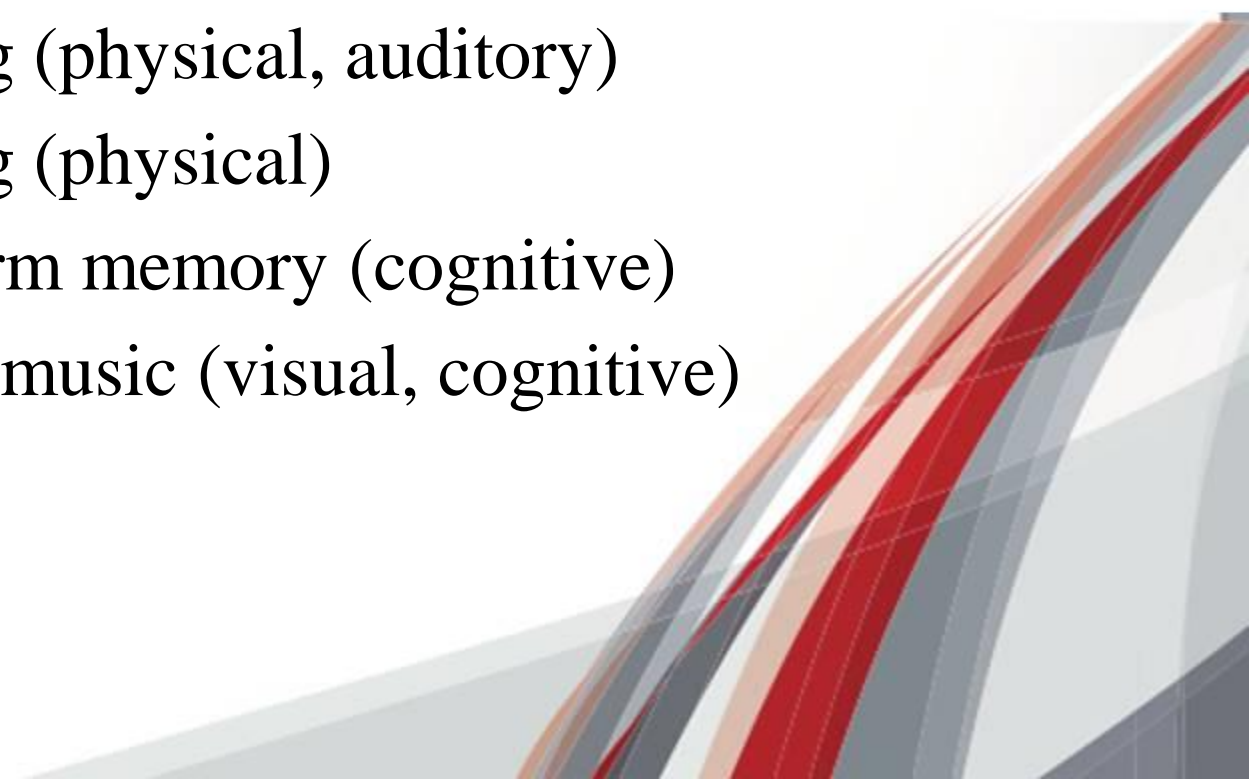
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- **A little participatory music making**
  - Acknowledgements, & meet some musicians
  - Research context
  - Benefits and challenges of community music
  - Musical ensembles: Brisbane & overseas
  - Where to now?
- 
- A decorative graphic in the bottom right corner consisting of several overlapping, curved, semi-transparent bands in shades of red, orange, and grey, creating a sense of motion and depth.

# Music Participation

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## Rhythms

- listening (physical, auditory)
  - clapping (physical)
  - short term memory (cognitive)
  - reading music (visual, cognitive)
- 
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# Vocal Fun

Kunaeva (2017)

A musical score for a vocal line. It is written on a single staff in treble clef, with a key signature of one sharp (F#) and a 2/4 time signature. The melody consists of a sequence of eighth notes: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4. The lyrics are: "Pit - ter pat - ter pit - ter pat - ter pit - ter pat - ter Boom tisch!".

Pit - ter pat - ter pit - ter pat - ter pit - ter pat - ter Boom tisch!

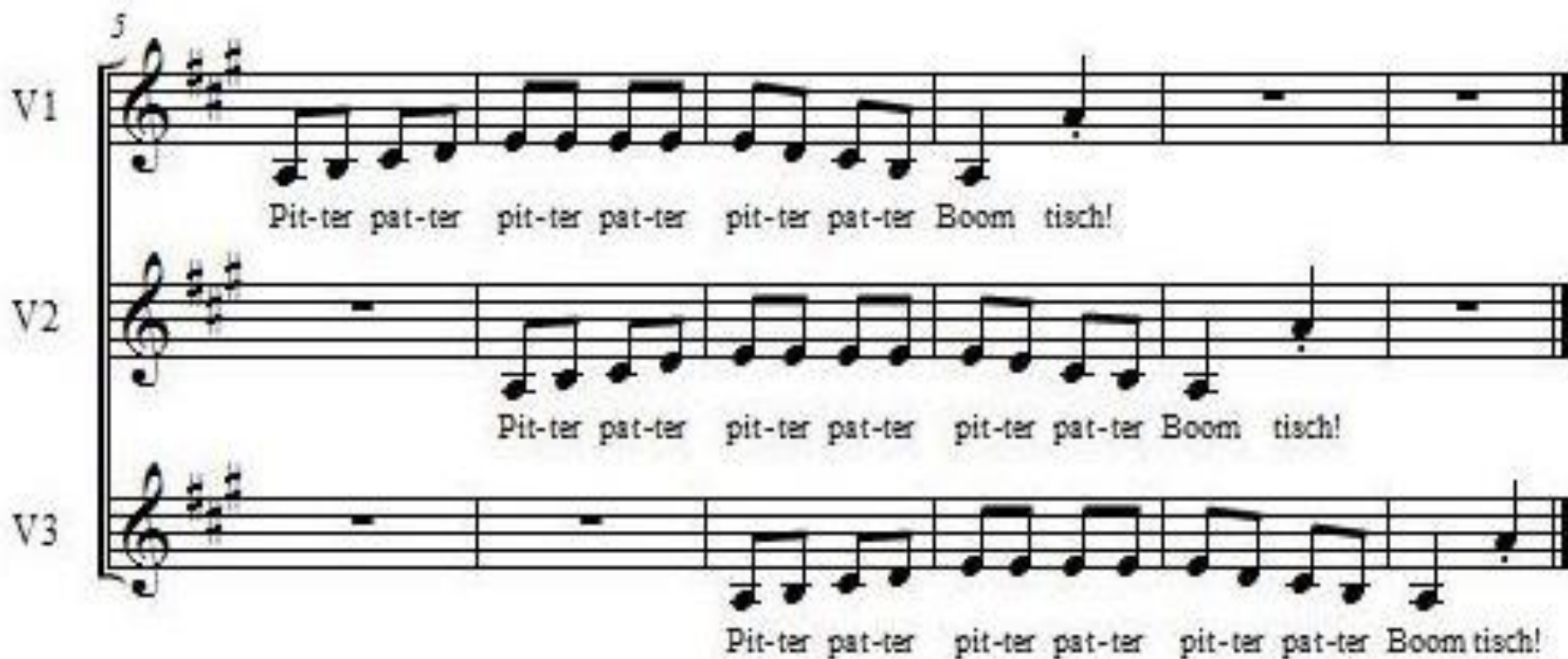
**Pitter patter  
pitter patter  
pitter patter  
boom, tisch!**

5

V1  
Pit-ter pat-ter pit-ter pat-ter pit-ter pat-ter Boom tisch!

V2  
Pit-ter pat-ter pit-ter pat-ter pit-ter pat-ter Boom tisch!

V3  
Pit-ter pat-ter pit-ter pat-ter pit-ter pat-ter Boom tisch!



## Overview (continued)

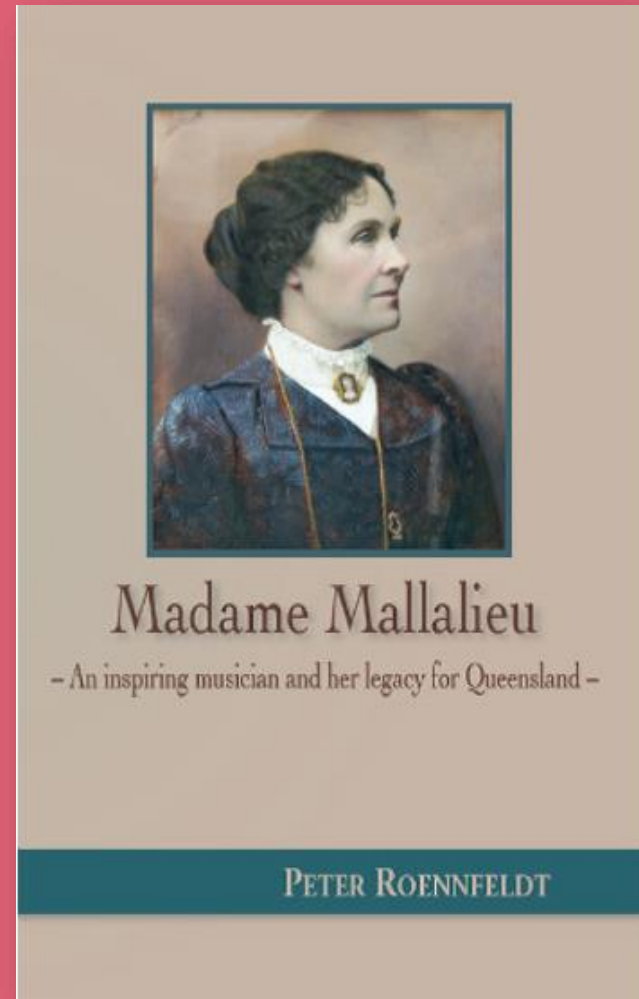
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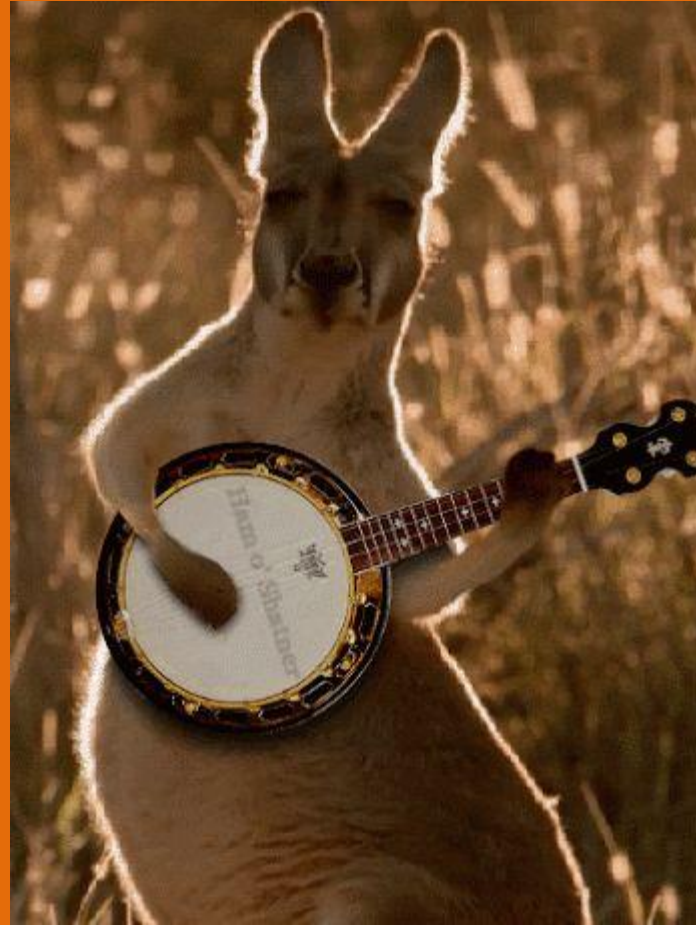
**Associate Professor  
Brydie-Leigh Bartleet**



# Margaret, originally from Broken Hill



**Margaret, originally  
from Broken Hill**





# Miyuki, from Kyushu, Japan

日本



# Miyuki, from Kyushu, Japan

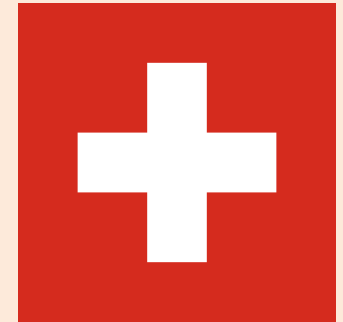


*View from  
Kumamoto Castle*

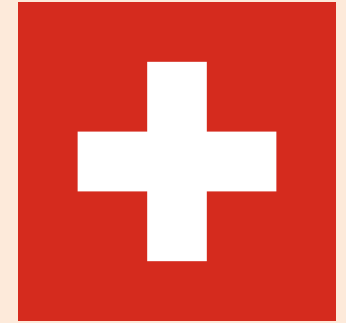
# Masayo Ishigure playing the 13-strings Koto



# Vreni (and Regula), from Switzerland



# Vreni (and Regula), from Switzerland





# Sandra, from Dunedin



# Sandra, from Dunedin



# What about You?

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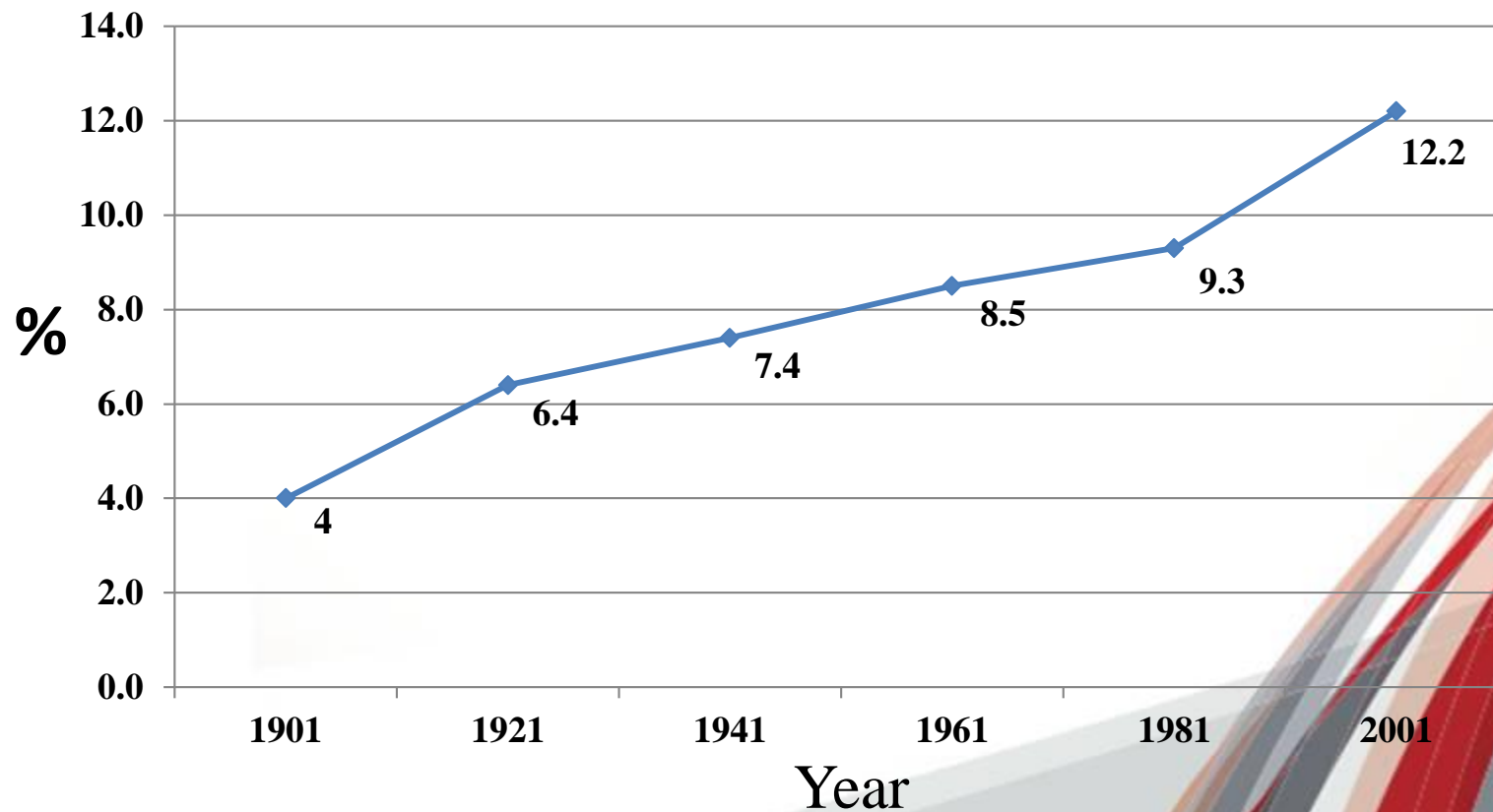
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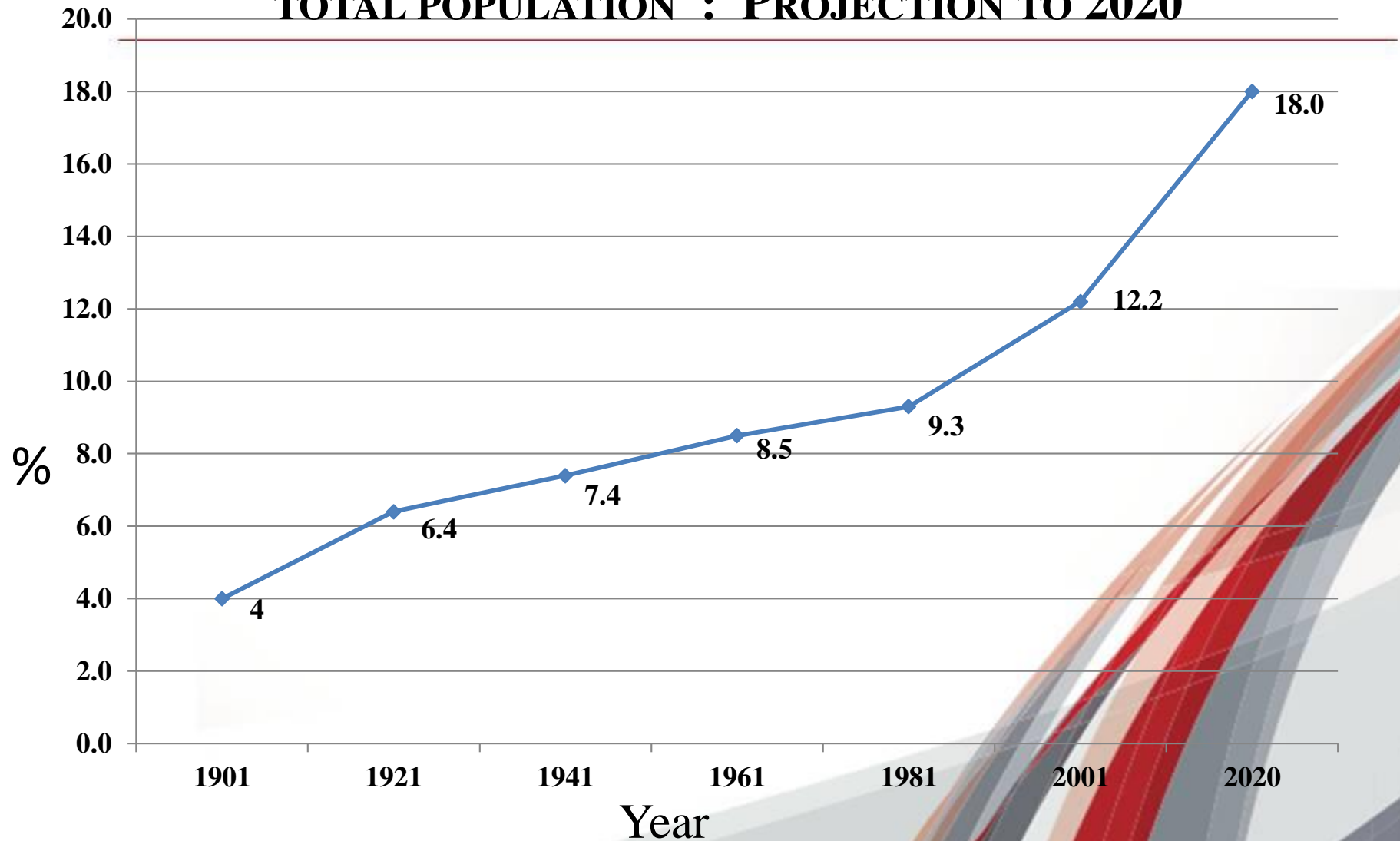
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- **Research context**
- Benefits and challenges
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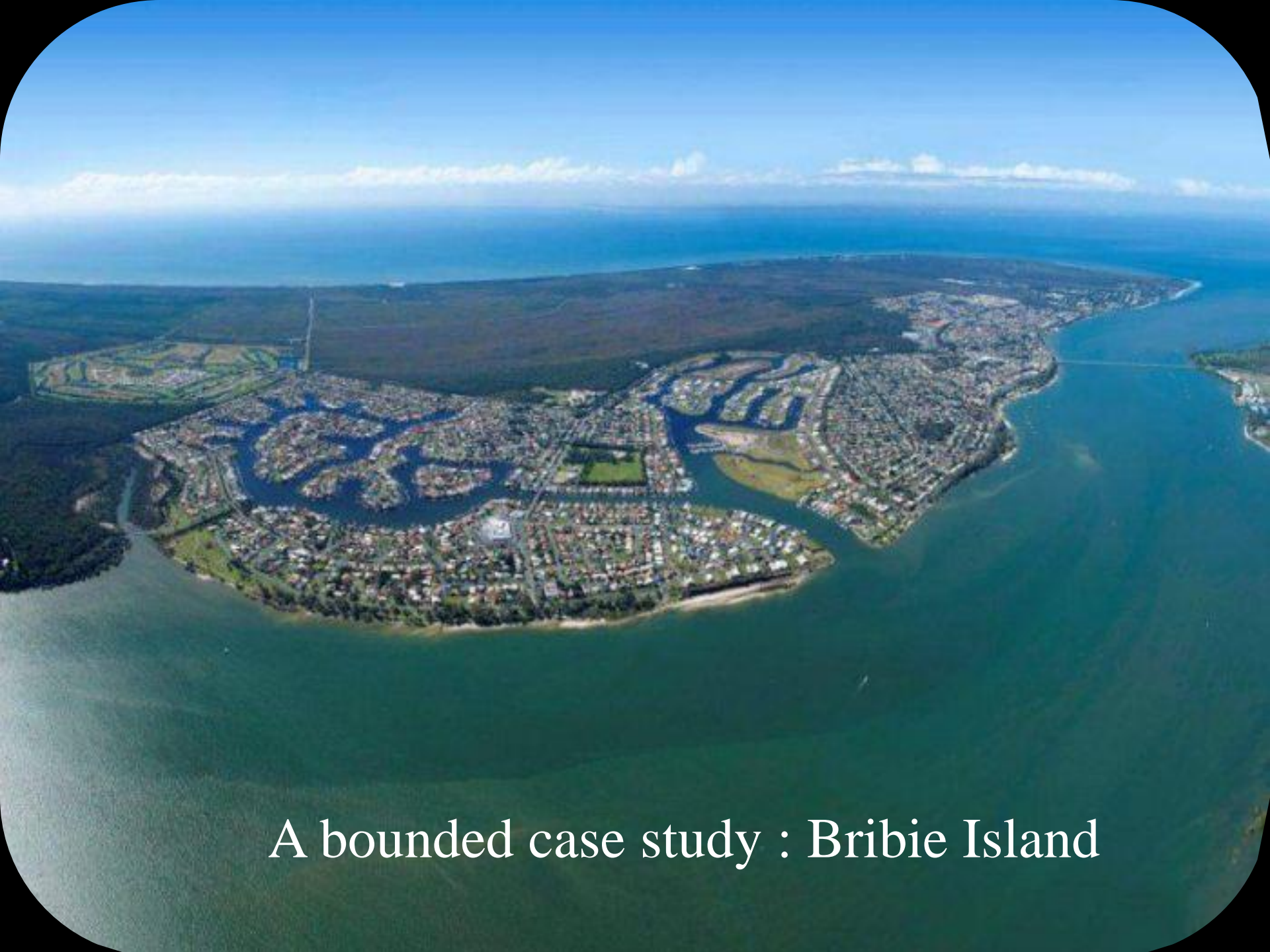


## OLDER PERSONS (65+) AS A PROPORTION OF THE TOTAL POPULATION : 1901-2001



## OLDER PERSONS (65+) AS A PROPORTION OF THE TOTAL POPULATION : PROJECTION TO 2020





A bounded case study : Bribie Island

AGEING POPULATION **WORRIES** RESURFACE  
ABC NEWS

Australia's ageing **crisis**  
*Susan Ryan, National Press Club, 2014*

**Funding** Australia's ageing population  
*Today Tonight, 12 Nov 2013*

How to **cope** with an ageing planet  
*Al Jazeera, Inside Story*





An emerging field  
of inquiry due to  
the increasing  
number of active  
retirees.



## Literature priorities

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- School students
- Indigenous practices
- Choral groups



Borroloola Primary  
(Bartleet et al, 2009, *Sound Links*, p. 110)

DISCUSSION PAPER



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BRISBANE'S ACTIVE AND HEALTHY LIFESTYLE

# GOLD

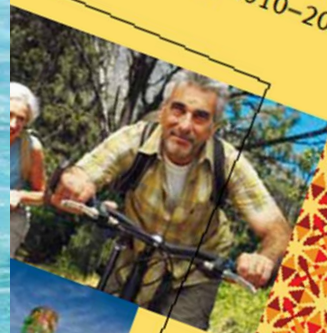
GROWING OLDER AND LIVING DANGEROUSLY



Dedicated to a better Brisbane

# Positively Ageless

Queensland Seniors Strategy 2010-20



Queensland  
Government

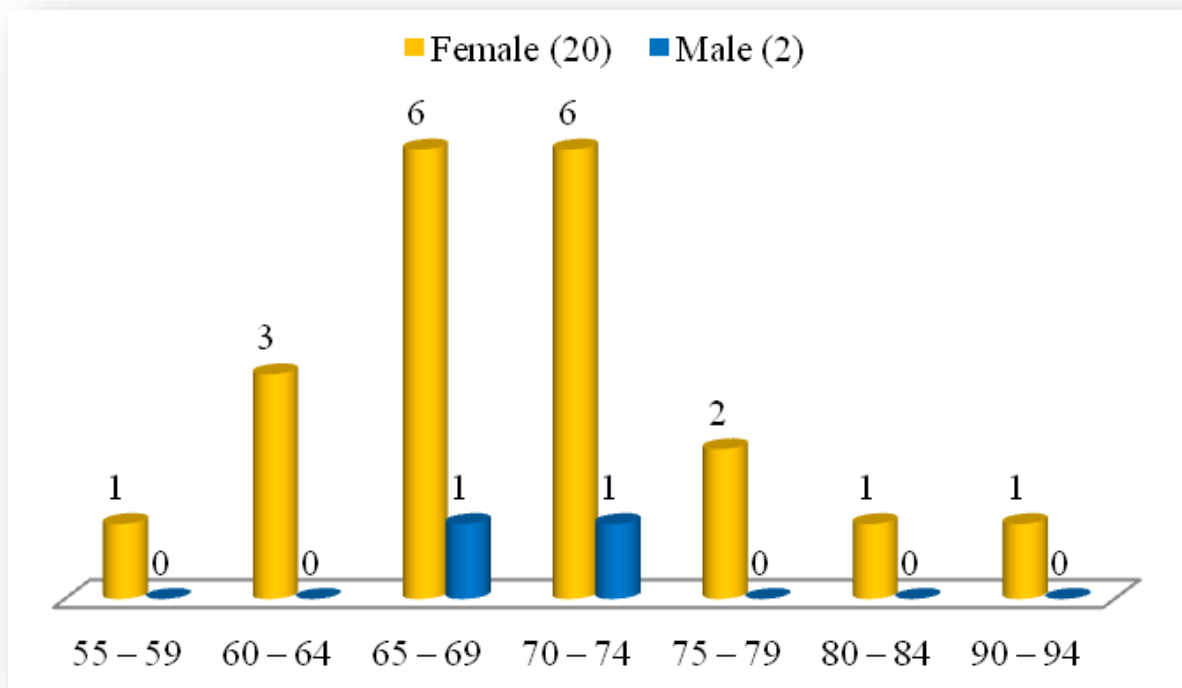
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“There are millions of people who have never joined a music group. Could it be that other hobbies are already eating into the time of senior citizens? Could it be that family commitments make it impossible for senior citizens to delve into their own interests? Could it be that the monetary costs of participation are more than the senior pocketbook can bear?”

(Rohwer, 2010, p. 205).

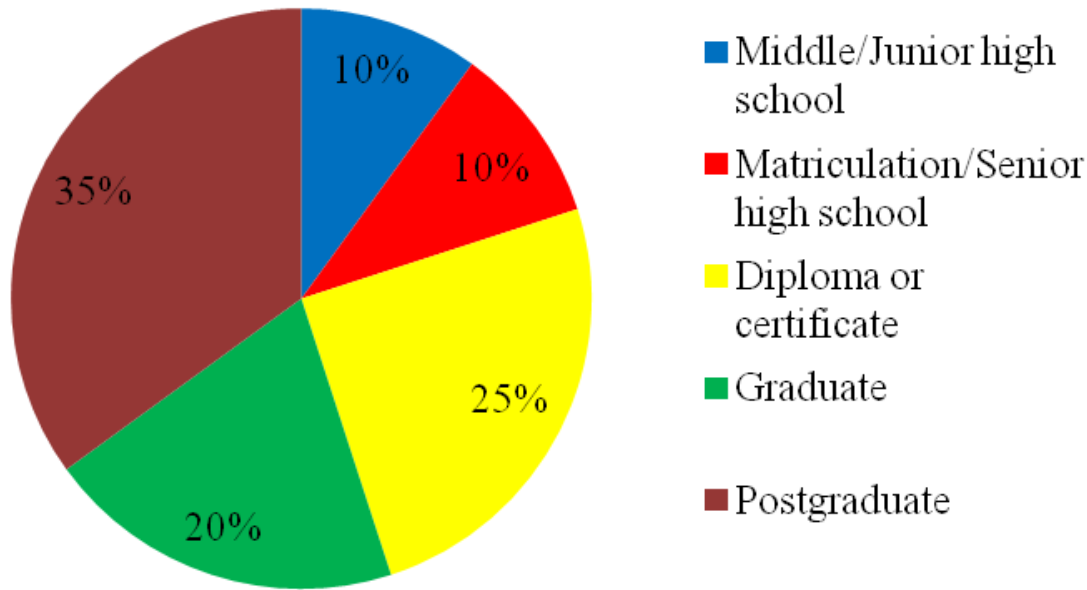
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## U3A Survey Respondents by Age and Gender



## U3A Respondents: Highest Education

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## Motivations Behind Leisure Choices

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Factors included:

social, friends, company, companionship = [**Social Connectedness**]

cognitive, learning, brain stimulation, mental stimulation, research, curiosity, to keep mind active, interest = [**Intellectual Growth**]

self-worth, outings, getting out, occupy time, fulfilment, enjoyment, fun = [**Psychological Well-being**]

fitness, keep fit, exercise, stay fit  
= [**Physical Health**]


active  
cognitive  
fulfilment  
companionship  
interest  
friends  
stimulation  
brain  
stay  
fit  
outings  
learning  
time  
worth  
self



## Barriers to Participating in a Desired Activity

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Location	6
Health	3
Time	2
Transport	1
Climate	1
Danger	1
Gender imbalance	1

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## Reasons for non-participation in choirs

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Ability	10
Interest	4
Location	3
Time	2
Night	2
Transport	1
Information	1
Atmosphere (serious)	1



## **U3A Respondents who have played a musical instrument**

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Primary	10	Piano (10), recorder (3), ukulele, violin, mouth organ
Secondary	7	Piano (6), recorder (3), guitar, ukulele, flute, mouth organ
Post-School	5	Piano (2), guitar (3), recorder, violin, percussion, accordion, keyboard, autoharp
From age-50	9	Piano (3), recorder (3), ukulele (2), keyboard (2), guitar, percussion, accordion
Currently	5	Piano, recorder (2), ukulele, percussion, keyboard

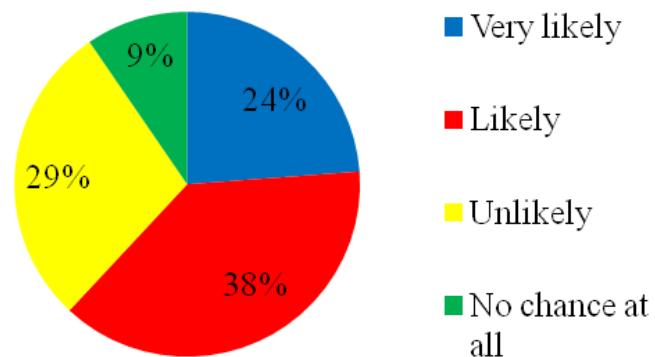
## Reasons for ceasing to play

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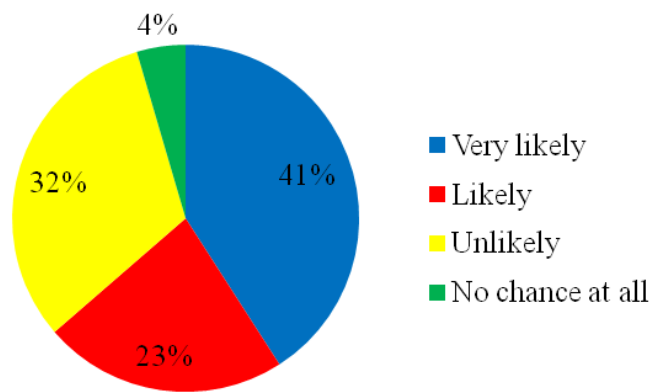
Ability	6
Time / Priorities	3
Instrument	1
Teacher	1
No enjoyment	1
Cost	1



### Seek musical tuition



### Willing to attend a musical instrument workshop



## 8 of 23 U3A respondents would like to play:

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Piano	5
Guitar	2
Ukulele	2
Cello	2
Flute	2
Percussion	2
Recorder	1
Violin	1
Keyboard	1



## Preferred composition of musical group

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Adults over 50 years of age	10
Adults over 18 years of age	5
Both adults and children	1



# Perceived Benefits of Music Participation

(U3A Respondents)





## Overview (continued)

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- **Benefits and challenges of community music**
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Type of Music Participation	Effect on Physical Health
<b>Physical Benefits of Music Participation</b>	
Singing	Improve respiratory function
Playing an organ	Keep fingers, feet, and the brain agile; maintain physical stamina
Playing the piano	Keep fingers reasonably free of arthritis; reduce stress
Deliberate practice on the piano	Slowing the age-related decline on domain-specific cognitive-motor skills
Being in band	Help aerobic capacity
Playing an instrument a number of times per year	Positively associated with general health
Non-specific	Maintenance of muscle tone, increased cardiovascular strength



**“Remember when shake, rattle  
and roll meant more than  
just getting out of bed?”**



## Psychological Benefits

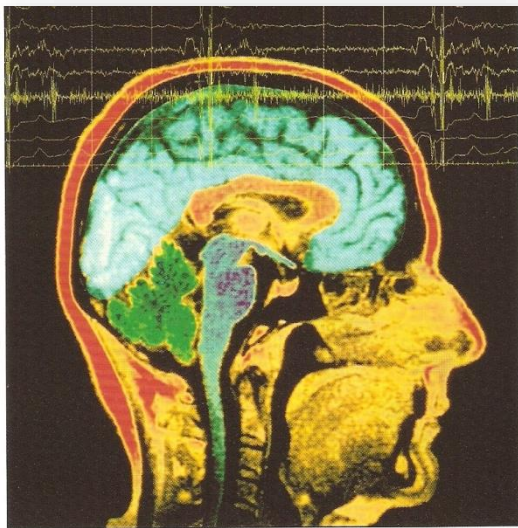
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1. Increase self-understanding,
2. Achieve success as learners,
3. Participate in experiences that are rewarding and interesting, and
4. Express themselves creatively.
  
5. A heightened sense of vitality,
6. An uplifting of the spirit, and
7. Strong feelings of enjoyment and fun.

## Cognitive Benefits

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- Gaining new musical knowledge
- Sense of accomplishment from learning new musical skills
- Personal musical development



## Social Connectedness

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- Outings
- Safe environment
- Short- or long-term friendships
- Like-minded collaboration
- Support networks



## Challenges to Music Participation

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- ✓ Location
- ✓ Time
- ✓ Type of group—instruments
- ✓ Cost
- ✓ Physical impairments



# Bioengineers build prosthetic arm for 10-year old violinist





## Challenges to Music Participation

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- ✓ Location
- ✓ Time
- ✓ Type of group—instruments
- ✓ Cost
- ✓ Physical impairments
- ✓ Facilitators



# Facilitators



Courage  
Authenticity  
Rapport  
Charisma  
Caring  
Humour  
Seeing  
Positive attitude  
Flexibility



## Challenges: Adult Characteristics

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- ✓ Process vs product
- ✓ Learning interferences
- ✓ Analytical
- ✓ Fear of failure
- ✓ Inhibition
- ✓ Greater range of skills



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# EAST LONDON LATE STARTERS ORCHESTRA



# YORKSHIRE LATE STARTERS STRINGS

... at the  
Huddersfield  
Contemporary  
Music Festival



# NEW HORIZONS WIND BAND: NEW YORK



# NEW HORIZONS BAND SUTHERLAND





## U3A Music Classes 2017 Term 3

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### **Participating**

#### Logan

- Guitar Lessons
- Hand Bell ringing: Beg. Adv.
- Introduction to Music: Recorder
- Ukulele Singalong

#### Brisbane

- M12 Recorder Ensemble: B, I, A.

### **Listening**

- Enjoying Music
  - Opera Appreciation
  - Organ Music
- 
- A decorative graphic in the bottom right corner consisting of several overlapping, curved, semi-transparent bands in shades of red, orange, and grey, creating a sense of motion and depth.

# Margaret Wright, OAM



# U3A RECORDER ORCHESTRA, CANBERRA, AUSTRALIA

Facilitated for 20 years by Margaret Wright, OAM



# U3A BRISBANE: 2014 MUSIC CLASS





**U3A RECORDER CLASS, BRISBANE—facilitated by  
Joanne Rynja  
Annual Performance for the U3A Art Exhibition**

## Short Recorder Performance

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Brisbane Breezes: *Patapan*

Recorder Quartet: Guess the tune ...



# Furry friends demand attention!



# 8-foot pitch day with sub-contra





# U3A Logan Hand Bells Tutor: Marian Elcock



# U3A Percussion, by UQ



Percussion class, Creek St. Mondays

# BRISBANE UKULELE MUSICIANS SOCIETY (BUMS)



**Sunshine  
Coast  
Ukulele  
Masters  
(SCUMS)**



# Sec ond Win d



# *Bardon Strings*





# U3A

Courses you've always wanted to do

University of the Third Age Brisbane Inc.



**C3A**

Music you've always wanted to play

**Conservatory of the Third Age Brisbane Inc.**



**JULETTA**  
**(1929-2009)**



# REMEMBER: YOU ARE ...

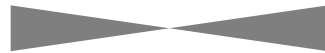
With thanks to:

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U3A Music Groups in Brisbane, Logan  
and Canberra

The University of the Third Age in Brisbane

and the  
Queensland Conservatorium  
Griffith University, Brisbane, Australia



*Never too old  
to dance!*