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## Skill Development Of Human Resources Through Music And Arts

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In current era if you want to be different then it's very important to have unique skills. Abilities and capabilities which are developed by an individual over a period of time are called skills. A person can develop skills with deliberate effort, hard word, discipline and sincerity. We can say, "An ability or proficiency developed through training and experience may be art, trade or technique."

Arts students get the opportunity to study the important events of our history, traditions, principles, ethics and virtues. These subjects help us to understand our human experience. Arts students learn few professional skills like: Communication, Creativity, Research etc. Most of the arts student becomes skilled and famous writers and persuasive speakers because their education is based on understanding and conveying compound and complex ideas to humanity and society. Arts learning involve religious and cultural human experiences. Arts student see the world in distinct ways through the study of diverse cultures and traditions. Thus, they become informed and knowledgeable individual of the world. Arts students are skilled at working as a part of a team or individually because they learn to be independent thinkers as well as knowledgeable collaborators. The self reliance, carefulness and strong work ethics make them valued associates in whatever profession they choose. Many people have creative talents but they don't know how to evolve their talents into skills which can help them earn a livelihood.

Music is an art, delightful and it has curative power for body and soul. Music has the power to control mind and body and it can make you smarter. The idea is considered by scientists, media and psychologists. Many people like to listen to music while they work. Music is an important part of child care. Albert

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Einstein as a kid was very poor in his studies. His mother bought him a violin. He became good violin player and one of the most respected man ever lived. So it is very easy to manage human resources effectively through skill development by music.

Music increases memory capacity and enhances the productivity of the workers, staff of commercial fields. A good music reduces the pressure of the work. Researches confirmed that this music has the power to stimulate brain and can increase memory.

Music helps uplift team skills of an individual. Team work is a very important part of being successful. In order to make music one must play instrument in sync with others. To work in a band or an orchestra and to make beautiful music one must learn to cooperate with people around i.e. to learn how listen to each other and play together. Music teaches us persistence. It takes both time and effort to learn play an instrument which teaches us patience and determination. Not everyone can play every part of music flawlessly the first time. Infact, most of the musicians have to work on different as well as difficult sections of music numerous times before playing it correctly.

Music boosts one's coordination. Playing an instrument requires hand-eye coordination. The brain converts the musical notes read by the eye unconsciously into motor patterns while adding breathing as well as rhythm to mix. Music polishes reading and comprehensive skills. According to Psychology of Music, a journal, a study says that, "Children who are exposed to music tuition involving complex and difficult rhythmic, tonal and practical application present great intellectual performance in reading skills in comparison to their non-musically trained companions." It's not unusual to get these results like these due to music. It's because music involves persistent reading and comprehension. When we see black and white notes, we have to acknowledge the name of the note and interpret it to a position i.e. finger/side position. At the same time we also have to study what rhythms the notes are arranged in and produce the correct pattern.

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Music makes a person responsible. One must be responsible while playing an instrument. To keep an instrument in working condition it is very important to maintain and safe keep the instrument. Different instruments have different procedures to keep them in working condition but majority of them require cleaning and some type of oiling/greasing. In addition to the care of the instrument, there are other features such as remember events, rehearsals and performances and also to devote time for practice.

Music creates a sense of achievement. One feels very delightful and dignified when he overcomes musical challenges that he thought he would not be able to do. When an individual starts to learn how to play an instrument, it appears like just holding out notes for few beats or hitting a high pitch as a great achievement to him. But as he practices more and more he becomes more experienced as well as confident and starts producing beautiful music which is pleasing not only to his but also to the ears of those listening him.

Music develops our social skills. Playing instrument is a considerable way for one to expand social skills. The friendship between people in a band or orchestra is so close that they become like family. The friends gained by these events are true, honest and lifelong. Music boosts our listening skills. Playing an instrument requires attentiveness as one has to listen to things carefully. With practice we also learn how to hear and correct a wrong note by ourselves. Tuning an instrument refers to hearing and observing if the pitch we are playing is high or low. One must listen for the melody and play accordingly if he is part of a group.

Music teaches discipline. Discipline is one of the keys to play an instrument. Discipline helps musicians to work hard and practice regularly in order to perfect their skills. The best musicians are successful with their instrument because of their discipline. Music improves our mathematical ability. To be able to read music one requires counting of notes and rhythms which helps to improve math skills. Students who study arts or play instruments, according to a study, are better in maths and get grades higher than those received by non arts students because there are many mathematical aspects included in the learning of

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music theory. Music opens us to cultural history. Music often reflects the nature and time of its making. Hence we learn different types of music like medieval, folk music, classical traditions and

many more. Music is history in itself and each of its part has its respective background and story that can expand the treasuring of other cultures.

Music improves concentration. One must focus in things like rhythm, tempo, note duration, pitch and sound quality while playing the music. Playing group music requires much more concentration as one must hear itself and all the other sections and play in sync with the rest of the group.

Music promotes self expression and reduces stress. An individual can play any type of music with his instrument. The more one practices the more confident he becomes and after that he can play whatever and however he wants to play. Just as an artist who paints emotions onto a canvas, music is also an art in which emotion is expressed by the music a musician plays. It is also a stress buster and great form of therapy which is quite effective in treating children and teenagers having depression, autism and other disorders.

Music upraises performance skills and reduces stage fright. Practicing an instrument makes us confident so that we can perform for others. Stage fright gets reduced the more we interact with and get up in front of people and perform. Playing on stage with a group reduces stage fright because we do not perform alone. It will become easier to stand up and perform in front of a crowd if we are well prepared and know how we should play our part.

Music enhances respiratory system. "Use more air!" is often said to students of music by good music teachers or directors. Air plays a vital role in making wonderful music. We need to learn, after taking huge breath, how to expel the air in correct order to get the desired sound from an instrument. Musician's respiratory system is strengthened by doing regular breathing exercises.

Music promotes happiness in our life and to those around us. Playing musical instrument is very joyful, fun and exciting. We enjoy playing music not

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only fun but it's also great to see people applaud for our performance. One can also be honourable to play for his local band with his free will and spread joy as people will be happy about his performance because they enjoy the music he play.

There are many benefits involved in playing a musical instrument and it will motivate us to keep practicing and improving and also keep music as one of our priorities. The industrial as well as commercial production is increased with the help of music.

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