

Music Education for Health at All Ages. Present and Future Projects

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Abstract

Recent research highlights music education in a relevant place, due to the benefits it brings to health and quality of life. Active musical practice is already giving results, such as the project that is being developed in L'Alcora (Spain), to improve the quality of life of adults through music. This proposal reviews some of the projects that are being developed from "L'Alcora musical research and quality of life", as well as future projects and possible lines of research and training. The theoretical framework includes some of the relevant studies that use music for health. A qualitative methodology is used that establishes relationships with the articles reviewed and the projects carried out. In conclusion, it can be said that, although music is known to have benefits for quality of life, it is still not considered relevant in the educational system. Musical training needs to rethink its current curriculum, to provide new profiles that can respond to the current demands of society. Finally, it is important that music education and health create alliances to improve the quality of life as non-invasive therapies and to improve academic and work performance.

Keywords: music education, research, quality of life, SDGs, health