

Ageing and Piano Education for Seniors

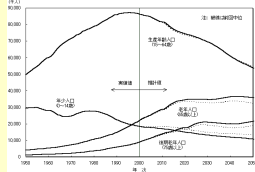
: focus on Performance Opportunities

Japan

Back-ground

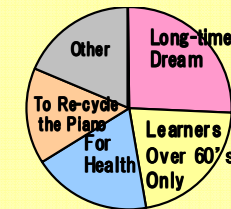
Ageing Society

Life Expectancy



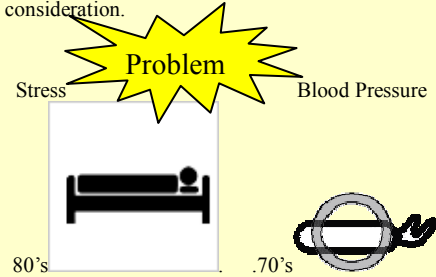
• Average Life Span
(men: 78.53years
Women: 85.49years)

- Peoples Interest Quality of Life
- Learning Programs
- Piano lessons are popular.



Performance Opportunity

- In the world of sport, there are events such as the WMSC which are age based events.
- However, in the world of music, there are no performance opportunities which take age into consideration.



Purpose

The purpose of this study is to consider the feasibility of adapting the age based concepts (of the World Masters Swimming Championship) to a piano performance opportunity for seniors.

Method

I selected three concepts which consider ageing from the World Masters Swimming Championship.

Consideration for Ageing

1) Age Categories

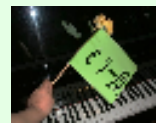
Each Category Being in Multiples of 5 Years

Decade Based Groups

2) Distinctive Rule

It isn't necessary to start from the diving block.

A flag "Start Over" Option



3) Distinctive Aim

Pleasure and Health

Pleasure and Social Interchange

• I designed a "piano festival for seniors" based on the swimming championship.

• The Optimal Conditions for such an event, based on observation of the event's video and the written impressions)

Syntheses of Content

32seniors
(14 men, 18 women)
• 20 in their 60's
• 9 in their 70's
• 3 in their 80's

"I could join it without stress."
"It was relaxed concert for seniors."

• It helped build up excitement.
• Many people in the audience burst out laughing and cheered.

"I was happy to interchange with the other senior performers."
"It was very excitement and enjoyable."

- Those in their 60's needed more positive results such as 'improvement' and 'recognition'.
"My Motivation for a New challenge" "I want to play the piano more skillfully."
- Those in their 70's and 80's mainly wanted to overcome loneliness or the feeling that "life is running out".
"My life is drawing to an end" or "Because of this concert, I could have such a good time in my old age."

Conclusion

It is important **to consider ageing** in the performance opportunities for seniors, by using age categories, distinctive rules and aims.

Implications

It would be possible for seniors the world over to gather and enjoy "World Seniors Piano Festival"-type events.