
The Roles of Music in the Wellbeing of the Elderly in Akwa Ibom State

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ABSTRACT

The study was to investigate the roles of music in the wellbeing of the elderly in Akwa Ibom State. Ex-post facto research design was adopted for the study with the population consisting of elderly, social scientists and music teachers in Akwa Ibom State. Stratified random sampling technique was used to select 60 elderly, 20 social scientists and 20 music teachers giving a total of 100 respondents that constituted the sample size for the study. The Instrument used for data collection was a questionnaire titled "MUSIC AND WELLBEING QUESTIONNAIRE (MWQ)". Face and content validation of the instrument was carried out by an expert in test and measurement/evaluation from University of Uyo to ensure that the instrument has the accuracy, appropriateness and completeness for the study. Cronbach Alpha technique was used to determine the level of reliability of the instrument. The reliability coefficient obtained was 0.80 and this was high enough to justify the use of the instrument. The researcher subjected the data generated for this study to appropriate statistical techniques such as descriptive statistics and regression analysis. The test for significance was done at 0.05 alpha levels. The study concluded that there are various types of music such as art music, popular music, religious music and circular music. Also, there is now emerging evidence that music listening has an enhancing effect on mood and arousal, which can temporarily improve cognitive performance in attention or memory tasks in healthy older adults. Finally, there is significant impact of music on the wellbeing of the elderly in Akwa Ibom State. One of the recommendations made was that music should be incorporated into the daily care regimes of the elderly.

KEYWORDS: Music, Roles, Wellbeing, Elderly and AkwaIbom State

Introduction

Although the wider benefits of music for younger people are well documented (Hallam, 2010) less attention has been paid to the power of music in the lives of older adults. The concept music has been seen or defined by different scholars, but what impresses most, is that music is seen generally as an organized sound that is pleasant to the ear. Music, according to Iwasaki, Coyle, and Shank (2010) is one of several culturally meaningful and creative leisure activities that are 'spiritually refreshing' and promote self-expression, positive health and well-being.

There is a growing body of evidence, however, that in the latter part of our lives participation in music may provide a source of enhanced social cohesion, enjoyment, personal development and empowerment (Coffman, 2002; Sixsmith & Gibson, 2007). A compelling body of research demonstrates that music continues to offer powerful potential for enhancing health and well-being in old age (Creech, Hallam, McQueen and Varvarigou, 2013). Plumbridge cited in Estes, Edosa and Okeke, (2008) stated that no matter its origin, music has proven to be an interesting medium not only in passing across social, cultural and political instructions, but it has also turned out to be a useful tool in the well-being of older people (Estes, Edosa and Okeke, 2008).

Statement of the Problem

In the past years, music has been seen as a strong tool that contribute greatly to the quality and wellbeing of the elderly. Many researchers and institutions also ratify on this same conclusion without categorizing music and without knowing if all kinds of music and its roles effectively impact on the wellbeing of the elderly. Thus, this study sought to assess the roles and the impact of music in the wellbeing of the elderly in Akwa Ibom State.

Objective of the Study

Specifically, the study sought to:

1. Find out the roles of music
2. Examine the extent to which elderly in Akwa bom State are exposed to music
3. Examine the extent to which music impact on the wellbeing of the elderly in Akwa Ibom State.

Research Questions

1. What is the roles of music?
2. What is the extent to which elderly in Akwa Ibom State are exposed to music?
3. What is the extent of music impact on the wellbeing of the elderly in Akwa Ibom State?

Research Hypothesis

H₀₁: There is no significant impact of music on the wellbeing of the elderly in Akwa Ibom State.

Conceptual Review

The Concept of Music

Music always involves various components, among others, melody, chord, tempo, rhythm, instrument, even language or lyrics of a nature (Surya, 2018). Levinson (2000) proposes that music is “sounds temporally organized by a person for the purpose of enriching or intensifying experience through active engagement (e.g., listening, dancing, performing) with the sounds regarded primarily, or in significant measure, as sounds.” Kania (2011) defined music as any event intentionally produced or organized, to be heard and either to have some basic musical

features, such as *pitch* or *rhythm* and to be listened to for such features.” Obicheta, (2013) noted that music is the art, science and technology of “creating and making pleasant and organised sound with the human voice or other musical instruments”. Adeogun (2012), stated that “music is a product of people and societies. Musical knowledge is a transmittable constellation of enduring sociomusical traits which codify, articulate and validate the unique practice of human group. Its organization depends largely on the use of society-widely recognized theories of tonality and/or modality, thematic structures, rhythmic patterns, tempo, timbres, use of language and musical instruments in communicating ideas, thoughts, contents and meaning to members of the society”. Odili (2008) viewed that music is a central phenomenon, which is present in every society and is experienced by every person. It also gives life and identity to the human society. It is a cultural expression which is determined, coloured and moulded by the cultural environment of a people (Okafor,2005).

The Concept of Wellbeing

Bradburn cited in Dodge, Daly, Huyton & Saunders, (2012) defined wellbeing as being present when an individual is high in psychological wellbeing, where an excess of positivity (positive affect) predominates over negative effect. In contrast, Shah and Marks (2004) argued that wellbeing is more than just positive affect (happiness, feeling satisfied), with feeling fulfilled and developing as a person an equally important aspect in defining wellbeing. Diener et al. (2000) extend the definition of wellbeing even further by defining wellbeing as *subjective wellbeing*, {SWB} more specifically as consisting of three essential interrelated components: life satisfaction, pleasant affect, and unpleasant effect. McCallum and Price (2016) propose an even more encompassing definition of wellbeing, outlining it as diverse and fluid, respecting the beliefs and values of individual, family, and community; and experiences, culture, opportunities, and contexts across time and change. They also aver that wellbeing can be described in broad terms as a holistic, balanced life experience where wellbeing needs to be considered in relation to how an individual feels and functions across several areas, including cognitive, emotional, social, physical, and spiritual wellbeing (McCallum & Price, 2016). Some accounts of well-being (Boehm, Peterson, Kivimaki, & Kubzansky, 2011) include optimism--the general expectation that one will experience more positive than negative outcomes in life (Carver & Scheier, 2003). The disposition to be optimistic is associated with greater satisfactions, happiness, and lower levels of depression and stress, lower risk of health problems and faster recovery from illness (Boehm & Kubzansky, 2012). Manderson (2005a) viewed that wellbeing is not just the state of individual bodies but of bodies in society. And: wellbeing includes more than physical and mental health: it incorporates a sense of satisfaction, contentment, personal fulfillment and existential calm; much more so than health, it is a social construct (Manderson, 2005a; Tov, 2018).

The Concept of Elderly

Conventionally, “elderly” has been defined as a chronological age of 65 years old or older, while those from 65 through 74 years old are referred to as “early elderly” and those over 75 years old as “late elderly” (Orimo, Ito, Suzuki, Araki, Hosoi and Sawabe, 2006). Most developed world countries have accepted the chronological age of 65 years as a definition of 'elderly' or older person, but like many westernized concepts, this does not adapt well to the situation in Africa. Today, people are living longer than ever before due to advances in education, technology, medicine, food distribution, and sanitary conditions. Aging is a lifelong process of growing up

and growing old. It begins at conception and ends with death. So, in this sense, we are all aging from the time of birth (Chalise, 2019). The ageing process is of course a biological reality which has its own dynamic, largely beyond human control. However, it is also subject to the constructions by which each society makes sense of old age. Old age refers to ages nearing or surpassing the life expectancy of human beings, and is thus the end of the human life cycle (Wikipedia, 2019). Chalise, (2019) noted that aging is classified as biological aging, psychological aging social aging, chronological aging and functional aging. He also stated that in the western and developed countries chronologically 65 years is considered as beginning of aging and accordingly the aging can be classified as: (a) Young old (65 to 74); (b) Middle old (75 to 84); (c) Old-old (85+) and Centenarians (100+). Elderly people often have limited regenerative abilities and are more susceptible to disease, syndromes, injuries and sickness than younger adults. The elderly also faces other social issues around retirement, loneliness, and ageism (Hunt, 2013).

Types of Music

Music can be described in terms of many genres and styles. Classifications are often arbitrary, and may be disputed and closely related forms often overlap. Wikipedia, 2020 reported that larger genres and styles comprise more specific sub-categories. A music genre is a conventional category that identifies some pieces of music as belonging to a shared tradition or set of conventions. It is to be distinguished from musical form and musical style, although in practice these terms are sometimes used interchangeably (Samson, 2012). Music can be divided into genres in varying ways, such as into *popular music* and *art music*, or *religious music* and *secular music* (Wikipedia, 2017).

Art Music: Art music primarily includes classical traditions, both contemporary and historical classical music forms. Art music exists in many parts of the world. It emphasizes formal styles that invite technical and detailed deconstruction and criticism, and demand focused attention from the listener. However, in western part of the world, art music is considered primarily a written musical tradition preserved in some form of music notation rather than being transmitted orally, by rote, or in recordings, as popular and traditional music usually are (Wikipedia, 2017). Art music may include certain forms of jazz, though some feel that jazz is primarily a form of popular music.

Popular Music: Popular music is music with wide appeal that is typically distributed to large audiences through the music industry (Middleton and Manuel, 2001). These forms and styles can be enjoyed and performed by people with little or no musical training. Popular music is found on most commercial and public service radio stations, in most commercial music retailers and department stores, and movie and television soundtracks. Manuel (2008) states that one criticism of popular music is that it is produced by large media conglomerates and passively consumed by the public, who merely buy or reject what music is being produced. He claims that the listeners in the scenario would not have been able to make the choice of their favorite music, which negates the previous conception of popular music. Middleton (2000) argues that if research were to be done on the field of popular music, there would be a level of stability within societies to characterize historical periods, distribution of music, and the patterns of influence and continuity within the popular styles of music.

Religious Music: Religious music (also sacred music) is music performed or composed for religious use or through religious influence. Gospel, Spiritual, Christian music, Sikh music, Jewish music, Hindu music, Neopagan music, Rastafarian music, Shintō music, Buddhist music and Zoroastrian music are examples of religious music (Wikipedia, 2017).

Secular Music: Secular music is non-religious music were the two main genres of Western music during the Middle Ages and Renaissance era. The oldest written examples of secular music are songs with Latin lyrics. However, many secular songs were sung in the vernacular language, unlike the sacred songs that followed the Latin language of the Church. The largest collection of secular music from this period comes from poems of celebration and chivalry of the troubadours from the south of France (STANDS4, 2020). These poems contain clever rhyme-schemes, varied use of refrain-lines or words, and different metric patterns. The minstrels of this time were not themselves poets or composers. Instead they adapted the compositions of others to sing, play, and dance to in their own unique versions. Other styles of secular music included love songs, political satire, dances, chansons, and dramatic works (Grout and Palisca, 2006).

The Roles of Music

The role of music in societies has changed throughout its history and continues to transform as new ideals and genres emerge (Rager, 2008). It serves various functions and is used by people of all ages in many ways. Music can be arranged to have a seemingly endless array of qualities - from being soothing and soulful to sounding sorrowful and shrill - it's effects are plentiful. Music plays a major role in the inextricably linked to the existence of humans, and can help people get through bad days, set the mood for romance, liven up social gatherings, and much more (Tunedly, 2019).

Providing a Voice for the Masses: Whether it's to speak out against injustices or to bring an issue to light Tunedly (2019), music has, over the years, provided an outlet for the masses. This has been manifested in a number of ways, either through one or several artists creating music to represent the views of a segment of people or a group creating lyrics, or borrowing from popular songs, to use in a movement, such as in a protest. During uproarious periods, there have been a number of songs which served as a voice for many people.

For Celebration: This is probably the most popular use of music. From parties and get-togethers to holiday observations and competitive sports events, music is used as a way to drum up a celebratory mood. Many cultures also use music to celebrate things like the arrival of a newborn baby or the memory of a loved one during a funeral. This use of music for celebrating, in human culture, goes back to ancient times. For example, when armies would have musical celebrations after conquests.

Promoting Expression in Movement (dance): Although an art form in itself, dancing is often accompanied by music, which often helps to communicate the meaning of the movements and vice versa. Skillful dancers are usually able to not only move in syncopation with the rhythm but also use their moves to portray the essence of the piece of music being played (Rager, 2008).

Helping us Cope: For many people, music is often a way to cope with some type of challenge they might be facing, including relationship drama, tragedies, and even insomnia. People draw on both the message in lyrics, as well as qualities such as melody and loudness of music to help

them get through spells of depression, emotional hurt, tedious tasks, and many other day-to-day struggles.

For Motivation: In a similar manner to the previous point, people use music as motivation when trying to get something done. People who exercise is one common example; they either use music as a way to pass the time while they work out or they listen to songs that have inspiring lyrics or which give them a feeling of empowerment (Tunedly, 2019).

To Communicate: At its most basic nature, music is a communication tool. It is a way to share information, ideas, and feelings. Many people find it difficult to communicate with others, especially if they are shy or introverted. Music provides an avenue for these people to communicate, whether by writing down their thoughts in the form of song lyrics or by using songs from other artists to make a point.

Relaxation Purposes: For many people, relaxing music is the perfect way to unwind after a long day at work or after a study session. Some people also find it hard to sleep because they aren't relaxed, and music is helpful in these cases as well. In fact, research has proven that music improved sleep quality among those exposed to music at bedtime compared to those who were not (Rager, 2008).

For Education/Sharing of Ideas: The power of music is not lost on those trying to educate others or pass on ideas. Many educators, who aren't music teachers, also include music in their lessons, in order to make some difficult subjects more palatable and easier to understand. As for advertising campaigns, one only has to look at many social media campaigns to see how extensively music is being used. The reach of music will continue to be intertwined into the fabric of world cultures, which is why it will keep on being one of the most important parts of everyday life. As is commonly said, music is life (Tunedly, 2019).

The Impact of Music on the Wellbeing of the Elderly in Akwa Ibom State

Music according to Cohen, Bailey & Nilsson, (2002) is a strong tool that contribute to quality of life and well-being throughout the latter stages of the life-course, regardless of cognitive capacity or musical background. Hays and Minichiello (2005) asserted that generally, listening to music and active music making is associated with social and emotional well-being, offering a medium through which participants could express themselves and connect with others. Music has been described by older people as 'a way to survive', 'reviving' and 'a breathing hole in my life'. Singing, playing instruments, listening to music and dancing provides a source of self-recognition and comfort (Forsen, 2007). Coffman (2002) reported that the aspects of quality of life, including social interaction, feeling enriched and experiencing a sense of accomplishment, is attributed to the experience of active music making. Saarikallio (2011) noted that the emotional and social impact of music in adolescence as a means for constructing the self-identity, forming interpersonal relationships, and dealing with stress and negative emotions is often emphasized. Music continues to play an important role also in adulthood and old age as a way for regulating mood; evoking memories; maintaining self-esteem, competence, and independence; and reducing feelings of loneliness and isolation (Hays and Minichiello, 2005). Music listening is a common, everyday leisure activity for older adults that is linked to positive emotions and contributes to psychological well-being. Participatory act of older people in musical group activities, especially community or choir singing is ways of maintaining health and

psychological well-being (Laukka, 2007; Johnson, Louhivuori, Stewart, Tolvanen, Ross and Era, 2013).

Methods

Ex-post facto research design was adopted for the study with the population consisting of elderly, social scientists and music teachers in Akwa Ibom State. Stratified random sampling technique was used to select 60 elderly, 20 social scientists and 20 music teachers giving a total of 100 respondents that constituted the sample size for the study. The Instrument used for data collection was a questionnaire titled “MUSIC AND WELLBEING QUESTIONNAIRE (MWQ)”. Face and content validation of the instrument was carried out by an expert in test and measurement/evaluation from University of Uyo to ensure that the instrument has the accuracy, appropriateness and completeness for the study. Cronbach Alpha technique was used to determine the level of reliability of the instrument. The reliability coefficient obtained was 0.80 and this was high enough to justify the use of the instrument. The researcher subjected the data generated for this study to appropriate statistical techniques such as descriptive statistics and regression analysis. The test for significance was done at 0.05 alpha levels.

Results and Discussion

Research Question One: The research question sought to find out the roles of music. To answer the research percentage analysis was performed on the data, (see table 1).

Table 1: Percentage analysis of the roles of music

EXTENT	FREQUENCY	PERCENTAGE (%)
Providing a Voice for the Masses	11	11
For Celebration	16	16
Promoting Expression in Movement (dance)	8	8
Helping us Cope	10	10
For Motivation	12	12
To Communicate	11	11
Relaxation Purposes	17	17
For Education/Sharing of Ideas	15	15
TOTAL	100	100(%)

SOURCE: Field survey

The above table 1 presents the percentage analysis of the roles of music. From the result of the data analysis, it was observed that the tagged “relaxation purposes” (17%) rated the highest percentage affirmed by the respondents of the roles of music while the “promoting expression in movement (dance)” (8%) rated the least percentage affirmed by the respondents of the roles of music.

Research Questions Two: The research question sought to find out the extent to which elderly in Akwa Ibom State are exposed to music. To answer the research percentage analysis was performed on the data, (see table 2).

Table 2: Percentage analysis of the extent to which elderly in Akwa Ibom State are exposed to music

EXTENTS	FREQUENCY	PERCENTAGE
VERY HIGH EXTENT	45	45**
HIGH EXTENT	40	40
LOW EXTENT	12	12
VERY LOW EXTENT	3	3*
TOTAL	100	100%

** The highest percentage frequency

* The least percentage frequency

SOURCE: Field survey

The above table 2 presents the percentage analysis of the extent to which elderly in Akwa Ibom State are exposed to music. From the result of the data analysis, it was observed that the highest percentage (45%) of the respondents affirmed that the extent to which elderly are exposed to music is very high, while the least percentage (3%) of the respondents stated that the extent to which elderly in Akwa Ibom State are exposed to music is very low.

Research Questions Three: The research question sought to find out the impact of music on the wellbeing of the elderly in Akwa Ibom State. To answer the research percentage analysis was performed on the data, (see table 3).

Table 3: Percentage analysis of the impact of music on the wellbeing of the elderly in Akwa Ibom State

IMPACTS	FREQUENCY	PERCENTAGE
VERY HIGH IMPACT	43	43**
HIGH IMPACT	38	38
LOW IMPACT	10	10
VERY LOW IMPACT	9	9*
TOTAL	100	100%

** The highest percentage frequency

* The least percentage frequency

SOURCE: Field survey

The above table 3 presents the percentage analysis of the impact of music on the wellbeing of the elderly in Akwa Ibom State. From the result of the data analysis, it was observed that the highest percentage (43%) of the respondents affirmed that the extent to which music impact on the wellbeing of elderly is very high, while the least percentage (9%) of the respondents stated that the impact of music on the wellbeing of the elderly in Akwa Ibom State is very low.

Hypothesis One: The null hypothesis states that there is no significant impact of music on the wellbeing of the elderly in Akwa Ibom State. In order to answer the hypothesis, simple regression analysis was performed on the data (see table 4)

TABLE 4: Simple Regression Analysis of the impact of music on the wellbeing of the elderly in Akwa Ibom State

Model	R	R-Square	Adjusted R Square	Std. error of the Estimate	R Square Change
1	0.84a	0.70	0.70	0.64	0.70

***Significant at 0.05 level; df= 98; N= 100; critical R-value = 0.207**

The above table 4 shows that the calculated R-value (0.84) was greater than the critical R-value of 0.207 at 0.5 alpha levels with 98 degrees of freedom. The R-Square value of 0.70 predicts 70% of the impact of music on the wellbeing of the elderly. This rate of percentage is moderately positive and therefore means that there is significant impact of music on the wellbeing of the elderly in Akwa Ibom State. It was also deemed necessary to find out the influence of the variance of each class of independent variable as responded by each respondent (see table 5).

TABLE 5: Analysis of variance of the impact of music on the wellbeing of the elderly in Akwa Ibom State

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	96.97	1	96.97	223.09	.000b
Residual	40.86	94	0.44		
Total	137.83	95			

a. Dependent Variable: Wellbeing

b. Predictors: (Constant), Music

The calculated F-value (223.09) and the P-value as (.000b). Being that the P-value (.000b) is below the probability level of 0.05, the result therefore means that there is significant impact exerted by the independent variables i.e. music on the dependent variable which is wellbeing. The result therefore is in agreement with the research findings of Hays and Minichiello (2005) who asserted that generally, listening to music and active music making is associated with social and emotional well-being, offering a medium through which participants could express themselves and connect with others. Music continues to play an important role also in adulthood and old age as a way for regulating mood; evoking memories; maintaining self-esteem, competence, and independence; and reducing feelings of loneliness and isolation (Saarikallio, 2011). The significance of the result caused the null hypotheses to be rejected while the alternative was accepted.

Conclusion

From the studies reviewed above, there is now emerging evidence that music listening has an enhancing effect on mood and arousal, which can temporarily improve cognitive performance in attention or memory tasks in healthy older adults. Musical leisure activities or music-based interventions performed can have many potential benefits for cognitive, motor, emotional, and social functioning for both normal aging and for older people. Various types of music such as art music, popular music, religious music and circular music was identified in the study and several roles of music such as providing a voice for the masses, for celebration, to communicate, for education/sharing of ideas etc. Finally, the study revealed that there is significant impact of music on the well-being of the elderly in Akwa Ibom State.

Recommendations

Based on the findings of this study, the following recommendations were deemed necessary:

1. Government should argue the following fields gerontology, developmental psychology, music education, music therapy and music psychology to emphasize the roles and importance of music in the lives of elders.
2. Music should be incorporated into the daily care regimes of the elderly.
3. Government should make it incumbent on music educators, researchers and all those with an interest in caring for older people to advocate for high quality, accessible musical opportunities throughout the life-course.

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