

Research on piano teaching and education for the elderly in China

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Abstract

The main function of piano teaching for the elderly is to meet the needs of those who have retired and are at a loss to regain self-confidence and improve self-esteem. The study of the old people in the university makes them find the meaning of life again, and the study of the piano makes them realize their self-worth. Therefore, education for the elderly is more inclined to part-time education, and the elderly group pays more attention to their own lives. Those requirements and goals for the profession are less important or almost no requirements. This article presented Research on piano teaching and education for the elderly in China.

Keywords: Research; piano teaching; education; elderly; China

Introduction

In ordinary people's impression, education is usually "preparing for the future". People learn to master certain skills, achieve certain goals, and lay the foundation for future development. However, for the elderly group in the later stage, continuing to learn is not obviously utilitarian.

84.6% of the elderly people surveyed by the author regard piano learning as a means of after-school life for the elderly. Even more, some people do not have high requirements for piano learning, special skills and repertoire requirements. In the interview, the author basically got the answer that happiness can be the main, which also reflects the characteristics of the elderly piano learning is not a professional learning.

In addition, in terms of the specific purpose of learning piano, the answers of the elderly groups are basically diversified purposes such as cultivating sentiments, communicating with others, getting along with others, and exercising the body, which also leads to the education for the elderly, especially the piano education for the elderly, which is different from the conventional piano learning in terms of teaching methods, learning modes, teaching contents, and so on.

The latter group accounts for the vast majority of the old people who learn piano. Their original intention is to participate in collective literary and artistic activities, expand their communication surface and improve their interpersonal relationship through the piano class of the university for the elderly. In fact, the number of the former is not very large, which was also mentioned in the survey of Chen Diyun (2008). Only 8% of the total number of people learn piano before entering the piano class in the university for the elderly. For the elderly, piano playing skills and piano playing foundation are not the prerequisite for piano learning. Regardless of whether there is a piano playing skill and piano playing foundation, highlighting interests and hobbies is the motivation source for elderly people to learn piano.

The object of piano teaching for the elderly is the elderly, a person, under normal circumstances, after decades of work, to reach the age of retirement, after leaving the work, into the elderly society. Old people have something to do and old friends to enjoy is a sign of every old person's happiness. The purpose of piano education for the elderly is to achieve a pleasant mood and feel happiness through learning piano performance, so that the elderly can get high-level spiritual enjoyment. With the increase of aging, both in the selection of teaching methods and teaching materials, the teaching mode of children's piano is followed.

The elderly are a very important part of the Chinese population. To mobilize their learning enthusiasm and initiative and learn the piano well, this is also the missing content of the supplementary lessons to improve the Chinese population's musical cultivation.

With the continuous growth of the piano learning team of the elderly, it also reflects the renewal of the spiritual outlook of China, and also shows that music is an indispensable part of the life of the elderly.

How to better play the piano for the elderly is also one of the topics to be studied in this paper. By visiting Jinan University for the Elderly and combining the experience of interviewing experts, the author summarizes the following points:

Analyze psychological characteristics, master the characteristics of the elderly, and improve the pertinence of teaching

The elderly piano students come from experts and professors in various industries, as well as leaders and workers who have just retired from administrative positions. They all have their own personality characteristics, as well as different cultural experiences and life backgrounds. But they all love music and have dreams. Or by learning to play the piano to entertain the body and mind, or entertaining friends, or to spend free time together. Because of their physical, psychological, experience, knowledge, ability and other aspects of the particularity, their piano learning will be different, both advantages and disadvantages. The advantages are as follows: they are all adults, and have obvious advantages over children in terms of understanding, observation, self-control, and initiative, creativity, perseverance, etc., will have obvious differences with children in learning piano. They will bring the serious and rigorous attitude of their previous work to the enthusiasm of learning the piano. Another aspect is the advantage of time, compared with children, they will have more time and energy to devote to learning.

Disadvantages: Mainly in terms of the physiological structure and function of the elderly people, with the increase of age, various tissues and organs of the body have declined, which will have a great impact on their learning of the piano. For example, dizziness, stiff fingers, mental decline, etc., often have a willing but insufficient phenomenon in learning. After retirement, various social factors are also the resistance to their learning of the piano. For example, family harmony, widowhood, illness, etc., will make them appear negative emotions, depression and other problems. At the same time, due to the reasons of adults, in the process of learning the piano is also easy to appear too high heart, the pursuit of speed, do not pay attention to the basic practice (Liu, 2019).

After decades of social practice, the elderly have good social accomplishment, which also makes them have higher requirements for the beauty of music. Their purpose of learning piano is neither for the exam, nor for the social exam, but to pursue more entertainment in the process of learning and improve the fun of life. By mastering the characteristics of the elderly and analyzing their various aspects, we can accurately teach them according to their aptitude, give full play to their advantages, and do the teaching from the actual situation.

Targeted teaching arrangements, planned to increase piano teaching for the elderly

In order to make the teaching more rigorous and avoid the random and blind teaching, the corresponding teaching plan should be formulated for the class before each semester. Moreover, it is necessary to know the situation of each elderly student thoroughly, so that they have a good idea and put forward a targeted study plan. In the process of learning, adjust the teaching content according to the actual situation of students. For students who lack skills and poor ability, basic exercises should be increased. Students with incomplete musical performance should have more musical music. For some students with excellent grades, they can be encouraged to increase the difficulty level. At the same time, it is also necessary to arrange students' exercises reasonably after class. Let them relax their minds and don't feel the pressure of practicing. They can be given different practice methods, such as targeted exercises, "small meals" style exercises, slow to fast exercises, and so on. At the same time, we should also tell the elderly students the benefits of practicing the piano, slow practice of music works, on the one hand, can reduce the pressure of music, on the other hand, can also focus on practicing touch skills.

The primary task of piano teaching for the elderly is to allow the elderly to master more basic piano knowledge, master scientific playing methods, including sitting posture, hand shape, touch keys, playing methods, playing skills, etc., learn to use these knowledge, can solfeggio, read music, but also can accompany, play and sing. That is, it can improve the level of music appreciation and improve the quality of life of elderly people, and truly achieve the purpose of being old, old and learning.

But the most important thing is that these teaching methods and methods are based on the characteristics of the elderly. According to the psychological and physiological characteristics of the elderly, in addition to the teaching form of combining small classes and large classes mentioned above, we should also adopt collective teaching, organized classes, one-on-one tutoring, after-school sessions, wechat QQ group punching, group interaction and other ways according to the conditions of the establishment of the university for the elderly (Huang, 2012).

These methods can ensure that the elderly students can play correctly and finish their studies smoothly.

Adopt proper teaching forms and methods

To treat the elderly students should have a high degree of enthusiasm and responsibility. Because of the particularity of elderly students, we should understand their physiological characteristics, personal needs, psychological state and other aspects in the teaching process, as well as the problems and difficulties that may be encountered in the process of learning the piano, and actively help them find suitable ways to solve problems and overcome hardships. Only in this way can we complete the teaching task successfully.

As a teacher, we should not only help the elderly to have a correct understanding of their learning situation, but also treat the piano course with a peaceful mind, and constantly encourage them to improve their self-confidence and let them have the motivation to continue learning.

In terms of teaching methods, we can start from the following aspects:

Adopt scientific teaching methods and pay attention to the basic knowledge of music

For beginner piano students, visual music is the biggest suffering. It is also an important and difficult point in teaching. Many elderly piano students, at the beginning of learning the staff, often need to count one grid by one grid, laborious, wasting time, wrong line leakage is inevitable.

Therefore, to solve the difficulty of visual spectrum is the premise of elderly students to learn piano well.

In the process of teaching and visiting Jinan University for the Elderly, the author often arrived at the classroom ten minutes before class, one is to prepare for the class, the second is to use this time to lead the elderly students to read music together, consolidate the basic knowledge, so that they can gradually improve the cognitive ability of music.

In music reading, the author will use solfeggio traditional folk songs and world famous songs. Through practice, the students' ability of music reading can be improved, the classroom atmosphere can be active, and a good relaxed teaching environment can be formed for this lesson, which will also promote the enthusiasm of elderly piano students and achieve good teaching results.

Most of the piano teachers in Jinan University for the Elderly are young teachers. For such a teacher group, the first thing we consider is to improve the teaching level of the teachers. For the elderly piano teaching, we first consider the particularity of the teaching object, the purpose of the elderly piano teaching is to improve the enjoyment of life of the elderly, to promote physical and mental health. Teaching should not be as strict as teaching children. However, we must adopt the correct scientific education methods and pay attention to the teaching of basic music knowledge. In combination with piano teaching, we must pay attention to norms while imparting music knowledge. Most older people know simple notation, but staff notation can be very difficult for them (Li, 2019).

For the old people who have just learned the piano, music is a difficult task and an important teaching link. Many elderly people are easy to read the wrong lines and Spaces, so they will mark the short spectrum. In the beginning of our teaching, we must make it clear that we cannot label the simple notation. When teaching notes, it is necessary to explain the line notation and the keyboard, slow down and strengthen the foundation. At the same time, we can use the help of teaching AIDS. For the elderly students who are beginning to learn, we should tell them to slow down, spend more time practicing, calm down and so on.

At the same time of piano teaching, we should also focus on rhythm, beat, sound value and other musical foundations. For the first key, fixed key, tone name, roll name, major and minor keys and other knowledge should be standardized teaching. The study of these knowledge is of great help to the piano learning of the elderly, so we should give examples and explain clearly in teaching.

Strengthen the teaching effect and increase the learning interest

The piano learning of the elderly is also partly due to the satisfaction of childhood dreams, or the desire for music. They enter the piano learning with a good desire, but the piano learning is a long-term work that requires perseverance and patience, which is in conflict with their initial idea.

Therefore, teachers should slow down their speaking speed when teaching, focus on the difficult points to repeat layer by layer, the melody of the phrase to sing sentence by sentence, and the difficult rhythm type to practice subsection by subsection. Some movements should be designed to help the elderly understand the difficult rhythm. The Orff rhythm practice can be used to clap hands, clap legs, stomp feet and other actions to help the elderly understand, try to hit the right beat in class, find the right rhythm, sing familiar melody. So they can go home and practice with confidence. Through the combination of dynamic and static methods, the teaching purpose can be achieved, and the activity of the course can be improved, so that the teaching becomes more interesting.

In the lecture, we should not only limit to fingering, playing skills, playing techniques, we should also in-depth analysis of the structure of the work from the direction of the melody, the contrast of phrases, the basic structure of the music, and so on, and then combined with fingering, playing skills to explain.

For those old piano students who start from zero foundation, etudes such as "Bihe" can also be appropriately selected, which is determined by the nature of piano teaching, and is also the only way to get into piano. In order to maintain a good learning interest for elderly students, it can not all be taught in accordance with the traditional teaching methods, especially etudes, we should have targeted music selection.

Usually when arranging etudes, you can intersperse some familiar songs, such as: Xu Rongkun edited "Adult piano Tutorial Train", "Years like song", Huang Peiying edited "Interesting piano music selection for elderly friends" and other textbooks, the songs in these textbooks are deeply liked by the majority of elderly students.

Pay attention to the integrity of the music, improve the performance quality and musical accomplishment

In the piano teaching of the elderly, the author found that the elderly sometimes play half a sentence, or unconsciously stop to take a breath in a phrase, making the whole phrase incomplete. For this reason, when teaching some difficult music, we often use the method of group singing or cohesion singing, so as to avoid falling out of beat and ensure the integrity of the music. At the same time, after mastering a piece of music, they are asked to add self-understanding and incorporate personal emotions. They can experience different ways of handling music through solo singing, chorus, solo, and concerto (Yan, 2019).

When teaching a new piece of music, we should also explain the author's style, creation background, musical characteristics, theme style and so on. Let the melody, rhythm and harmony involved in the music be integrated into the teaching of beat time. The teaching concept should not only be limited to the piano, but also be combined with art, literature, dance, drama and other arts to encourage them to listen and watch more.

Through these inspirations, the elderly students will naturally improve their understanding of the music. At the same time, it can broaden their horizon and achieve the purpose of cultivating their musical quality and cultivation.

Adopt the teaching mode of "group teaching" and "individual tutoring"

The physiological characteristics of the elderly are more special, and it is also a very common phenomenon that there will be forgetfulness in learning. Therefore, when we teach, we should pay attention to explaining and demonstrating, and consolidate the music knowledge and points we have learned.

The traditional piano teaching mode is generally one-to-one, which is more common. According to the characteristics of elderly students, we can adopt the teaching mode combining large and small lessons. For example, we can ask students with all carbon to play the same piece of music together. At the piano, it may be chaotic, and there may be disunity in speed, rhythm, etc., and even mispronunciation. In this way, we can ask students to play the speed, and then practice one sentence or one sentence repeatedly. We can increase the number of practice times and practice repeatedly until we play correctly and skillfully. After playing proficiently, increase the number of phrases until the whole song.

At the same time, according to the characteristics of the elderly and the purpose of learning piano, it is more suitable to use the combination of "group learning" and "individual guidance" teaching method.

"Group teaching" can ensure sufficient time to explain the music, understand the content of the music, and help them learn from each other. We can use the form of reporting concerts, watching concerts, etc., to accompany others, you play and I sing, four hands play together and so on. In this way, they can improve their ability to appreciate themselves, and forget themselves in playing, and cultivate their mood while enjoying themselves.

"Individual tutoring" can put forward different requirements for different age groups and students with different learning abilities. One-to-one teaching and assignment based on their personal characteristics. For older students with poor learning ability, we should often encourage them to increase their learning confidence. We should treat them as our family and friends, and be more careful and patient than other students. Create a big family that helps each other in life and study, so that elderly students can feel more comfortable in the classroom.

Taking into account multiple teaching modes

The 21st century is an era of rapid information development. With the development and steady improvement of China's social and economic level, China's education system is also gradually innovating and developing in practice.

The innovation of modern education mode, in addition to the use of new educational practice theory, the implementation of teaching objectives while promoting the optimization of teaching strategies, also starts with the way of education development, the efficient, digital and intelligent teaching strategies are applied to classroom teaching.

Jinan University for the Elderly has also opened a large class for the elderly university. Students only need to download the "Shandong University for the Elderly Cloud Live broadcast" App to register and log in. You can watch the live broadcast in the App, you can also disconnect or leave temporarily, and you can continue to play back when you come back. At the same time, there are also exchange areas and question areas in the App, and each registration fee is only 50 yuan, you can enjoy a semester of courses, and there are three free trial lessons.

The use of this remote music education App for the elderly can not only make up for the lack of teachers in the university for the elderly, but also allow those elderly people with mobility difficulties and remote areas to enjoy satisfactory educational resources at home. The innovation of modern education mode, in addition to the use of new educational practice theory, the implementation of teaching objectives while promoting the optimization of teaching strategies, also starts with the way of education development, the efficient, digital and intelligent teaching strategies are applied to classroom teaching.

Select appropriate teaching materials to improve the practicability of piano teaching for the elderly

In ordinary people's impression, education is usually "preparing for the future". People learn to master certain skills, achieve certain goals, and lay the foundation for future development. However, for the elderly group in the later stage, continuing to learn is not obviously utilitarian.

The main function of piano teaching for the elderly is to meet the needs of those who have retired and are at a loss to regain self-confidence and improve self-esteem. The study of the old people in the university makes them find the meaning of life again, and the study of the piano makes them realize their self-worth. Therefore, education for the elderly is more inclined to part-time education, and the elderly group pays more attention to their own lives. Those requirements and goals for the profession are less important or almost no requirements.

In the piano teaching of the elderly, the biggest difficulty is the slow recognition of music and mastering the technique of playing. Some elderly students make rapid progress at the beginning of learning, but after a period of study, they feel that the learning progress is difficult, the speed cannot be lifted, the playing is not satisfactory, and it seems to encounter a "bottleneck". The author believes that the main reason is whether the selection of teaching materials is appropriate.

We put forward the traditional piano teaching materials and supplementary teaching materials to cooperate with each other, do not blindly pursue the depth, or pay attention to the breadth of learning. The traditional teaching materials continue to follow Thompson, Byer, Czerny and other teaching materials, and practice on the basis of Hanon, scale arpeggios and so on. This traditional teaching material has a history of 200 years, and the main purpose of training is basic skills. However, our senior students focus on hobbies rather than on basic piano playing. If we blindly pursue basic exercises, those boring etudes and blindly technical exercises will make our arms sore and wrists stiff. In addition, the elderly are slow in reading music, and they have been unable to enjoy beautiful music in the boring basic learning for a long time, which will affect the interest of elderly students in piano learning.

In view of the rich life experience of the elderly and their desire for music, we can flexibly select supplementary teaching materials from the traditional piano teaching materials, so as to master the basic playing skills and stimulate and improve the learning interest of the elderly students. We can consider supplementary teaching materials from the following two aspects:

(1) For etudes without stages, especially etudes with obvious technical practice, we can add music with corresponding skills, which must be loved by the elderly, such as world famous songs or folk songs. The difficulty of the music and the playing skills used are exactly in line with the level of learning at this stage, and we must avoid affecting the interest in learning due to technical difficulty.

(2) When learning classical piano works, we can try to add the content of improvisation accompaniment, initially help them analyze the tonality of the works, what kind of harmony and accompaniment types are selected, and teach them how to arrange accompaniment, so as to enhance the practicability and improvisation of piano performance (Zhao, 2005). At present, there are few piano learning materials suitable for the elderly in China, but according to the author's teaching practice, such as: Xu Rongkun edited "Adult piano Course Train", "Years like songs - Piano adapted from 111 classic songs", Huang Peiying edited "Interesting piano music selection - Dedicated to elderly friends" and so on, which are welcomed by elderly students.

The particularity of elderly piano students, in our teaching must be combined with the characteristics of "education for the elderly", from the actual point of view, practical to be targeted, planned, scientific, practical, and gradually form a teaching system, "do vary from person to person, teach according to their abilities, develop strengths and avoid weaknesses, pay attention to effectiveness" (Ma, 2006) will certainly have a good teaching effect.

Conclusion

There is a Chinese proverb: "The older the old, the more like children", in the elderly music teaching should be more like caring for children, to form an independent teaching method and teaching theory. Piano education for the elderly should also be continuously improved according to the needs, aesthetics, psychological perception and other aspects of the elderly, which has never made piano education play better and better for the elderly group.

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