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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

on more active lifestyles. The scope of music's psycho-physiological influences extends well into the domain of exercise recovery and mood regulation, serving as a pre- and post-exercise motivational catalyst. Delving into the nuances of music's synchronous relationship with physical movement, the study "The Cognitive Processes of Music Listening During Exercise" elucidates how rhythmic and temporal aspects of music can significantly amplify the exercise experience. Further, it describes how musical stimuli may significantly sway cognitive functions such as attention, learning, memory, and perception during exercise, suggesting potential enhancements to mental as well as physical well-being. Collectively, these studies offer critical insights into the comprehensive role of music within the context of physical activity and exercise interventions. They underscore music's capability to elevate motivation, encourage consistent engagement in physical activities, and amplify cognitive performance during exercise. These studies underscore the emergence of music as a potent mechanism in the promotion of health and well-being.

Keywords: Personalised Interactive Music Systems, physical activity interventions, mobile technology, motivation

ID 636 Music and sport as sources of personal empowerment for Finnish adolescents

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Engagement with music has great potential for evoking personally fulfilling experiences, providing opportunities for meaningful social connections, and thus enhancing subjective feelings of wellbeing and good quality of life. Similarly, a physically active lifestyle promotes wellbeing, and participation in sport provides many different psychological and social health benefits. For instance, team sports, especially, seem to be associated with improved health, self-esteem, and social interaction for adolescents (Eime et al., 2013). Even though music and sport have both been popular structured leisure activities among Finnish children and adolescents, they are often treated as two separate and even exclusive categories. For instance, in 2020, the Study of Young People's Leisure Activities by the Finnish State Youth Council excluded sport altogether while focusing on how young people engage with media,