

INTRODUCTION

Changes in later life can lead to loneliness and depression (Alexopoulos, 2005; Golden et al., 2009). However, participation in leisure activities can increase well-being and reduce risk of dementia (Sung & Chang, 2005; Verghese et al., 2003). Amongst them, musical activities are an important source of social contact, promoting interaction and a sense of belonging with others (Koelsch, 2014). As a consequence, they positively influence and contribute to well-being. Evidence suggests that after retirement, functions of music, such as self-conceptual processing related to autobiographical memories, become more salient. However, only few studies have addressed the meaningfulness of music in the elderly (i.e. Cohen, Bailey, & Nilsson, 2002; Saarikallio, 2011).

METHODS

This study is transversal and observational with both descriptive and analytic purposes. The questionnaire was developed in English and translated for use in other countries. Elderly participant data was collected through local senior and social clubs. Elderly people living in care facilities and experiencing cognitive deficits were excluded. Comparison group data was collected using an online questionnaire posted via social media. The survey is divided into three sections:

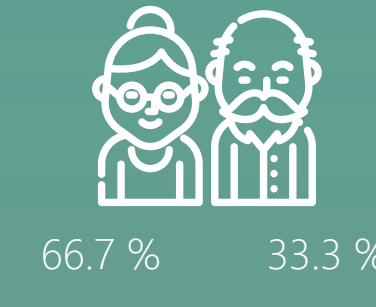
Participant's profile	Musical profile	Well-being questionnaire
Sociodemographic background	Mastery	Emotional status
Leisure activities	Importance of music	Emotion regulation
Social support	Habits	Resilience
Personality	Preferences	Health status
	Roles and functions	Subjective well-being

RESEARCH AIMS

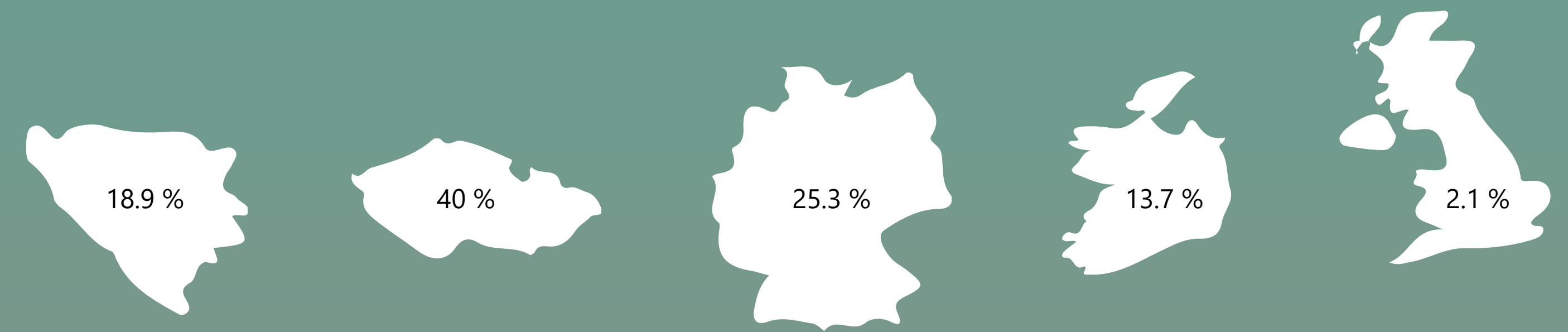


- i investigate elderly people's habits and preferences related to music
- ii study the role music plays in their everyday life
- iii explore the relationship between musical activities and emotional well-being across different countries of Europe

Hypothesis: Participants with higher frequency of participation in musical activities report higher emotional well-being regardless of country of origin.



N	M age	SD	Min	Max	Countries
188	73,73	6,02	65	87	Bosnia & Herzegovina, Czechia, Germany, Ireland, UK



Musical Activities and Their Relationship to Emotional Well-being in Elderly People Across Europe

RESULTS

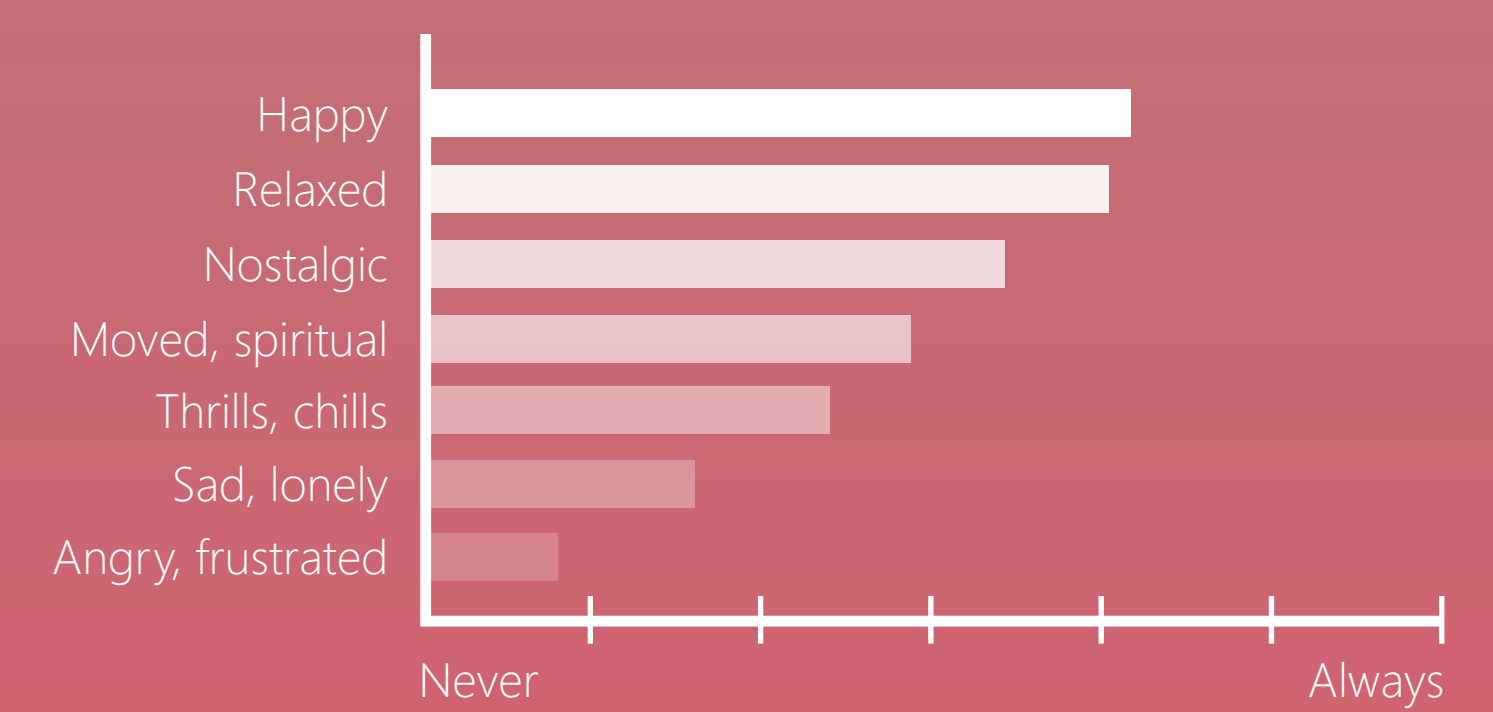
In general, participants considered music important ($M = 5.3$, $SD = 1.3$) and were satisfied with their access to music they like ($M = 5.58$, $SD = 1.20$). 49.7% of elderly participants had musical education. Listening to and playing music was rated as the second most frequent leisure activity among them. On a normal day, the elderly listened to music for 2.5 hours, with the most frequent reasons being (i) entertainment, (ii) pleasure and, (iii) that music is beautiful, and the least frequent reasons being (i) feeling competent and (ii) mastering new skills. Considering the music styles, the favourite ones were country/folk, classical music and jazz/swing/blues and the least-liked ones hip-hop/rap and punk/rock/metal.

We calculated 3 separate multiple linear regressions with Positive Affect (PANAS), Resilience (CD-RISC) and Satisfaction with Life (SFWL) as dependent variables. Based on previous research, sociodemographic independent variables were included in the model as confounding variables. The frequency of listening to music was included as an independent variable to investigate the relationship between the habits related to music and emotional well-being. Only the model using Resilience was significant ($p < .01$, Table 1).

Table 1 Model 3 CD-RISC

	B	SE	β
(Constant)	2.40	.44	
Gender	.09	.10	.07
Marital status	.12	.10	.08
Education	.09	.06	.13
Financial worry	-.08	.03	-.22**
Religiousness	.09	.03	.24**
Listening frequency	.10	.05	.15*
R^2	.09		
F	3.88**		
ΔR^2	.12		

Figure 1 Emotions when listening to music



DISCUSSION

This is the first study examining various aspects of music in a large sample of elderly participants in Europe. Our results describe the habits and preferences in musical activities, the level of music education, the reasons for listening to music and the emotions that arise from these. The results demonstrated that people over 65 that listen to music more frequently had higher scores in resilience. This information could be useful to improve the quality of leisure activities and design better recreational programmes and policies.

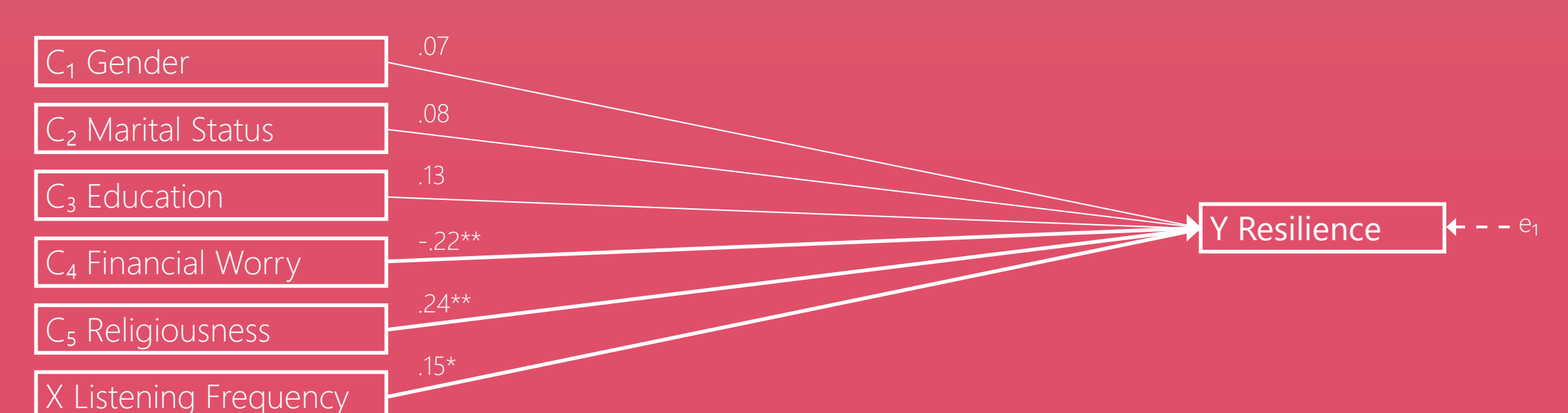
LIMITATIONS

- Relatively small sample size with convenient sampling
- Only preliminary analyses which are correlational
- Length of the questionnaire
- Complexity of the emotional well-being

FUTURE STEPS

- Continue with the data collection
- Combined analysis with comparison group aged 20 - 30
- Further analyses exploring the cross-cultural differences
- TED talk

Figure 2 Model illustrating the relationship between different aspects of music and emotional well-being in people above the age of 65



* $p < .05$, ** $p < .01$

^b The coefficients presented for the prediction of different aspects of emotional well-being are beta weights.

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