

Music therapy;
personal traits and
academic
performance; use of
technology to upd...

[Psychology](#)



Science of Education Music therapy Since time immemorial, music has been used by people to express their feelings (Podolsky, . The fact that music in itself possesses therapeutic effects is true. Studies done in the past have elucidated the fact that music attends to the needs of individuals regardless of whether the needs are bodily or psychosomatic. Research has shown that cool music played aptly has some calming and comforting effects to the nervous tensions hence its use in mitigate stress. According to Davies and Richards (2002), the human brain is also planned in such a way that reacts to the sound of music. For instance, music playing leisurely has been proved to hold back brain activity hence stimulating or provoking calming and comforting effects.

Personal traits and academic performance

Through the determination and identification of individual characteristics, it is possible to envisage or foretell how an individual can perform in a test. Results from past studies have indicated that diligent and hardworking individuals perform better in test as compared to phobic and irrational individuals (Costa and Mccrae, 1992). There are also other characteristics of an individual that determines performance. For instance, motivated or enthusiastic individuals are known to perform better. Well organized students also perform better in examinations.

How teachers affects intrinsic motivation

Teachers are considered a significant factor in the learning process. The level of enthusiasm n learning is dependent on the teacher's participation.

Methodical investigations conducted by Skinner and Belmont (1993)

elucidated the fact that teachers engaging themselves highly in the students

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learning activities have a higher chance of elevating motivation among students. Consequently, enthusiastic students impacts positively in the teacher's behavior. Each and every individual has his/her own needs. According to Maslow's hierarchy of needs, an individual is motivated to function in a particular way based on individual desires for accomplishment. Teachers seeking self-actualization are ambitions hence will be motivated to achieve (Bagad, 2008). A motivated teacher equals motivated students.

Use of technology to update and improve our education system

Over the recent past, technology has found its way into the education system. It would be of significance to posit that the use of computers and other technological gadgets such as advanced phones has enhanced the process of education (Prensky, 2006). This is attributed to the fact that students are able to access information and data easily. In addition, through computer systems and local networks in learning institutions, according to Squire (2005), students have been engaging themselves in competitions particularly in regard to computer games. This has elevated or boosted motivation among students. Students are able to learn and acquire additional skills and qualities such as teamwork, and decision-making techniques (Papastergiou, 2009). However, use of technology in learning has contributed to cheating. Some students copy paste other people's ideas without paraphrasing them hence resulting to plagiarism.

Stopping school bullying

Hazler (1996) asserts that bullying is a vice that has been prevalent in many learning institutions particularly high schools. Freshmen are the most likely group to be bullied. Teachers and parents can play a significant role in

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alleviating this vice. Teachers and parents are ought to instill discipline to these students. This can be done through counseling. In doing so, students are able to adapt appropriate behaviors within or outside the school. This helps minimize bullying. Parents are ought to be attentive and observant in order to identify any signs indicating their children are being bullied (Barton, 2006). Identifying bullying will enable or allow teachers and parents to institute strategies to mitigate the vice.

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