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MI (-2.50 [0.81], $p=0.002$), as well as lower scores in all subscales, indicating better executive function. Similarly, children involved in both kinds of sports also scored lower on overall EFs (-2.64 [0.93], $p=0.005$), BRI (-2.71 [0.88], $p=0.002$) and MI (-2.32 [0.93], $p=0.013$). For specific team sports, playing football was significantly associated with lower overall EF ($B=-2.37$, $p=0.001$), BRI ($B=-1.95$, $p=0.006$), MI ($B=-2.39$, $p=0.001$), and lower scores in most subscales. Engagement in volleyball was merely associated with lower scores in inhibition ($B=-2.77$, $p=0.016$) and monitor subscales ($B=-2.87$, $p=0.028$). For specific individual sports, doing gymnastics was significantly associated with lower MI ($B=-1.81$, $p=0.029$). In contrast, practicing martial arts was related to increased overall EF (2.34, $p=0.049$), and swimming was associated with higher overall EF ($B=2.443$, $P=0.049$) and BRI ($B=2.74$, $p=0.020$). No significance was observed with the number of sports. Conclusions: The type of sport, rather than the number of sports, is significantly associated with children's executive function. Team sports might have a greater impact on enhancing executive function compared to individual sports, whereas the effects of specific sports appear to vary.

ID 274 When Music and Sport Embrace – The Role of Music in Boosting Youth Wellbeing, Physical Activity, and Performance

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Background and Aims: The synergy between music and physical activity is undeniable, as music frequently acts as a potent motivator and catalyst for movement. Despite the wealth of supporting evidence, it's essential to explore how insights from music research can contribute to enhancing the development and well-being of children's and young people's lifestyles. In this context, our symposium delves into recent research findings that uncover the profound role of music and sports as sources of empowerment for Finnish children, adolescents, and young adults. Moreover, music emerges as a formidable ally in the pursuit of a healthier lifestyle. Recent studies at the University of Jyväskylä's Centre of Excellence in Music, Mind, Body and Brain underline its unique ability to engage both our minds and bodies. Our goal in

convening this symposium is to explore a) the myriad ways music and sport contribute to people's identity, emotions, and subjective wellbeing in everyday life, and b) how music combined with physical activity best support motivation, learning, and movement performance when it comes to children and young people. Our symposium will address these phenomena by introducing both empirical and theoretical perspectives for better understanding the crossroads between music engagement and physical activity. These discussions will converge on the insights they provide regarding the cognitive and personalised dimensions of music in the context of sports and well-being. Collectively, our symposium promises to deliver invaluable insights for researchers, health professionals, and young individuals eager to harness the transformative potential of music for a healthier and more active life. Relevance for the conference: Our symposium will cover multiple topics relating to physical education, as it provides perspectives on the role of music in boosting motivation for maintaining an active lifestyle, the cognitive processes of music listening during exercise, and the social environment affecting children and adolescents' experiences relating to sport and physical activities.

Keywords: well-being and health, physical activity, music engagement, emotion regulation

ID 639 The Influence of Music in Exercise and Physical Activity Interventions

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The incorporation of music into physical activity interventions has emerged as a dynamic area of research due to its compelling motivational influence and capacity to trigger movement. This talk integrates the findings of two seminal studies investigating music's enhancement of physical activity, as well as examining its impact on both physiological and cognitive dimensions. The power of music to cause movement and foster motivation has been extensively recognised. Personalised Interactive Music Systems epitomise this application within physical activity frameworks, utilising advanced technology to tailor musical elements, such as tempo and intensity, to individual exercise routines. These innovative systems, such as smartphones and wearable devices serve to invigorate users' motivation and monitor their physical engagement. Crucially, this is transformative for sedentary individuals embarking