

Meditation in Music Education

Dr. H. Zeynep Cilingir

*Associate Professor of Trumpet
Anadolu University State Conservatory Music Department*

Abstract—*Becoming a professional music performer requires long years of deliberate practicing. In order to be able to do this, one has to have a good amount of self-discipline, patience and attention to detail. However, music educators observe that with each incoming class of students, these qualities are found to be less and less. New generations, unfortunately, are more difficult to train in music performance because of their shorter attention span, impatience in achieving results, and inability to focus and pay attention to detail. In addition, qualities such as self-esteem and confidence, which are crucial elements for performing on stage in front of audiences, are found to be less in recent generations as well.*

In most western countries, these problems are treated with medication, which can cause other problems in teenagers. As a better and less invasive method for dealing with these problems, meditation can be applied to students. Studies show that meditation can improve self-esteem, concentration, attention, as well as, emotional intelligence and mental health. Therefore, incorporating practice of meditation in music performance education curriculum can have lasting effects in careers of future musicians.

In this paper, common problems of music students and causes of these problems will be discussed. Benefits of meditation as a solution to these problems will be presented. Lastly, suggestions for incorporating meditation in music performance education will be made.