

SUBSTANCE ABUSE LOWEST IN MUSIC STUDENTS

College-age musicians emotionally healthier than non-musician counterparts.

According to a study conducted at the University of Texas, college-aged music students have fewer problems with alcohol, are emotionally healthier, and concentrate better than their non-musical counterparts.

“This study is interesting on many levels,” commented Dr. Kris Chesky, one of the study’s researchers. “First of all, it flies in the face of all the stereotypes out there about musicians. It also seems to support the assertion that studying music helps people learn to concentrate.”

The study looked at 362 students who were in their first semester of college. They were given three tests, measuring performance anxiety, emotional concerns and alcohol related problems. In addition to having fewer battles with the bottle, researchers also noted that the musicians seemed to have surer footing when facing tests.

Reference: Houston Chronicle, January 11, 1998