

Affiliation with Elmhurst College
Faculty Sponsor: Dr. Kathy Sexton-Radek

Acrosoni MUSIC
AND
MENTAL HEALTH

by: mackenzie gora



54% OF HOUSEHOLDS HAVE SOMEONE WHO PLAYS AN INSTRUMENT.

64% START PLAYING BETWEEN AGES 5 TO 11.

(18% START PLAYING BETWEEN 12 AND 14).

54% BELIEVE IN EARLY MUSIC EXPOSURE.

80% BELIEVE IT INCREASES INTELLIGENCE.

97% BELIEVES THAT IT PROVIDES A SENSE OF ACCOMPLISHMENT.



long term vs. short term effects

the mozart effect

plasticity of the brain

the developmental stages

the perfect age of music

HOW IT CAME TOGETHER



LACK OF MENTAL HEALTH AND MUSIC AWARENESS

CONNECTION OF OUR MIND

MY GOAL: A POSITIVE CORRELATION

A close-up photograph of a guitar's fretboard. The fretboard is made of light-colored wood and has several frets visible. A black pickguard is partially visible on the left side. The strings are stretched across the fretboard. The text "methods & procedure" is overlaid in white, lowercase letters across the center of the image.

methods & procedure

A close-up, slightly blurred photograph of a person's hands playing an acoustic guitar. The person is wearing a dark long-sleeved shirt. The guitar has a dark wood body and a light-colored neck. The background is dark with some bokeh light spots.

Participant total: 75
Average age: 26.05
Average MAP score: 2.5
average self-esteem score: 28/30

One-Way ANOVA: p-value = 0.025
(composite and self-esteem score)

Pearson correlation: p-value = 0.009
(tone and self-esteem score)



**MUSIC HAS AN
OVERALL EFFECT ON US.**

**DEEPER ANALYSIS:
AGE AND ENJOYMENT
STRONGER CORRELATION AT A NEUROLOGICAL LEVEL
DISTRIBUTION BETWEEN
MUSICIANS AND NON-MUSICIANS**

Going further: our music education programs



A close-up photograph of a fountain pen nib resting on the cover of an antique book. The book cover is made of dark brown leather with visible stitching and a metal clasp. The pen nib is positioned in the upper left corner, pointing towards the center. The lighting is warm and focused, creating a sense of depth and texture. The word "questions?" is overlaid in large, white, bold, sans-serif font across the middle of the image.

questions?