



INSIGHTS AND OPINIONS OF COLLEGE STUDENTS ON CLASSICAL PIANO
INSTRUMENTAL MUSIC

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INTRODUCTION

Classical Piano Instrumental Music have been used for meditation hitherto. This study would want to discover the insights and opinions of individuals with no formal musical training and how it may affect their mood, emotions, feelings, imagination, attitude, perception in life and personality. The researcher conducted this study in order to discover if this type of music could be a basis for meditation, relaxation, used for studying, reviewing, contemplation or other purposes.

“The kingdom of music is not the kingdom of this world; it will accept those whom breeding and intellect and culture have alike rejected. The commonplace person begins to play, and shoots into the empyrean without effort, whilst we look up, marvelling how he has escaped us, and thinking how we could worship him and love him, would he but translate his visions into human words, and his experiences into human actions. Perhaps he cannot; certainly he does not, or does so very seldom.”¹

Composers usually use the piano when composing songs. Contemporary songwriters have different methods like writing the lyrics first before composing the melody, vice versa or both at the same time. Famous pianist composers from before:

BAROQUE PERIOD

Early Baroque 1590–1625

High Baroque 1625–1660

Late Baroque 1660–1725

1. Johann Sebastian Bach (1685–1750)
2. Lodovico Giustini (1685–1743)
3. Giovanni Benedetto Platti (1697–1763)
4. Domenico Scarlatti (1685–1757)
5. Charles Avison (1709–1770)
6. Giuseppe Tartini (1692–1770)
7. George Frideric Handel (1685–1759)

CLASSICAL PERIOD

Circa 1750–1775

Circa 1775–1790

Circa 1790–1820

¹ *E.M. Forster, A Room with a View*

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1. Carl Philipp Emanuel Bach (1714–1788)
2. Johann Christian Bach
3. Ludwig van Beethoven
4. Muzio Clementi
5. Jan Ladislav Dussek
6. Joseph Haydn
7. Leopold Kozeluch
8. Francesca Lebrun
9. Wolfgang Amadeus Mozart
10. Antonio Salieri (1750–1825)

ROMANTIC PERIOD 1820-1900

1. Charles-Valentin Alkan (1813–1888)
2. Mily Balakirev
3. Friedrich Baumfelder
4. Ludwig van Beethoven
5. William Sterndale Bennett
6. Henri Bertini
7. Johannes Brahms
8. Ignacio Cervantes
9. Emmanuel Chabrier
10. Cecile Chaminade
11. Frédéric Chopin
12. Johann Baptist Cramer
13. Carl Czerny
14. Anton Diabelli
15. Antonín Dvořák
16. Bedřich Smetana
17. Alexander Dreyschock
18. John Field
19. Mikhail Glinka
20. Henri Gobbi
21. Louis Moreau Gottschalk
22. Edvard Grieg
23. Cornelius Gurlitt
24. Charles-Louis Hanon
25. Stephen Heller
26. Johann Nepomuk Hummel



27. Adolf von Henselt
28. Friedrich Kalkbrenner
29. Friedrich Kuhlau
30. Theodor Kullak
31. Franz Liszt
32. Sergei Lyapunov
33. Edward MacDowell
34. Désiré Magnus
35. Fanny Mendelssohn
36. Felix Mendelssohn
37. Moritz Moszkowski
38. Modest Mussorgsky
39. Jan Gerard Palm
40. Anton Rubinstein
41. Camille Saint-Saëns
42. Xaver Scharwenka
43. Aloys Schmitt
44. Franz Schubert
45. Richard Wagner
46. Clara Schumann
47. Robert Schumann
48. Pyotr Ilyich Tchaikovsky (1840–1893)
49. Sigismond Thalberg
50. Carl Maria von Weber (1786–1826)

Although other researchers cited that because of multiple intelligences, the Mozart effect, and emotional intelligence theories have inadequate empirical support and are not consistent with cognitive neuroscience findings, these theories should not be applied in education. Proponents countered that their theories had sufficient empirical support, were consistent with cognitive neuroscience findings, and should be applied in education (Cherniss, Extein, Goleman, & Weissberg, 2006; Gardner & Moran, 2006; Rauscher & Hinton, 2006). However, Gardner and Moran offered no validating evidence for multiple intelligences, Rauscher and Hinton concluded that "listening-to-Mozart" studies should be disregarded, and Cherniss, Extein, Goleman, and Weissberg agreed that emotional intelligence lacked a unitary empirically supported construct.²

WASHINGTON — Those dreaded piano lessons pay off in unexpected ways: According to a new study, children with music training had significantly better verbal memory than their

² *The Effect Of Mozart's Music On Social Learning Behavior Of High School Students. Pelayo, J.M.G. III 2010*



counterparts without such training. Plus, the longer the training, the better the verbal memory. These findings underscore how, when experience changes a specific brain region, other skills that region supports may also benefit -- a kind of cognitive side effect that could help people recovering from brain injury as well as healthy children. The research appears in the July issue of *Neuropsychology*, which is published by the American Psychological Association (APA).³

Psychologists at the Chinese University of Hong Kong studied 90 boys between age six and 15. Half had musical training as members of their school's string orchestra program, plus lessons in playing classical music on Western instruments, for one to five years. The other 45 participants were schoolmates with no musical training. The researchers, led by Agnes S. Chan, Ph.D., gave the children verbal memory tests, to see how many words they recalled from a list, and a comparable visual memory test for images. Students with musical training recalled significantly more words than the untrained students, and they generally learned more words with each subsequent trial of three. After 30-minute delays, the trained boys also retained more words than the control group. There were no such differences for visual memory. What's more, verbal learning performance rose in proportion to the duration of musical training.⁴

Here was the biggest surprise. Approximately one in three respondents said that “Bohemian Rhapsody” might be “better than sex.” (For all of you wishing for a good night's sleep alone, keep that in mind. And see what Dr. Carl Bazil has to say about sleep - 12 Tips to Sleeping Like a Baby. While the musical classics for romance still go to composers Chopin, Debussy, Puccini and Tchaikovsky, the study found that men will adjust their musical tastes if it means more loving.⁵

In 1993, Dr. Frances H. Rauscher, professor of psychology at the University of Wisconsin Oshkosh, had a group of college students mentally unfold a piece of paper and try to identify its shape. She found that the students who had listened to a recording of Mozart's K448 sonata were better and faster at the task. Dr. Rauscher published the results in the journal *Nature* in the same year. There were only two problems with the Mozart Effect. One was that it didn't last: the students only held on to their newly acquired spatial skills for ten or fifteen minutes. The other problem was that when other researchers tried to verify the effect, some just couldn't. So, over the years since, the idea that Mozart can make you smarter has lost much of its credibility. However, a recent study has found that the Mozart Effect is real — but only for certain people. It definitely works for right-handed non-musicians.⁶

³ *Music Training Improves Verbal but Not Visual Memory: Cross-Sectional and Longitudinal Explorations in Children* Yim-Chi Ho, M.Phil.; Mei-Chun Cheung, Ph.D.; and Agnes S. Chan, Ph.D.; *The Chinese University of Hong Kong; Neuropsychology*, Vol. 17, No. 3.

⁴ *Music Instruction Aids Verbal Memory*) © 2013 American Psychological Association.

⁵ *Music for Sex or Sleep: 4 Tips for Love or Sweet Dreams.*) Watson, R. *Psychology Today* 2013.

<http://www.psychologytoday.com/blog/love-and-gratitude/201301/music-sex-or-sleep-4-tips-love-or-sweet-dreams>

⁶ *The Effect Of Mozart's Music On Social Learning Behavior Of High School Students.* Author: Pelayo, J.M.G. III 2010



SCOPE AND DELIMITATION

The study focused on the absence of vocals in this type of music. It will not compare, evaluate or assess music but rather describe how this type of music affected the respondents. The study will not recommend any alternative methods treatment that will entail to use this type of music, specifically Yiruma (a Korean Pianist) but rather will serve as a reference for future research studies about any effects of Classical Piano Instrumental Music on human behavior, cognitive development or even psychological development. The study will only focus on the insights and opinions of the respondents.

BACKGROUND

Yiruma is the stage name of Lee Ru-ma (born February 15, 1978), an internationally-known pianist and composer from South Korea. Yiruma frequently performs at sold-out concerts in Asia, Europe and North America. His alma mater, King's College London, England helped him gain European popularity and recognition. Among his most popular pieces are "River Flows in You", "Kiss the Rain" and "May Be". Yiruma's most popular album, First Love, was released in 2001.

He began playing the piano at the age of five and moved to London when he was eleven, in 1988, to study at The Purcell School of Music. He held dual citizenship, South Korean and British, until 2006, when he gave up his UK citizenship to serve in the South Korean Navy.

Biography

Lee Ru-ma was born and raised in South Korea, and educated in England. Yiruma began playing the piano at the age of five, and subsequently moved to London at the age of eleven (1988), for the purpose of studying at The Purcell School of Music. In December 1996 he participated in the album The Musicians of Purcell (Decca). Graduating from Purcell School of Music in July 1997, Yiruma continued his musical aspirations and completed a Composition major from King's College London in June 2000. While studying at Kings College, this promising pianist released his first album "Love Scene" through DECCA records.

Additionally, during his time in college, he participated in a musical tour in Europe. Making a historical impact for his country, Yiruma was the first Korean artist to receive an invitation to perform at the 2002 MIDEM in Cannes, France. Early in his career, his albums



were released in Europe and Asia, they are now available internationally through various online sources such as iTunes, Amazon, and Yiruma's recording label STOMP Records.

In 2001 he released his most popular album to date, "First Love". His #1 selling piece "River Flows in You" was on this album and since 2001 this piece has been released on two other albums (First Love [Repackaged] and Wedding Essentials: The Ceremony) Yiruma released his third album, From The Yellow Room in 2003. Pre-order sales topped 30,000 copies and the album was top-ranked on many popular music charts, including Yes24, Phono, and Hot Tracks. His 12-city Korean tour was a sellout, as well as his November concert at the Seoul National Arts Center.

His fourth album is POEMUSIC. In 2006, the following year, he composed a main theme piece for a popular KBS drama, Spring Waltz. In his fifth album, h.i.s monologue, he utilized prepared piano. Yiruma has composed soundtracks for musicals, films and plays. While being successful in the music industry, Yiruma decided to serve in the South Korean military. Hence, in 2006 he gave up his British citizenship and enlisted in the Korean Navy.

Upon completing his service in the Korean Navy, he began the 2008 Yiruma Come Back Tour, Ribbonized, in 20 cities across Korea. Additionally, on January 1, 2009, he became a DJ for KBS1FM Yiruma's Music from All Around the World.

In September 2010, Yiruma gave Stomp Music a contract cancellation and signed with Sony Music Entertainment Korea. Stomp Music then filed an injunction to prohibit Yiruma from selling his music, and the request was accepted by the court in April 2011. Yiruma immediately filed an objection against the injunction, and the court finally gave Yiruma the upper hand.

Musical style

Yiruma's musical style is easy to misclassify. Because his music is popular among many listeners who are not familiar with classical music, the solo piano instrumentation and tendency toward "movements" often leads to labels like "new classical" or "contemporary classical". However, although his composition studies would have included the classics, neither the structure of his pieces nor his technique as a pianist are heavily influenced by them. His music has sometimes been classified vaguely as "popular", as shown by the inclusion of his hit piece River Flows in You on a compilation of wedding pieces titled "Wedding Essentials: The Ceremony". According to the iTunes Store, he is actually considered a World Music or New Age artist.



For the actual structure of his music, the movement and reach required to play his pieces averages around Grade 7 by Royal Conservatory standards. Pattern and repetition feature prominently, however, making the structure more like popular pieces or movie themes than traditional solo piano compositions. Yiruma's pieces are also heavy in simple melody and rhythm, making them immediately attractive to many modern ears.

Yiruma married Son Hye-Im on May 27, 2007. The piece "27.May" is about his marriage to Son Hye-Im. ("27.May" was released on an album in 2003, though) Son Hye-Im's younger sister is the Korean actress Son Tae-young, who attended Yiruma's concert with her husband, Kwon Sang-woo, while she was pregnant. Their daughter, Loanna, was born on Oct 7, 2007. On his spiritual viewpoint, Yiruma has stated, "I'm a Christian, and I am not a New-age artist. Most people misunderstand me." In his album H.I.S Monologue (2006), the artist composed a piece titled, "Lord...Hold my Hand".

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THE ORIGIN

Yiruma is the stage name of Lee Ru-ma who was born on February 15, 1978, is a popular internationally known pianist and composer from South Korea. The name "Yiruma" means "accomplishment" in Korean. Yiruma's piano music is expressive and introspective. He frequently performs at sold-out concerts in Asia, Europe and North America. His Alma Mater King's College in England helped him gain European popularity and recognition. Several of his most popular pieces include, "River Flows in You", "Kiss the Rain", and "Maybe". His most popular album "First Love" was released in 2001.

He began playing the piano at the age of five, and moved to London when he was 11, in 1988, to study at The Purcell School of Music . He possessed dual citizenship of South Korea and England until 2006. In 2006, he gave up his UK citizenship to serve in the Navy of South Korea. Yiruma married Son Hye-Im on May 27, 2007 and they have a daughter, Loanna.

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There's a certain quality to his music... There seemed only to be love in his tunes, the positive and the hopeful. This may be hard to comprehend, but if you've heard his music before, you'll understand. I feel blessed to just be seated there among the audience and hearing his music. His music speaks to your heart and he captivated everyone with his tunes.⁷

RELATED STUDIES

⁷ <http://yiruma.manifo.com/yiruma>



In academic education, undergraduate students develop musical knowledge through the preparation of a repertoire within the western classical music tradition during a certain period of formal music practice. During the practice, the student makes choices and deals with personal strategies that assume forms of thinking and, therefore, differentiated and complementary forms of musical knowledge. Elliot's musical knowledge model allows us to identify the distinct nature of the strategies associated with the preparation of a piano repertoire by three undergraduate students at different academic levels: the first, fifth and eighth semesters. Based on a phenomenological approach, the repertoire of these students was followed during an academic semester and examined in two forms: repertoire preparation and reflection on one's preparation. Four complementary research techniques were employed: a semi-structured interview, a video observation of the performance of the musical pieces, a non-structured interview about the repertoire under preparation and a recall-stimulated interview in which the student reflected on his own performance (recorded on video and audio tape in the previous sessions). The five forms of Elliot's musical knowledge (formal, informal, impressionistic, supervisory and procedural) were identified in the verbal and instrumental statements about the repertoire preparation of the three students in different intensity, depending on the musical-instrumental expertise level as well as on their idiosyncrasies. For supervisory knowledge, a relationship between this kind of knowledge and level of music expertise was found: manipulation of supervisory knowledge seemed to increase with academic level.⁸

The purpose of this study was to explore the identity work of adult instrumental students negotiating their entry to a prestigious music academy and the professional field of music. Ten classical solo-piano students' accounts of their musical histories and experiences were collected through research interviews. The thematic analyses presented suggest that comparative dynamics between self and other(s) are key mediators of students' musical identity work. The analyses explore how students' identity work was resourced both by the discursive (re)contextualization and harnessing of entrance test results and their accounts of their early experiences of being in the academy. The salience of key musical practices and the significance of listening, as well as being overheard practising, are also considered. In addition, the analyses reveal how constructions of practice "norms", "exceptionality" and "typical" life-courses and trajectories enter into students' identity work.⁹

The main purpose of this study was to examine the effects of familiarity with the sound of a melody on children's performance of the melody. Children in kindergarten through fourth grade (N = 97) with no previous formal instrumental instruction were taught to play a four-

⁸ *The Preparation of a Piano Repertoire According to Elliot's Musical Knowledge Model: Three Case Studies* Author(s): Teixeira dos Santos, Regina Antunes; Hentschke, Liane Source: *International Journal of Music Education*, v28 n3 p247-268 Aug 2010 Pub Date: 2010-08-00 Pub Type(s): Journal Articles; Reports – Research Peer Reviewed: Yes

⁹ *Musical Identities in Transition: Solo-Piano Students' Accounts of Entering the Academy.* Author(s): Juuti, Sini; Littleton, Karen Source: *Psychology of Music*, v38 n4 p481-497 Oct 2010 Pub Date: 2010-10-00 Pub Type(s): Journal Articles; Reports – Research Peer Reviewed: Yes



measure melody on a keyboard during an individual instruction session. Before learning to play the melody, half of the children listened to a model of the melody repeatedly in music class to become familiar with the music. Children's familiarity with the melody was assessed through a melodic error identification test administered immediately before and after instruction. The results indicated that children who were familiar with the melody played significantly more correct notes than did children not familiar with the melody and that performance accuracy increased with grade level.¹⁰

Do prospective music teachers with piano proficiency have an advantage in the job market? Can playing the piano well help practicing teachers achieve greater success in the classroom? In this article, the author stresses that piano proficiency is a necessary survival tool for music teachers regardless of their primary instrument or vocal specialty. If you, as a teacher, can play the piano with confidence, you will be able to accomplish the following: (1) accompany a performing group; (2) accompany and coach instrumental and vocal soloists; (3) demonstrate chord progressions and other passages for your students; (4) inspire students with live mini performances representing music of different composers, styles, and periods; (5) participate in performing ensembles with your students and with other music teachers; (6) provide functional music for the school community at special events; and (7) read and play a piano reduction of a choral or instrumental score.¹¹

This article outlines the rationale for and development of a small group piano teaching approach for application in the higher education environment. The influences on and the rationale for current preferences in the piano teaching field are considered, prior to an investigation of the literature, which reveals a number of issues of concern in relation to the efficacies and efficiencies of existing practices. Reflections obtained during in-depth interviews are then analysed to create a view of the current state of piano teaching. Questionnaire data obtained from tutors who engage in advanced student group-teaching are also examined. The development of the small group structure and learning environment is subsequently outlined, as is evaluation data gathered from participating students over the 4-year trial. The paper concludes by discussing a number of implications and possible directions for instrumental teaching at the tertiary level.¹²

This book is a guide for music teachers whose students of instrumental keyboard music include those with dyslexia. Chapter 1 is on recognizing dyslexia, including primary and

¹⁰ *Effects of Familiarity with a Melody Prior to Instruction on Children's Piano Performance Accuracy.* Author(s): Frewen, Katherine Goins Source: *Journal of Research in Music Education*, v57 n4 p320-333 2010 Pub Date: 2010-00-00 Pub Type(s): Journal Articles; Reports – Research Peer Reviewed: Yes

¹¹ *Piano Proficiency: The Perfect Accompaniment for Successful Music Educators.* Author(s): Bobetsky, Victor V. Source: *Teaching Music*, v11 n4 p36 Feb 2004 Pub Date: 2004-02-01 Pub Type(s): Journal Articles; Opinion Papers

¹² *Innovations in Piano Teaching: A Small-Group Model for the Tertiary Level.* Author(s): Daniel, Ryan Source: *Music Education Research*, v6 n1 p23-43 Mar 2004 Pub Date: 2004-03-00 Pub Type(s): Journal Articles; Reports – Research Peer Reviewed: Yes



secondary symptoms, multisensory teaching, and teaching to strengths. Chapter 2 focuses on communication between pupil and teacher with sections on music as communication and the diagnosed/undiagnosed dyslexic child. Auditory considerations are addressed in the third chapter, including anomalies in auditory function, auditory laterality, singing, and rhythm. The following chapter considers visual challenges related to interpreting the printed page; the staff; vertical and additional horizontal lines; rests, dots, and accidentals; fingering; and tracking. Chapter 5 offers suggestions for addressing motor problems including balance and posture, gross motor control, coordination for pedaling, fine motor control, hand independence, spatial aptitude, and fingering. Chapter 6 is on memorizing and sight-reading with discussion of kinesthetic memory, memorizing the architecture, and playing duets. Chapter 7 addresses musical theory and music writing. Subtopics include materials for writing music, the reproduction of musical symbols, keys, and performance indications. The final chapter is on the music lesson with suggestions for useful equipment, planning and evaluating lessons, relative values of instruments other than the piano, and examinations and performances. An appendix provides a sample repertoire for pianists. Also provided are a glossary and useful addresses in Great Britain.¹³

This journal is devoted to the needs and interests of the school and college music teachers of Missouri and the United States. Articles in Volume 5, Number 1 are: "O. Anderson Fuller, The First Black Doctor of Philosophy in Music in America, and his Development of the Music Education Curriculum at Lincoln University" (S. Houser); "A Study Comparing Computer Pitch Drills with Piano Pitch Drills" (M. S. Milak); "Non-Participation of Freshman and Senior Boys in High School Chorus" (B. J. Kourajian); and "Selected Abstracts in Music Education" (n=8). Articles in Volume 5, Number 2 are: "Effect of Three Types of Music on Moods and Feelings" (W. B. Lathom; B. Lubin; L. Havlicek); "The Effect of the Use of 'Music Speed Reading' on the Sight Reading Ability of Senior and Junior High School Instrumentalists" (W. J. Leafblad); "The Collegium Musicum as a Viable Performing Group on the Technological Campus" (J. Kramme); "An Investigative Study of Young Children's Vocal Problems and Remedial Needs" (N. van Zee); "Music and Music Education in the Koreshan Settlement, Estero, Florida" (L. B. Hilton); and "Selected Abstracts in Music Education" (n=10). Articles in Volume 5, Number 3, are: "Effect of Improvising in Given Rhythms on Piano Students' Sight Reading Rhythmic Accuracy Achievement" (D. R. Montano); "Investigation of a One Note--One Name Rhythm Reading Instruction Model" (J. T. Jetter); "Dimensions in the Meaning of Choral Experience: A Reexamination" (J. Hylton); "A Study to Ascertain the Commonly Preferred Elements in Brass Warm-Up Routine" (R. J. Altman); "Discrimination and Consistency of Judgment of Musical Balance of Wind Quartets" (T. Austin); "Comparative Methods for Teaching Irregular Meter through Balkan Music to Elementary School Students"

¹³ *Instrumental Music for Dyslexics: A Teaching Handbook. Second Edition.* Author(s): Oglethorpe, Sheila Pub Date: 2002-00-00 Pub Type(s): Books; Guides - Non-Classroom



(F. M. Irwin); and "Selected Abstracts in Music Education" (n=13). Articles in Volume 5, Number 4 are: "Comparison of Music Teaching Self-Evaluations before and after Videotape Feedback" (W. L. Sims); "A Survey of Instrumental Music Scheduling Status in Public Schools of Southeast Missouri" (M. Creech); "How Did We Do It in the Past?" (J. T. Jetter); "A General Survey of the Competition-Festival to 1960" (D. L. Oakley); "A Commentary--Teaching Listening, Breathing Support and Sensitivity through the a cappella Art" (B. Vantine); and "Selected Abstracts in Music Education" (n=9). Articles in Volume 5, Number 5 (Editors: Franklin W. Koch and Wendy Sims) are: "The Use of an Objectively Constructed Rating Scale for the Evaluation of Brass Juries: A Criterion-Related Study" (M. J. Bergee); "The Effect of Traditional Music Class versus Repeated Listening on the Music Preferences of Kindergarten and Primary Grade Children" (V. Burnsed; H. Price); "The Use of Rehearsal Time by an Experienced Choral Conductor with a Children's Choir" (R. S. Moore); and "Index of Articles in the Missouri Journal of Research in Music Education, Vol. I-IV. (Missouri Journal of Research in Music Education, 1982-1988.) Author(s): Stephenson, Jack R., Ed.; Koch, Franklin W., Ed. Source: Missouri Journal of Research in Music Education, v5 n1-5 1982-1988¹⁴

A music reading program was successful in teaching note reading in a nearly errorless fashion to one educable mentally handicapped and two learning-disabled piano students (aged 6-13). The program was based on principles extracted from the psychological and educational research literature and included the need to: (1) use symbols that catch children's attention; (2) match content to readiness level; (3) match methods to cognitive style; (4) adapt to uneven rates of learning; (5) match materials to gestalt scanning preferences; (6) match methods to vertical discrimination preferences; (7) incorporate motor reinforcement activities; (8) isolate hands and coordinate mirror movements; (9) plan for inhibitory motor movements; (10) distribute practice into short sessions at frequent intervals; (11) match timing to information processing speed; (12) match repetitions to students' practice needs; (13) avoid perceptual overloading; (14) teach self-verbalization as a learning strategy; (15) enhance motivation by use of individualized incentives; and (16) involve parents. The paper stresses the importance of encouraging instrumental instruction for handicapped children, in order to provide them with opportunities for self-expression and self-satisfaction, to avoid social isolation, and for integration with their culture's aesthetic experiences.¹⁵

These four 1988 issues of the journal of the Society for Accelerated Learning and Teaching (SALT) include the following articles: "Educating the Children of Changing Cultures"; "All Stars to Center Stage: Accelerative Learning in the School of Business"; "SALT in the First Grade Classroom"; "Unlearning Technologies: Coping with Anti-Suggestive

¹⁴ Missouri Journal of Research in Music Education Pub Date: 1988-00-00 Pub Type(s): Collected Works – Serials Peer Reviewed: Yes

¹⁵ Adapting Piano Instruction to the Needs of Children with Learning Disabilities: Merging Research & Intervention.) Author(s): Smith, Corinne Roth Pub Date: 1987-02-00 Pub Type(s): Speeches/Meeting Papers; Reports - Descriptive



Barriers in Industry Training"; "Suggestopedia: A Suggestive-Accelerative Teaching Technique in Teaching English as a Second Language to Adult Learners"; "Effects of Relaxation Training on Verbal Ability, Sequential Thinking and Spatial Ability"; "Effects of Music-Assisted Relaxation and Mental Rehearsal Training on Acquisition of Piano Performance Skills"; "Metaphoric Teaching: The Use of Metaphor in Teaching Science and Literature"; "Use of Suggestopedia with Limited English Speaking Hispanic Elementary Students"; "Relaxation and Educational Outcomes: A Meta-Analysis"; "A Meta-Analysis of the Effects of Suggestopedia, Suggestology, Suggestive-Accelerative Learning and Teaching, and Super-Learning on Cognitive and Affective Outcomes"; "Alpha Brain Wave Formation by Sine Wave Stereo Sounds"; "Implementing Whole-Brain Methods for Reading Instruction"; "A Suggestopedia Program in Japan"; "Suggestopedia in Terms of the Second Language Acquisition/Learning Theory of Stephen Krashen"; "Effects of Guided Imagery on Basal Metabolic Rate"; "Imagery's Physiological Base: The Limbic System"; and "Learning Research Combining Cognitive Processing and Suggestopedic Variables."¹⁶

Aspects of dance training can be helpful in improving performance skills on the piano. These include correct posture, breathing, and a physical sense of self. Learning to move to music, whether through formal training or on one's own, can help relaxation, concentration, and endurance.¹⁷

METHODOLOGY

The researcher will use Descriptive Survey Method for this study. A Qualitative study using Thematic Coding for the analysis of data. Random Sampling was used to determine the participants. The participants were instructed to answer a one page open-ended questionnaire while listening to classical piano instrumental music only from of Yiruma. The same songs were played on loop mode. Titles of the songs were:

1. All Myself To You
2. As You Wish

¹⁶ *The Journal of the Society for Accelerative Learning and Teaching*. Volume 13, 1988.) Author(s): N/A

Source: *Journal of the Society for Accelerative Learning and Teaching*, v13 n1-4 Spr-Win 1988 Pub Date: 1988-00-00 Pub Type(s): Reports - Evaluative; Guides - Classroom - Teacher; Collected Works - Serials

¹⁷ *What Dancers Can Teach Pianists.*) Author(s): Muller, Susan Source: *Music Educators Journal*, v70 n5 p54-55 Jan 1984 Pub Date: 1984-00-00 Pub Type(s): Opinion Papers; Journal Articles Peer Reviewed: Yes

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3. River Flows in You
4. Kiss The Rain
5. Maybe, Dream
6. One Day I Will Leave Behind
7. What Beautiful Stars
8. Spring Rain
9. Sweet Dreams, My Dear
10. One Day You Will
11. Do You
12. The Things I Really...(Missing You)
13. White Shadow
14. Tears
15. Inside of me
16. Shining Smile
17. When Love Falls
18. Wait There
19. Love Me
20. Passing By

After answering the questionnaire there was a brief discussion about how they felt about music particularly on mood, feelings, insights, thoughts, sentiments and emotions. Some have shared their opinions about the music they have been listening to, which will be discussed in the conclusion. The discussion was quite interesting due to the fact that most of them have not listened to classical piano instrumental music before and some were very emotional about their opinions about the music.

The respondents were also asked to write a short story while listening to this music. The stories were also very interesting as they have different views about the music they were hearing. During the discussion, some have cited that the music triggered their imagination compared to just writing a short story without listening to music.

A Quote from Johnny Depp (a well known actor and also a musician) “Music touches us emotionally, where words alone can’t.”

PARTICIPANTS

Respondents were 26 respondents (11 Male and 15 Female) with no formal music training and are all college students from Systems Plus College Foundation from different



colleges/departments. Ages range from 15 to 23 years old and average age of all participants is 15.8 years old. They were not asked if they listen to classical piano instrumental music. The respondents were just informed if they could answer a survey for a research study. Those who agreed were the 26 participants. Since this study was done during May 2013, wherein there are still no classes here in the Philippines, these were the only respondents available during this period of time.

CASE STUDIES

CASE #1

1. Do you listen to classical piano instrumental music?
- Yes
2. What do feel when you hear this type of music? Explain briefly.
- It relaxes my mind it was like refreshing my whole being/soul.
3. Do you enjoy listening to this type of music? Justify.
-Yes. Because it feels like you're not in your body it feels like you're in heaven.
4. Would you recommend this music to your others?
-Yes.
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
-For me because I'm a student I will listen to this kind of music every time I'm reviewing for my exams. Because it will helps to relax my mind and helps me to focus to what I am reviewing.
6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
- To a place which is peaceful where there is no noise no people around you just only by you/me.
7. What are the effects of this type of music as you listen to it on your:
 - a. Mood- when you feel irritated and you hear music like this it changes your mood.
 - b. Emotions- It builds up your emotion specially when you feel emotion is the same as when the music is about or tells you
 - e. Imagination- It broaden my Imagination.
 - g. Perception in Life- Lightens my Perception in life



h. God and Religion- It makes me think of the things that is should focus on first in terms of serving God.

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Yes just like what I've answered on question is it really help me to or motivate me to review my lessons because classical music makes me feel calm and it feels like it opens my mind and feed all the things which I read or what I have studied in my lessons In short it enhances my memory.

CASE # 2

1. Do you listen to classical piano instrumental music?

- Yes.

2. What do feel when you hear this type of music? Explain briefly.

- I feel relax whenever I listen to it.

3. Do you enjoy listening to this type of music? Justify.

- Yes, enjoy listening to it because I always feel very relax when I listen.

4. Would you recommend this music to your others?

- Yes.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

-I would like to listen to it on my free time.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- I would like to listen to it in a place where I can be alone.

7. What are the effects of this type of music as you listen to it on your:

a. Mood- my mood becomes much better.

b. Emotions- I feel different kinds of emotions

c. Feelings- I feel much better.

d. Family- I feel closer to my family

e. Imagination- I imagine some things in the past.



- f. Attitude- my attitude becomes much better.
 - g. Perception in Life- I see life more positive.
 - h. God and Religion- my faith becomes stronger.
 - i. Family- I feel closer to my family.
 - j. Friends- I feel close to my friends.
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
- Yes it helps because it makes you calm and focus.
9. Imagine and create a short story based on this type of music. (not less than 100 words)
- My Short is about a girl who was very lonely and always sad she never likes talking to other people and she's always dark and mysterious. But one day she met a guy who was very different from her. The guy was very loud and happy and since then they always talk to each other and when times goes by they feel in love but there are a lot of struggles that they face but in the end they both keep their love for one another.

CASE # 3

- 1. Do you listen to classical piano instrumental music?
 - Yes.
- 2. What do feel when you hear this type of music? Explain briefly.
 - When I hear a classical music I do feel a sweetness and love of another people and remember the pass years when I childhood.
- 3. Do you enjoy listening to this type of music? Justify.
 - Yes, because this classical music I listening is good to my mind.
- 4. Would you recommend this music to your others?
 - Yes.
- 5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
 - To my father because when I was 1 year old he going to abandon me. I have no idea.



6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- . Good, sweet, love, care, Loyalty.

7. What are the effects of this type of music as you listen to it on your:

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Yes, because my Emotions and Imagination we should rest when I listening a classical music.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- Their chasing me, their chasing me, I have enough money now, yes enough for my starving mother and sister, please let me go. Before you imprison me, every well take me to your head quarter good morning captain. No captain is you mistaken.

CASE # 4

1. Do you listen to classical piano instrumental music?

- Yes. I do.

2. What do feel when you hear this type of music? Explain briefly.

- I feel so well. it's relaxing when I heard this kind of music it feels like you just staying beside the tree I'm freely to think deeply when I was listening this song.

3. Do you enjoy listening to this type of music? Justify.

- Yes, why? Because the more I listening the music the more I feel and related to my emotion and feelings It's perfect for the people who are stressed and it reliefs from stressful. This music it might call to be "Stress free".

4. Would you recommend this music to your others?

- It depends to the people who are loved to listen the music. Especially to your loved ones.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- I would like to listen this music it when I broken hearted or stressed at the quite time.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- I would like to listen this kind of music with my personal room sitting at the sofa I just want to relax my mind and feel what I listened.



7. What are the effects of this type of music as you listen to it on your:
 - a. Mood
 - b. Emotions
 - c. Feelings
 - d. Family
 - e. Imagination
 - f. Attitude
 - g. Perception in Life

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
 - Yes, It helps to relax your mind It reliefs to dizziness and stress and it helps to enhance your brain.

9. Imagine and create a short story based on this type of music. (not less than 100 words)
 - When I was listened this kind of music I was imagined that I'm just alone beside the big tree and thinking about the girl that I love.

CASE # 5

1. Do you listen to classical piano instrumental music?
 - Yes.

2. What do feel when you hear this type of music? Explain briefly.
 - I feel like I'm in a different place and alone.

3. Do you enjoy listening to this type of music? Justify.
 - Yes, because I can relate myself through the music.

4. Would you recommend this music to your others?
 - Yes. I recommend

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
 - When I'm alone because it's soothes my emotions
 - .

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
 - In dark places or in a peaceful and beautiful surroundings.

7. What are the effects of this type of music as you listen to it on your:

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- a. Mood- it changes my mood from angry to calm.
 - b. Emotions- it makes my emotion to go deeper.
 - c. Feelings- it always makes me cry.
 - d. Family- memories.
 - e. Imagination- different dimension.
 - f. Attitude- bitter
 - g. Perception in Life- change of decisions.
 - h. God and Religion- believing in faith
 - i. Family- love
 - j. Friends- care
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
- No, because it makes me think of something else.
9. Imagine and create a short story based on this type of music. (not less than 100 words)
- When I hear this kind of music it makes me feel like I'm in a world that nobody knows, nobody can see I and nobody can feel and in this world anything can see possible like I can fly. I can so whatever I want. In this world it's a big challenge for me hoe to overcome what I feel and what I've become in my real world.

CASE # 6

1. Do you listen to classical piano instrumental music?
 - Yes.
2. What do feel when you hear this type of music? Explain briefly.
 - I feel comfortable especially in times of heart break or pain.
3. Do you enjoy listening to this type of music? Justify.



- Yes, because piano instrumental music is one of the most interesting Instruments you can use/play to any occasions.

4. Would you recommend this music to your others?

- Yes.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- When times of pain because the sound of piano will heal the pain in your heart.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- Church, because that's the time I heard a piano music and when my friend plays the piano I feel the song like we are blessed because we are praising and worshiping.

7. What are the effects of this type of music as you listen to it on your:

c. Feelings- because change my feelings.

d. Imagination- I will create my own Imagination.

h. God and Religion- because every talent given by God so we have to use your talent to God.

g. Perception in Life- helps my personality will growth.

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Maybe Yes, Although we don't have piano at home but I have an cell phone I download a piano instrumental music it helps because my mind is relaxing the more you feel the song the more your brain get works.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- When I was young I don't care to the instrument as in any instrument but when I joined to the church I learned how to play guitar and also I always listening piano I borrowed a cell phone to my friend and I saw an instrumental piano and I shared on my phone. When I got home my little cousin he is 9 months old. He want to sleep I always play that songs when I pause it. He cried so I realized that there is an impact the song to him.

CASE # 7



1. Do you listen to classical piano instrumental music?
- Yes.
2. What do feel when you hear this type of music? Explain briefly.
- I feel relax and I also feel I am all alone.
3. Do you enjoy listening to this type of music? Justify.
- Yes because it change my mood.
4. Would you recommend this music to your others?
- Yes. Why not this music is so amazing and I know that others will also love this.
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
-When I'm angry because I knew when I hear this kind of music it will change my mood.
6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
- Somewhere in a quiet place like in my room where I can relax and think how can I solve my problems in life.
7. What are the effects of this type of music as you listen to it on your:
 - a. Mood- a while ago I'm so mad because of some problems but when hear this music change my mood into a normal mood. .
 - b. Emotions- when I hear the music my emotions increase because I can control my feelings of being lonely as a living person in this world that full of judgment.
 - c. Feelings- so lonely
 - d. Family- love
 - e. Imagination-.living in a beautiful place where I can only see is flowers and a clear blue sky.
 - f. Attitude-love yourself as you don't ever mind what others says.
 - g. Perception in Life-
 - h. God and Religion- faith and love



- i. Family- being together.
 - j. Friends- trust
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
- Yes because it would relax my mind and it will easy for me to memorize my lessons
9. Imagine and create a short story based on this type of music. (not less than 100 words)
- There was a lonely girl she was explaining her feelings to others but no one understand her. And she was trying to be happy but her father won't let her .

CASE # 8

1. Do you listen to classical piano instrumental music?
 - No.
2. What do feel when you hear this type of music? Explain briefly.
 - I feel bored and sleepy
3. Do you enjoy listening to this type of music? Justify.
 - No. as I said easier I feel bored and sleepy.
4. Would you recommend this music to your others?
 - Maybe I will?
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
 - This kind of music is applicable when night comes especially when I can't sleep at night I will listen to this kind of music so that I'll feel sleepy and eventually fall sleep then. I will also listen to this kind of music when I'm stress so that I can relax .
6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
 - I would like to listen to this type of music in bedroom because its pleasing to the ears this kind of music is relaxing.
7. What are the effects of this type of music as you listen to it on your:
 - a. Mood- the effect of classical music in my mood is feel relaxed



- b. Emotions- nothing
 - c. Feelings- nothing
 - d. Family- to get easily sleep.
 - e. Imagination- I can't imagine very well when I'm listening to classical music's.
 - f. Attitude- nothing, it doesn't change anything. .
 - g. Perception in Life- nothing
 - h. God and Religion- nothing.
 - i. Family- they get easily sleepy.
 - j. Friends-they easily get bored.
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
- No because I'll feel sleepy and I can't review my lessons well. I will be distracted in listening to this kind of music even to the other genre of music I'll be distracted too because I want a quite place when I'm reviewing my lesson and by just reading my lessons I feel sleepy then I'll listen to classical music's surely I will fall asleep.
9. Imagine and create a short story based on this type of music. (not less than 100 words)
- One day while cassie's in her bedroom she decided to listen to classical music's because she was stresses and she wants to relax and because of that she felt relaxed she told herself that classical music's are good stress relievers the other day she tried to listen to classical music's with her friend suddenly others fell asleep while others get bored and change the music then the night came she was so depressed and there were many thoughts that came in her mind so she decided to listen to classical music's she felt relaxed and then after a couple of minutes she felt asleep. The other night she can't fall asleep so she decided again to listen to classical music's after a while she fell asleep. Then when she woke up she realized that classical music's are good sleeping pills..



CASE # 9

1. Do you listen to classical piano instrumental music?
- Sometimes
2. What do feel when you hear this type of music? Explain briefly.
- I feel like I'm on my own world Refreshing.
3. Do you enjoy listening to this type of music? Justify.
- Yes, I'm able to escape from reality..
4. Would you recommend this music to your others?
- Yes.
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
- Morning and night I want to start and end My day listening to music
6. In your opinion, if applicable, where would you like to listen to this type of music?
Why?
- Top of the roof, beach, bus. I want to see the view
7. What are the effects of this type of music as you listen to it on your:
 - a. Mood. nothing
 - b. Emotions- nothing
 - c. Feelings-nothing
 - d. Family- nothing
 - e. Imagination- makes me think I'm with my loved ones.
 - f. Attitude- nothing
 - g. Perception in Life- helps me to become more positive
 - h. God and Religion- God first.
 - i. Family- nothing



- j. Friends- all I want are true friends
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
- Yes my idea expands.
9. Imagine and create a short story based on this type of music. (not less than 100 words)
- There is one duck which is missing. This duck doesn't know where to go. This poor duck doesn't know where she belongs.

CASE # 10

1. Do you listen to classical piano instrumental music?
- Yes.
2. What do feel when you hear this type of music? Explain briefly.
- Relaxed.
3. Do you enjoy listening to this type of music? Justify.
- Yes, because it is pleasant in our ears at the same time it relaxing.
4. Would you recommend this music to your others?
- Yes. I will
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
- In my own opinion I would listen to this music when I want to relax and remove the stress and I think of the all good memories.
6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
- I want to listen near the flowing water with the green surroundings
7. What are the effects of this type of music as you listen to it on your:
- a. Mood- nothing
 - b. Emotions- I want to cry end.
 - c. Feelings- I feel sad at the same time happy
 - d. Family- it reminds of all those happy memories with them



- e. Imagination- I'm imagining of my future of what will happen in the future.
 - f. Attitude-nothing
 - g. Perception in Life- Life is a God's gift and that's why I am thankful that I am here.
 - h. God and Religion- I would tell God for those the good things he gave us and say sorry for what I've did. And I will ask for his guidance in achieving my dreams for myself and my family, sometimes when I am alone I just talk to our God and say all those problems of mine.
 - i. Family- is one of my inspiration I'm doing my best to finish my schooling so that I will help my brothers and sisters in their needs when I am finish and I hope so.
 - j. Friends- I remember my friends when I'm with them I'm happy even though sometimes I'm asking if they are true to me, but I'm thankful because they make me happy and good when I'm sad and when I had problems.
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
- In my own opinion, Yes it would help me in studying but sometime I want just silent.
9. Imagine and create a short story based on this type of music. (not less than 100 words)
- A one big happy family
 - Their life was simple they survive everyday with their needs and satisfied of what they have their mother is a house wife and their father is a electricians they have 5 kids the elders one was a girl who was had a big dreams for them she wanted to help her family someday if she would finish her studies and the good things is they help each other.

CASE # 11

- 1. Do you listen to classical piano instrumental music?
 - Sometimes
- 2. What do feel when you hear this type of music? Explain briefly.
 - Every time I hear that I feel free and its very nice to hear or should I say this kind of music was relaxing.
- 3. Do you enjoy listening to this type of music? Justify.



- Yes just like what I said its nice and amazing do you know what's my dream there's a person who will sing in front of our house with a piano.

4. Would you recommend this music to your others?

- Yes. Why not.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- Yes it can help me to express our feelings and if you want to cry or you're a broken hearted and if you really miss someone it's free to express.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- In front of our house with my special someone and make some "harana" oww so sweet.

7. What are the effects of this type of music as you listen to it on your:

a. Mood- if I am moody there's someone who listening a wonderful music I will ask him/her if I could listen too.

b. Emotions- every time I hear that music I'll always remember my dad passed away and it makes me cry.

c. Feelings- it makes my brain brighten like a diamond and my heart was exploding with love.

d. Family- nothing

e. Imagination- if I close my eyes I see a green mountains and I smell a first our white am in the middle of the sea

f. Attitude- I feel sassy

g. Perception in Life- I can't answer it yet.

h. God and Religion- it can really help me to express my love and faithfulness to our God and to my religion.

i. Family- it makes me happy and touched my heart very softly because I remember all those care , love , and unity of each other of us and I feel very lucky to have my family while I listening this and I always remember the thoughts of my mother .



j. Friends- I really missed them all I always thinking when we get bond together and see our happy face and laughing each other sharing our love story problems and more.

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Maybe it Yes it depends on the situation.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- There's a girl dreaming a lot of things, like to finished her study and find a job to help her family and yet financially stable and after that she want to find a right men she want loving and caring husband to his wife and children and most of all she had a faith into our God and also to his wife and with a generous heart.

CASE # 12

1. Do you listen to classical piano instrumental music?

- Not really I'm not used to it hearing this kind of music I don't hear it every day.

2. What do feel when you hear this type of music? Explain briefly.

- Honestly, I feel relaxed as I listened to the piano classical music.

3. Do you enjoy listening to this type of music? Justify.

- As I heard it today, Yes.

4. Would you recommend this music to your others?

- Definitely, Yes especially to those who are stress they need this kind of music and unwind relax and reflect.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- If given a chance Yes, as I said before we don't hear it every day so if possible I would love to hear this kind of music every day morning as I works up

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- While having a morning walk in a place like Tagaytay? Very relaxing and peaceful.

7. What are the effects of this type of music as you listen to it on your:

a. Mood- I feel peaceful

b. Emotions- I feel in love.



- c. Feelings- just like emotion I feel that the feeling of being in love is priceless
- d. Family- I feel that they are my all my strength and my inspiration.
- e. Imagination- I'm actually imagining right now, I don't know I can't explain but I really feel happy and light.
- f. Attitude- I feel kind and genius
- g. Perception in Life- That everything is light do not stress yourself and always be positive because at the end of the day it doesn't matter of perception on how you look at to the things happening to you as long as you have a peaceful mind and a happy heart every challenges you may encounter you can surpass them all
- h. God and Religion- That God is everything to love God is to love yourself to believe in god is to believe in yourself and to respect him is the same way as to respect your own self.
- i. Family- nothing
- j. Friends- That a true friend is the one who knows you and will never leave you.
- k.
- 8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
 - Yes because I think it would be a big help for me, to relax my mind and to do no pressure.
- 9. Imagine and create a short story based on this type of music. (not less than 100 words)
 - There was a girl who never fails to make other people happy but in reality this girl is in pain because the one she loves is unfortunately committed with someone because every time she saw her man happy with his girl her heart is literally crying but one day she knew that her man is secretly in love with her she was so happy but the man's girlfriends so much pain and the girl decided to broke up with man because she believe that love is a matter of happiness and peacefulness not sacrifices.

CASE # 13

- 1. Do you listen to classical piano instrumental music?
 - Yes.



2. What do you feel when you hear this type of music? Explain briefly.
 - Sad , happy , in love sometimes it is up to what type of certain genre of piano rhythm is being played likewise the first two song played it makes me feel “wonder” /how could possibly a certain things is beautiful .

3. Do you enjoy listening to this type of music? Justify.
 - Yes, because there is certain force that would drag you and you cannot help it but to listen to it.

4. Would you recommend this music to your others?
 - Yes

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
 - In quite times usually alone because it is more relaxing just soothes your mood and you will find time to think.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
 - In a garden ,open space view ,natured space because this helps you out more to appreciate the some and letting the music fill in to your soul to as you can understand what the song is.

7. What are the effects of this type of music as you listen to it on your:
 - a. Mood- feeling of calmness fills in relax

 - b. Emotions- what if’s mixed feelings affected to the song.

 - c. Feelings- way of unspoken words

 - d. Family- questions

 - e. Imagination- takes you on the journey , another worlds

 - f. Attitude- change of behavior because of mood.

 - g. Perception in Life- insight ,positive outlooks, glimpse into future

 - h. God and Religion-question, devoted and forgiveness



- i. Family- question
 - j. Friends- option
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
- Sometimes but this will become more effective if this type of music is being heard after along stressing day during relaxation time.
9. Imagine and create a short story based on this type of music. (not less than 100 words)
- At a beach, a girl sitting alone looking at the sky with the beautiful stars, thinking and wondering keeps on asking what if the worlds is what if I become and saying I want to be free from any inhibitions I want to see how beautiful life is as she stood up and walk only word left” what is with life that I couldn’t understand” leave the place in silence.

CASE # 14

1. Do you listen to classical piano instrumental music?
 - Yes.
2. What do feel when you hear this type of music? Explain briefly.
 - I feel comfortable when I hear this kind of music.
3. Do you enjoy listening to this type of music? Justify.
 - Yes, because listening to this kind of music can remove your stress.
4. Would you recommend this music to your others?
 - Yes. Because you would really feel the emotions that the music would like to tell unlike to other kinds of music like pop songs and music.
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
 - I would like to hear this song to a special place and occasion together with my family to remove all the stress and problems we encounter.
6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
 - I would like to hear this type of song near the beach because it would really help to forget your problems.
7. What are the effects of this type of music as you listen to it on your:
 - a. Mood- it would change your mood from becoming irritate into relax.
 - b. Emotions- make your emotions far better and you would see the effect on the face of a person.
- c. Feelings- it would make you feel relax and remove your stress



- d. Family- everyone would like to rest and don't want to tackle all the problems they encounter every day.
 - e. Imagination- it will widen and deepen your imagination into sometime that is not a reality.
 - f. Attitude- the only thing you can do is to smile and close your eyes to feel this emotion.
 - g. Perception in Life- made you realize that without music life would be miserable.
 - h. God and Religion- make to feel that God is always there to guide you wherever you go and whatever you do.
 - i. Family- nothing
 - j. Friends- make you realize that the entire person behind you like your friend is the only person you can lean on.
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
-Yes because it would help to relax your mind
9. Imagine and create a short story based on this type of music. (not less than 100 words)
- As if you're in a beach watching the sun rise with this beautiful music it make you realize that every day is a new beginning for you with your family that always there to give everything that would make you happy and God that guide you in everyday lives and your friends that is always there to give you advice and make you feel that everything is okay.

CASE # 15

- 1. Do you listen to classical piano instrumental music?
- Yes.
- 2. What do feel when you hear this type of music? Explain briefly.
- This music is relaxing
- 3. Do you enjoy listening to this type of music? Justify.
- Yes, because this music reminds me of something
- 4. Would you recommend this music to your others?
- Yes. Because is it relaxing
- 5. In your opinion, if applicable, when would you like to listen to this type of music? Why?



- when I'm alone because this kind of instrumental is relaxing and can make you think of something that can take away your bad moods.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- In a silence place because I want to feel it.

7. What are the effects of this type of music as you listen to it on your:

- a. Mood- it can change your mood
- b. Emotions- it makes me burst out my emotion
- c. Feelings- it make me feel comfortable.
- d. Family- it reminds me of the love and care of my family
- e. Imagination- it makes me think of many things
- f. Attitude- it reminds me of my attitude when I'm hurt
- g. Perception in Life- it makes me think of my future and my dreams in life.

h. God and Religion- it reminds me of the love of our creator

i. Family- I feel them

j. Friends- I miss them

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

-Yes because it's relaxing it can take away your bad mood for you to focus on studying your lesson.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- There was a long loss woman who have been hurt for many times she though no one love her and no one can accept her even her family she feels all alone everyday she cries asking God why no one loves her God doesn't gave her answer he let that woman to find out the answer for her question that woman feels all alone in her whole life she never thought that day will comes that she will realize she is wrong She will realize she is not alone The right day comes when she feel hopeless she feels that she will not be given a chance to feel the love and care he wants to feel for so long until one day someone enlightened her dark world by that time she realize she is not alone she realize how wrong she is, her family tell her how much they love her When that day comes the girl already feels what she wanted for so long She become happy That woman doesn't feel all alone anymore He thanks God for what he gave to her She continue her life happy She woke up every day with a sweet smile painted on her lovely face.

CASE # 16

1. Do you listen to classical piano instrumental music?

- Sometimes.

2. What do feel when you hear this type of music? Explain briefly.

-I feel comfortable and its pleasant to hear a classical piano instrument



3. Do you enjoy listening to this type of music? Justify.
 - Yes, its so relaxing makes me sleepy
4. Would you recommend this music to your others?
 - Yes. I will
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
 - I would listen to this type of music when i was alone or just ordinary da or when I was going to sleep because just relaxing and pleasant to hear.
6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
 - I would listen to this type of music in a private place like in an island and feel it with my heart
7. What are the effects of this type of music as you listen to it on your:
 - a. Mood- it makes change my mood I'm angry it makes my feeling good
 - b. Emotions- when I'm lonely and I hear a classical piano instrument it makes me very emotional when I remembering all my problems and together a music it makes me feel emotional
 - c. Feelings- in my feelings when I hear this type of music it make me feel good and remembering my love and makes me feel in love.
 - d. Family- it makes me feel dramatic because of the type of the music remembering all regrets it depends on the music.
 - e. Imagination- makes my imagination longer and wider.
 - f. Attitude- in my attitude nothing change just feel it.
 - g. Perception in Life- it makes me feel that in any problems there's an solution that life must go on and be strong that what I feel when I listen to that music.
 - h. God and Religion- it makes me feel strong to believe God and makes me convinced to glorify God
 - i. Family- nothing
 - j. Friends- makes closer to them and love them to have enjoyment together.
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?
 - No maybe because when I'm studying lesson I want very quiet nothing hear anything to make me focus and concentrate on my lessons or homework. Because when I hearing music it makes me sleepy and going tired so I can't review my lesson.
9. Imagine and create a short story based on this type of music. (not less than 100 words)
 - There's an old woman who live in abundant house and she was just alone when the day comes there an a little boy came in her house and that house he saw there's no people there When he was in that house he saw the old woman sitting at the rocking chair the little boy just playing around there the little boy was feel bad because why that old woman just alone. And the



other day the little boy got his friends and together with her sister they brought an food so many food and the old woman was closed eyes the little boy feel teary eyed because her sister says “She is gone and the little boy was breakdown”.

CASE # 17

1. Do you listen to classical piano instrumental music?
-Sometimes
2. What do feel when you hear this type of music? Explain briefly.
-I feel better because there has a lot melody that I can hear in this type of music.
3. Do you enjoy listening to this type of music? Justify.
- Yes, because this music is very magical it can make you feel better
4. Would you recommend this music to your others?
- Yes. Because I would like them to feel what I feel when I was listening on this kind of music
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
-For me it is better to listen when you are alone and thinking about what will happen in future
6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
- I would like to listen this music in a mountain that full if life
7. What are the effects of this type of music as you listen to it on your:
 - a. Mood- it change my moods for example when I’m in a bad mood It change me in a Good mood
 - b. Emotions- nothing
 - c. Feelings- it makes me feel better
 - d. Family- sometimes they are confused when they are looking to me straight they are thought that I am crazy.
 - e. Imagination-it makes me more creative in mental images
 - f. Attitude- no changes
 - g. Perception in Life- sometimes I am thinking that every key of piano is related into a life of a person.
 - h. God and Religion- when I was listening on this music it much better to talk to God because of melody of every key of the piano.
 - i. Family- nothing
 - j. Friends- more friends are come when they knew that I was listening on this kind of music that think that I’m weird.
8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?



- I think No because for me every kind of music is a destruction when I am doing something serious

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- When I was a young boy I thought that time is the saddest time of my life because I don't have any friends person to share problem especially parents But after that day I was walking along the eagles streets and I heard a band playing a classical music which entitled a poor boy I suddenly stop and listen to that music until I slept I have a dream I meet my parents and all of my friends I never thought that I will met then again after a long time I am very happy on that time I don't want to wake up I thought it would never end but when the group of boy hit my head I woke up I cried I cried I scream please stop don't do this please.

CASE # 18

1. Do you listen to classical piano instrumental music?

- Sometimes.

2. What do feel when you hear this type of music? Explain briefly.

-It makes me feel relax but it depends on the type of the music.

3. Do you enjoy listening to this type of music? Justify.

-Yes,

4. Would you recommend this music to your others?

- Yes.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

-When I am alone when I want to sleep.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

-in my room or in a quiet place

7. What are the effects of this type of music as you listen to it on your:

a. Mood- it can change my mood especially when I'm sad

b. Emotions- it makes me cry

c. Feelings- it feels sad and lonely

d. Family- nothing

e. Imagination- I imagine myself in that music

f. Attitude-nothing

g. Perception in Life- nothing

h. God and Religion-nothing

i. Family- nothing

j. Friends- nothing

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Yes because relaxing and I can think peacefully and I can focus on what I'm doing



9. Imagine and create a short story based on this type of music. (not less than 100 words)

- A child who have a cancer and he/she just imagine his/her life if she/he doesn't have that kind of disease he/she imagine that he/she can play outside with her/his friend bonding with his/her family and many more but suddenly he/she saw his/her self-crying because it can't be happen and it will never be happen.

CASE # 19

1. Do you listen to classical piano instrumental music?

-No

2. What do feel when you hear this type of music? Explain briefly.

- I feel some sadness because of the slow music

3. Do you enjoy listening to this type of music? Justify.

-Yes, it refreshes and clears the mind as you listen to the music

4. Would you recommend this music to your others?

- Yes.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- I would like to listen to this type of music in times when I am down it is the great time to think and decide for any of the problem I have.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- In a surrounded place like rooms where no one is around

7. What are the effects of this type of music as you listen to it on your:

a. Mood- it change my mood into good mood

b. Emotions- I feel sadness

c. Feelings – I feel calm and relax

d. Family- protect them and I want them to listen also to the music

e. Imagination- goes to those person I love like family friends

f. Attitude-I feel positive vibes

g. Perception in Life- good future for my family comes into my mind

h. God and Religion-I become more faithful to my God

i. Family- nothing

j. Friends- I miss them a lot

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Yes it can help to remove all your worries in mind and focus more on what you are studying.



9. Imagine and create a short story based on this type of music. (not less than 100 words)

- A story about a man who is poor. Poor not on money but on family, friends and loved ones. A man who become so lonely because of money. He became the enemy of all because all he want is money but suddenly he realized what is wrong why he is lonely He felt so angry with himself and cried until the sunrise He walked down the street in the morning and saw his friends playing and laughing He went to the persons he used to be with He explained what happened to him and his friends accepted it he feel very sorry for it. He promised not to be so greedy on money again He wants to donate his money on charities so the end was a happy ending with his friends and family and not with his money.

CASE # 20

1. Do you listen to classical piano instrumental music?

- Sometimes..

2. What do feel when you hear this type of music? Explain briefly.

- I feel more relaxed and calm because of the melody of the music.

3. Do you enjoy listening to this type of music? Justify.

- Yes it's like I am in a peaceful area where the wind blows the trees and flowers sings everything was perfect and that's made me enjoy about it.

4. Would you recommend this music to your others?

- Of course Yes

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- When I'm in bad mood it will help me to recover in my normal state it will lessen bad vibes.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- In a area that is cold it doesn't matter if its dark or bright but I want it to be peaceful.

7. What are the effects of this type of music as you listen to it on your:

a. Mood- it can change my mood easily when I'm in bad mood it can change to something more relaxed and ease.

b. Emotions- The music effect in my emotion is just I feel more alone but it doesn't mean that when I'm alone I'm sad or lonely because I feel comfortable and peaceful.

c. Feelings- it made me feel that I am a special one that whenever I'm listening with the music it made me realized that I'm loved.

d. Family -Through listening to the music the happy memories flashback that's why it made me realized to give more importance to my family

e. Imagination- my imagination turns into beautiful paradise where in before it's like a normal one just like what is real.



- f. Attitude- it will change my attitude to be more calm.
- g. Perception in Life- I can see myself doing a lot of things but when I heard the music I only just want to be a great listener it made me more focus.
- i. God and Religion- its like the music was a gift from God So I when I'm listening with the music I feel his presence.
- j. Family – nothing
- k. Friend- To cherish all the time that I'm with them.

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- I don't think so I think that I will feel asleep because the music is so solemn and relaxing so if I'm studying right now in the middle of the night I'm already sleeping.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- In a place where a Man is alone in a wide area where the trees are tall the flowers are colorful the heaven is bright everything was beautiful and perfect and suddenly the rain comes The beautiful and perfect place turns to a nightmare. But the Man was still there and trying to fix everything and in a few moments He was shocked because he found a place not like the old one not perfect and beautiful but it has something that the old one doesn't have The people like him He found a family.

CASE # 21

- 1. Do you listen to classical piano instrumental music?
 - No.
- 2. What do you feel when you hear this type of music? Explain briefly.
 - I felt like I'm in heaven peaceful.
- 3. Do you enjoy listening to this type of music? Justify.
 - Yes.
- 4. Would you recommend this music to your others?
 - Yes.
- 5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
 - When I have problem so that I can relax my mind and think some solution.
- 6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
 - In a place where there is no people to disturb me
- 7. What are the effects of this type of music as you listen to it on you:
 - a. Mood- becomes good
 - b. Emotions- my anger disappears



- c. Feelings- I felt floating in the air.
- d. Family- it makes my family a peaceful family
- e. Imagination- I imagine I was in place that full of ordiestra
- f. Attitude- it makes my attitude simpler and good.
- g. Perception in Life- nothing
- h. God and Religion- it pushes me to come closer to God and have a deep relationship with God
- i. Family- peaceful family.
- j. Friends- it open my mind to choose the right friends who always at my side whenever I have a problem or not.

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- For me it's not because it's hard for me to study or review my lessons when noisy.

9. Imagine and create a short story based on this type of music. (Not less than 100 words)

- My short story is all about my friends and I. when we started to meet each other and as we come closer to each other we learn how adjust our self just to have a good/better relationship with each other even though sometimes we have an argument or misunderstanding we didn't pass the day that we still have that problem we always think positive and solve it as early as we can and we always correct each other mostly when someone goes wrong and that's me and my friends Thank you.

CASE # 22

1. Do you listen to classical piano instrumental music?

-Yes.

2. What do feel when you hear this type of music? Explain briefly.

- I feel become emotional in myself I can express it soft and warmed

3. Do you enjoy listening to this type of music? Justify.



- Yes, because when you hear this kind of music it can relax your expressions and relief your pains.

4. Would you recommend this music to your others?

- Yes.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- when I have problem because when I heard this kind of music I felt so warmed in myself I think I have no problems or my problems are missing in myself

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

-in quite place because when you hear this without any mixes of sound but this kind of music it becomes refreshing in your mind and expression

7. What are the effects of this type of music as you listen to it on your:

- a. Mood
- b. Emotions
- c. Feelings
- d. Family
- e. Friends
- f. God and Religion
- g. Perception in Life.

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Of course yes because when you hear this kind of music you can think wisely and properly to study your lessons.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- This short story is about me and my family it started when we have a vacation this summer early we went to zambales to relax and enjoy our self Then are so happy because it takes only once in a year when we have a vacation with my whole family and I'm also happy too Then another unforgettable experience with my whole family is when we went to Baguio it is so very glad to see pine trees, strawberry fans , a lot of rosses and other things that we enjoyed and we got home my whole family says that they so happy to join our family together in a sweet and beautiful places and I'm so happy too that's all.

CASE # 23

1. Do you listen to classical piano instrumental music?

- No

2. What do feel when you hear this type of music? Explain briefly.

-I feel calm relax and little bit sleepy.

3. Do you enjoy listening to this type of music? Justify.



- Yes but sometimes I feel bored enough

4. Would you recommend this music to your others?

- Yes.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- When I'm stress feel sad and lonely.

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- In my house or room because it comfort me and I fel good enough

7. What are the effects of this type of music as you listen to it on your:

a. Mood- feel joy

b. Emotions- a little bit sad and emotional.

c. Feelings- feel great

d. Family- good give love to my family

e. Imagination- nothing

f. Attitude- feel great

g. Perception in Life- feel great

h. God and Religion- I want to serve Him and give my Love.

i. Family- give love and care so much.

j. Friends- loyalty and care and give love to them

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Sometimes but I don't want to disturb me but sometimes of comfort and inspire me to study.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- Story about couple a boy named Rick and the girl named Thea. They lived in one house Thea was an alcoholic , war freak wife and Rick was a Lovable and careful husband He always caring his wife sometimes Thea live in house and She come back in midnight She's drunk and Rick care Him but Thea don't care about it. One night Rick leave the house Thea was wondering why Rick wasn't here in bed Afternoon Rick come and Thea is so mad but Rick is just standing and suddenly he fell down Thea was shock and she carry to the hospital and the



doctor said that he has a stage cancer and Thea cried and now Thea was caring her husband for the last moment and the come Rick was dies and Thea was so lonely.

CASE # 24

1. Do you listen to classical piano instrumental music?
- Not really I hear sometimes but I don't listen to it all.
2. What do feel when you hear this type of music? Explain briefly.
- A bit emotional I found of the bad and ugly things that I've done.
3. Do you enjoy listening to this type of music? Justify.
-Honestly No. I do not want to hear music as emotional as this it makes mr cry it makes me regret things that I've failed to do.
4. Would you recommend this music to your others?
- No as I've said it just makes people lonely and sad.
5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
- Maybe during my deepest failed during trials and heartbreak from that I have the time to cry out loud everything I should.
6. In your opinion, if applicable, where would you like to listen to this type of music? Why?
- Somewhere in a wide well-ventilated, surrounded by nature if applicable beside the river or trees with the humming sounds of birds and other animals.
7. What are the effects of this type of music as you listen to it on your:
 - a. Mood- it change my mood
 - b. Emotions- it become more emotional
 - c. Feelings- I feel scared about the things that about to happen it seems like I'm not ready to face these challenges
 - d. Family- Some with the letter scared of death for me and for my family it is sound burial songs to me.
 - e. Imagination- very emotional wild this type of music can be used to a solemn performances (playing violin, dancing, interpretative)
 - f. Attitude- it is more an old not wild and rock it's just soft
 - g. Perception in Life- I see a sad life behind this
 - h. God and Religion- Yah this can be used as a religious song (during retreat , or an can be also as a wedding song.



- i. Family- same as letter D.
- j. Friends- this is the perfect time when I and my friends will reminds and ponder of the things there are worth remembering.

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Not at all it will just make me cry on that time I can't concentrate will my lesson it would just still my time.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- The story about image to create is about a spoiled relationship of a boy who didn't wait for his love instead he married someone where he sees the regrets now of not marrying her and to a girl who didn't fight what her heart wanted she let the world changed her life so every time this type of music hears by the two regrets and pain of yesterday are remembered.

CASE # 25

1. Do you listen to classical piano instrumental music?

- Yes

2. What do feel when you hear this type of music? Explain briefly.

- Calm

3. Do you enjoy listening to this type of music? Justify.

- Yes it's my preferences

4. Would you recommend this music to your others?

- Of course I do.

5. In your opinion, if applicable, when would you like to listen to this type of music? Why?

- When I'm alone or morning dawn

6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- In my house while sipping my coffee

7. What are the effects of this type of music as you listen to it on your:

a. Mood- calm , blue , dim , clean

b. Emotions- sad , jealous , glad

c. Feelings- deep , dark , light , in love , heartbreak ,flying , 1900's feelings.

d. Family- classic reminiscing memories , and love ones

e. Imagination- slow motion , old and sepia



- f. Attitude-kind person , bright , innocent
- g. Perception in Life- positive , acceptance , love, and maturity
- h. God and Religion- thanks giving , positive heart , it cause me to pray , adoration , recognition of everlasting love.
- i. Family- connection
- j. Friends- I become sensitive and emotional when I think about them , hardship and trials it depends me to be sadder by missing them

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- Yes because scientifically proven that classical music improves brain cells and imagination.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- The pouring rain in the communities of El karmen village where a group of lost children begging for shelter and ridging each person expecting someday to help them until a piece of lumber brought warm and rekindle the love by the light of candle as the rain gone the older child find food for his companion but find none. The other boys look for penny from the crowd as every establishment closed some people push them away cursing at their poor condition until such time they found home and met mother Teresa who became their mother. They were now take care at the cathedral teaching them to love and not fought back but instead show sensitivity and concern They

CASE # 26

- 1. Do you listen to classical piano instrumental music?
 - Yes.
- 2. What do feel when you hear this type of music? Explain briefly.
 - it very beautiful but sometimes when I hear this kind of music I feel lonely in this world because my parents is already gone. But I'm happy because there in good situation.
- 3. Do you enjoy listening to this type of music? Justify.
 - Of course every night before I go to bed I play this kind of music to my room.
- 4. Would you recommend this music to your others?
 - Maybe some other friends who love's this kind of music
- 5. In your opinion, if applicable, when would you like to listen to this type of music? Why?
 - I listen this kind of music If I'm in good mood

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6. In your opinion, if applicable, where would you like to listen to this type of music? Why?

- like what I've say in 3 answer I play this music in my room before I go to sleep.

7. What are the effects of this type of music as you listen to it on your:

D. Family- Because I always remember them. Especially my Mom she loves music.

8. In your opinion would it help if you listen to this type of music when you study your lesson and review at home? Why?

- No it will bother my memorization.

9. Imagine and create a short story based on this type of music. (not less than 100 words)

- Man hate music but his family love music they love singing they love playing guitar , piano and someday the boy bring her girlfriend to his house the girl loves music to his girlfriend encourage his boyfriend to listen this kind of music she explain everything.

RESULTS

Age	Courses	Listen to Classical Piano Instrumental Music	Enjoyed listening to Clasiscal Piano Instrumental Music	Listen to classical piano instrumental music while review	Recommend to listen to classical piano instrumental music	
Average 15.8%	BSIT 11%	Yes 54%	Yes 92%	Yes 61%%	Yes 84%	
Youngest is 15	BSBA 7%	No 15%	No 8%	No 31%	No 4%	
Oldest is 23	HRM 15%	Sometimes 23%		Sometimes 8%	Depends 4%	
3 did not write their ages	ABCOM 7%	Not Really 8%			Maybe 8%	
	BSA 7%					
	BSED 15%					
	BST 7%					
	BSECE 7%					
	BSCrim 6%					
	3 did not write their courses					
N=26	N=26	N=26	N=26	N=26	N=26	N=26



CONCLUSION

A. GENERAL INSIGHTS ON CLASSICAL PIANO INSTRUMENTAL MUSIC

Respondents claimed that the music was pleasant, relaxing, nice to hear, amazing, beautiful, peaceful, calming, soothing, sad and lonely. It made them reflect, unwind stress, reminiscing memories, relieve emotional pain, mood became good, changes the mood, refreshing, opens and clears the mind.

Others said it pushes them to have a deeper relationship to God, helps them think of solutions of their problems, realized the bad and good things they have done, made them cry and regret things they failed to do. One said “I can feel it in my heart, It makes me feel that in any problem there is a solution, life must go on and we must be strong.” The music makes them feel better, just like floating on air.

Based on the questionnaire, most of the respondents stated that they became sensitive and emotional, “I feel I’m in heaven and would love to hear this music everytime I wake up”. They would love to listen to this music when in a stressful mood, “I listen to this in my room to comfort me, I would like to hear this music in times when I’m feeling down, I am able to escape from reality, helps me to become more positive, makes you feel that God will always guide you”.

One said the music made her close her eyes and smile and feel the emotion. They also cited that this will be effective after a long stressful day during relaxation and would want to listen to it on their free time, when they are alone, listen to this when broken hearted. “I feel I’m in a different place where nobody can see, know or feel” Most of them agreed that piano music can heal the pain in your heart, helps my personality and may make you feel better.

B. EMOTIONS AND FEELINGS INFLUENCED BY PIANO CLASSICAL INSTRUMENTAL MUSIC

Results have shown the following emotions that were elicited by the music.

- a. loneliness
- b. love
- c. lightens me up



- d. heart exploding with love
- e. sadness
- f. jealousy
- g. gladness
- h. acceptance
- i. optimism
- j. softness
- k. warm
- l. sleepy
- m. joy
- n. very emotional
- o. pain
- p. refreshing
- q. honor
- r. care
- s. loyalty
- t. faith
- u. trust

Some have cited that they were bored and sleepy. Other respondents that the music made them feel in love. Some enjoyed listening to this music because there was a certain force that dragged them and made them feel comfortable. In the discussion it was also pointed out that listening to this music can remove your stress and may also made them feel dramatic, brings back good memories, made them think of their family and friends and made them realize and appreciate God's blessings.

C. IMAGINATION OF PARTICIPANTS INFLUENCED WHILE LISTENING

Somehow it made them imagine but they were not sure why? These were the things they imagined while listening to this music:

- a. one big happy family
- b. dad passed away
- c. imagined the person I love
- d. imagined myself inside the music
- e. my ideas expanded
- f. took you to a journey
- g. another world
- h. made me wonder how could a certain thing could be so beautiful,



- i. widened and deepen imagination
- j. made me feel more creative in mental images
- k. every key of the piano was related to a person's life
- l. living in a beautiful place where I can only see are flowers and the clear blue sky
- m. broadened my imagination
- n. lightened up my perception in life
- o. felt free to think deep

D. OPINIONS ON POSSIBLE EFFECTS OF THIS MUSIC ON INDIVIDUALS

It may help me while I study my lessons because it may make you calm and focused, maybe a big help for me to relax my mind and to have no pressure. It may enhance your brain and also help focus when reviewing. An individual stated that it may also enhance memory.

I would listen to this when I'm alone, may help me express my feelings, you can think when listening to this music and it may help because it can take away your bad moods. It helps imagine past experiences and want to talk to God.

In general, responses to music are able to be observed. It has been proven that music influences humans both in good and bad ways. These effects are instant and long lasting. Music is thought to link all of the emotional, spiritual, and physical elements of the universe. Music can also be used to change a person's mood, and has been found to cause like physical responses in many people simultaneously. Music also has the ability to strengthen or weaken emotions from a particular event such as a funeral. People perceive and respond to music in different ways. The level of musicianship of the performer and the listener as well as the manner in which a piece is performed affects the "experience" of music. An experienced and accomplished musician might hear and feel a piece of music in a totally different way than a non-musician or beginner. This is why two accounts of the same piece of music can contradict themselves.¹⁸

E. RECOMENDATION OF CLASSICAL PIANO INSTRUMENTAL TO OTHERS

Based on the results of the study 84% will recommend classical piano instrumental music to to others, specially their loved ones as cited in our

¹⁸ Laurence O'Donnell, *Music and the Brain* <http://www.cerebromente.org.br/n15/mente/musica.html> 1999



discussion after answering the questionnaire. During the discussion 3 males and 1 female even cited that it was their first time to listen to this type of music but will still recommend it to their friends and family. The researcher may infer that this type of music could be accepted by even first time listeners and also to adolescents since the average of the respondents of the study is 15.8 years old.

“It is only by demanding the impossible of the piano that you can obtain from it all that is possible. For the psychologist this means that imagination and desire are ahead of the possible reality. A deaf Beethoven created for the piano sounds never heard before and thus predetermined the development of the piano for several decades to come. The composer's creative spirit imposes on the piano rules to which it gradually conforms. That is the history of the instrument's development. I don't know of any case where the reverse occurred.” — Heinrich Neuhaus, *The Art Of Piano Playing*.

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