# Motivation and Well-Being in a Community Choir: A Case Study of the Taipei Philharmonic Female Choir.

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## INTRODUCTION

- **Context:** Choral training embodies the core of music education. Taiwan's community choirs are rapidly growing and achieving international success.
- **Rationale:** To deeply explore the personal significance and underlying motivations of choral participation.
- **Research Gap:** Adopts a qualitative approach, filling the gap left by previous predominantly quantitative studies.

## METHODS

- **Approach:** A single-case embedded design.
- **Participants:** The Taipei Philharmonic Female Choir.
- **Data Collection & Analysis:** Semi-structured in-depth interviews, document analysis, and audio recordings.
- **Trustworthiness:** Established through expert validation of the interview protocol.

## RESULTS

- **Enhanced Interest & Psychological Adjustment:** Elevated passion for singing, relieved daily distress, and fostered personal confidence.
- **Musical Skill Development:** Significant improvements in sight-reading, rhythm, vocal techniques, and music appreciation.
- **Psychological & Physical Impacts:** Relieved emotional stress, developed positive relationships, and improved physical functioning.
- **Social Cohesion:** Social gatherings played an indispensable role in strengthening group cohesion.
- **Emotional Connection & Belonging:** Emotional bonds served as a primary incentive, generating a profound sense of belonging.
- **Core Source of Well-Being:** Unanimously linked well-being to the "sense of achievement in accomplishing shared goals.

## CONCLUSIONS

- **Motivation Profile:** Participation is primarily driven by intrinsic motives (e.g., passion for singing, stress relief, musical growth) and strongly sustained by extrinsic factors like group cohesion and social interaction.
- **Enhanced Well-Being:** Active involvement elevates life satisfaction through collective achievement, peer support, and self-actualization. Prioritizing rehearsals also cultivates positive social networks and communication skills.
- **Psychosocial & Cognitive Healing:** Singing fosters positive affect (a sense of belonging and achievement) and effectively mitigates negative emotions, promoting both psychophysical healing and cognitive vitality.
- **Duality of Choral Experience:**Although community choir participation generally reduces negative emotions, the demands of high-intensity training and performance pressures may concurrently induce stress.

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## DISCLOSURE / CONFLICT OF INTEREST STATEMENT

The author declares no conflict of interest.