

Benefits of Performing Arts among Youth

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Have you ever wondered why some children seem to learn differently than others? Why do some children have an easier time sitting still longer than others- or why do some children have a need to tap or hum while they complete their work? The answer is simple and it is absolutely not that there is anything wrong with them. They simply have a beat to a different drum. One where their mind craves an outlet of creativity to be able to express themselves in many different colors and avenues. That craving is found in Performing Arts.

Studies by Dr. Julia Yarmolinskava and Dr. Mariale Hardiman of Johns Hopkins University, have proven that students in arts-integrated education increased the retention on information and the overall subject comprehension of students struggling in Language Arts, Reading, Math, and Science. Most people are able to remember at least one song or chant when they were in grade school. The A, B, C song is an example of how much of an impact retention learning stays with us through our adulthood. Arts education supports students who learn better through retention and rhythmic methods of learning. Their ability to focus increases and it stimulates their imagination to develop more creative writing skills. Reading comprehensive skills that are required in the classroom, are used when memorizing a scripts. Students also practice core mathematical standards as they learn to read music and understand music concepts. Performing arts teaches children perseverance and creative problem-solving, which are both great skills that lead to success in the classroom and in life.

Performing Arts doesn't just help students succeed academically, it is also a catalyst towards becoming more disciplined and confident in their own individuality. The Public School Review noted that many teachers feel that one of the top issues facing the public school system

across the nation is behavior. The National Center for Education Statistics noted that “many students in public schools have shown consistent attendance, academic achievement, improved behavior and aspirations for continuing education beyond high school” by becoming involved in extracurricular activities. When given an outlet to fully express themselves artistically, these studies have found that there is a significant decrease in disciplinary behavior in students. However, when placed in an arts education program, students become more in sync with organizing and managing their freedom of expression, when introduced to a platform that will allow them to do so. The National Center for Time and Learning conducted a study that found, research evidence that showed that the skills, practices and habits of students who engage in high quality experiences in the arts, develop intellectual growth that is valued throughout their school years and beyond.

Self-identity, is a subject that students struggle with across the nation as well. Performing Arts allows students to thrive in their individuality. According to the US Department of Health and Human Services the suicide rate among young people ages 10-24 has increased by 56% between the years 2007-2017. Through Performing Arts, children can channel their emotions through several streams of artistic mediums such as, music, dance, drawing, writing, singing, theatre and so much more. Students that find certain feelings difficult to express are more prone to releasing those feelings in a form of Performing Arts. Children are able to release a plethora of emotions in a safe and healthy environment. This form of mental exercise also helps children express themselves better at home, school, in social gatherings and will continue to build confidence in them as they reach adulthood.

Confidence is a prime benefit for students who engage in arts education. It allows students to prepare for life’s rejections and praises through being assured in their own

uniqueness. There is no “competition” in Performing Arts. Freedom of expression is the prize if there was one. Art opens up the doors to be able to see a wide range of creative thoughts from around the world that people may not have otherwise known. Cultural awareness has become more and more known through artistic methods such as film, theatrical performances, visual arts and music. Art education provides a window of beautiful diverse scenes that challenges prejudices, bias and cultural misconceptions. It gives those without a voice a stage to be heard. To be heard, means that a path towards empathy, caring and healing has begun.

Performing Arts has proven to provide several benefits for children. There are no limits to what they can imagine. Everything in this world was created by some ones imagination. The gift of arts education can spark wonders in a child who may not otherwise have the opportunity to live up to their greatest potential. Becoming a guide for a child to absorb the benefits of Performing Arts will help make a difference not just in them; but the entire world.

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