

A study about the effect of accompaniment in broad sense on the learning method

—The effect of self-learning—

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1. Introduction

Many people wants to play the piano. And they hope to accompany. But even if for the people who leaned the piano in professionally, the accompaniment is surprisingly difficult. Because, we need a theory of music for accompaniment. This learning of theory afflict many students.

teaching method(11). About it, I tried the method of cognitive pshchology(2). Also study of BGM is based on books on healing(3) (4) (5) (6).

2. Method of experiment

1.1 Subject

Subject of this experiment is me.

1.2 circumstances

The place where I exercise or work while listening to the music is needed. In this experiment, I choise fitness club with a pool and I went to the orthopedic clinic regulally.

1.3 Procedure

I have took piano lessons in the past. However, I can't play difficult songs and accompnay. I will tackle another challenge obtains a sense of accomplishment. At first, without thinking deeply, srtive only to contineu. Only one thing to defend is listening to BGM. At the same time as no injury, I went to clinic to maintenance my body while listening to BGM actively. Then after I have been accustomed this experiment, I memoried some data. In this experiment, data are my weight, time and distance of swimming. This experiment as separate the three months, was continued twice. The first half is devoted swim(7), the second half wa to study the water aerobics(8). In particular, I focused on instructors'

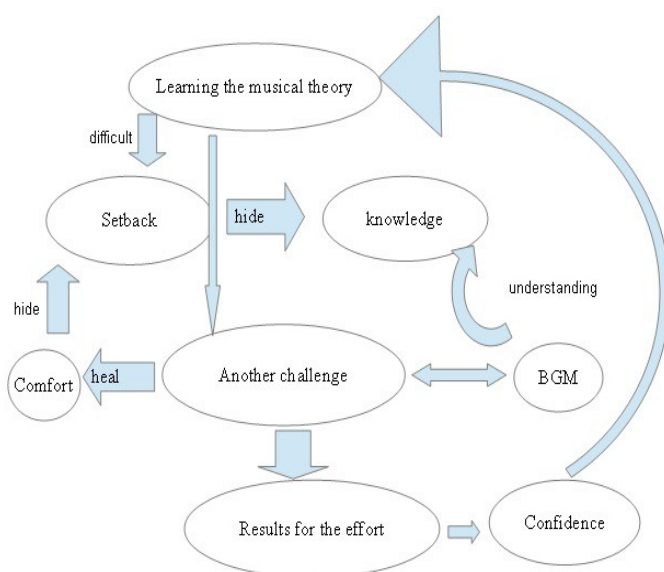


Figure 1. Flow of Self-learning with another challenge

1.1 Previous research

There is the research of the relation between body expression and its accompaniment music (1). This experiment will be done assuming that motion and music is integrated. Also in the research it is written about problems about traditional

approaching. As the final stage, I tried to read books(9) (10) (12) about accompaniment which could not be master in the past.

Table 1
Record before and after of the challenge

		Before	After
Weight		78kg	62kg
Time(50m)	Crawl	57"	43"
	Breaststroke	1'36"	59"
	Backstroke	1'47"	1'05"
	Butterfly	Impossible	57"
Distance	Crawl	50m	1500m
	Breaststroke	50m	1500m
	Backstroke	50m	1500m
	Butterfly	25m	200m

3. Result

The data before and after this experiment is shown in table1. And I could understand the detail of books about accompaniment. Further I could analyse difficult musical score and play difficult songs patiently.

4. Consideration

Although previous studies have dealt with the music for the motion, in this experiment did the reverse. And exercise bring effect to music understanding.

5. bibliography

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Abstract : Accompaniment is widely known. Piano accompaniment in choirs are performed in schools of Japan. In general, shops of so-called Karaoke are many sales. Everyone feels pleasant to be singing to match the accompaniment. However, it is not well understood what accompaniment method is and the reason of comfortable feeling. In this study, I treat this accompaniment in a broad meaning. It is verified the effect of such fitness, sports training and video's BGM. In addition, it conducted experiments for the music understanding and learning method through accompaniment, also mentioned the common points of the language learning.