

# *Adult Extracurricular Piano Learner's Motivation and Influence Factors Analysis*

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**Abstract:** The boom of amateur piano learning in China began in the early days of reform and opening up, and its “enthusiasm” has continued to this day. The age of 4-6 is usually considered as the golden age of piano enlightenment, but for adults who missed the golden age of enlightenment and have entered the society, there are not few people who use their spare time to learn piano in order to realize their piano dream. This paper uses qualitative research methods to interview four students, and analyzes and elaborates the factors that affect their learning effects in a summary way. The interviewees were interviewed in their native Mandarin, and the interviewees truthfully recorded their true views on the questions they asked. According to the answers of the interviewees and the objective analysis of the interviewees, the influencing factors of adult amateur piano learning can be summarized into the following four points: motivation and reasons for piano learning; The benefits of learning the piano; Difficulties in learning the piano; Teacher student relationship in learning piano.

**Keywords:** piano, pedagogy, adult extracurricular learner, motivation, teacher-students relationship, qualitative research

## **1. Introduction**

The pace of life of modern people is quite fast. Most people deal with work in the daytime and take care of their families at night. The word “pressure” has become a synonym of modern life in the 21st century. In such an environment, people urgently need an outlet to release pressure. Many studies have shown that music is an effective way to reduce stress, and the dopamine released by music can bring spiritual pleasure while reducing stress. Nowadays, more and more Chinese adults learn the piano in their spare time, and amateur piano learning seems to be an indispensable part of their life. Therefore, exploring the influencing factors of adult amateur piano learning has become an unavoidable problem.

## 2. Methodology

Table 1: List of participants.

Name	Che	Mao	Lei	Yi
Age	27	26	28	27
Gender	M	M	M	F
Language	Chinese	Chinese	Chinese	Chinese
Country of birth	China	China	China	China
Years of study piano	1.5	1	1.5	2

This paper studies several piano beginners in China. In order to explore their subtle differences and feelings about piano learning, it is particularly important to use qualitative research methods. This survey not only retains the understanding of the participants and the characteristics of the characters, but also can systematically analyze and draw corresponding conclusions. The respondents were between 26 and 28 years old. Among the four interviewees, there are three men and one woman. During the interview, they all used their mother tongue: Chinese. Therefore, we judge that the interviewees can express their ideas clearly and accurately. The interview was recorded verbatim by means of audio recording. The interviewers sorted out in the form of text according to the interviewees' recordings. During the interview, both concrete and abstract questions were used to cover as many aspects as possible. During the interview, when the interviewee gives a vague answer to the question raised, the interviewee will further inquire about the origin and development process of the event. Moreover, in the process of questioning, the interviewers put aside their subjective judgments for the time being, completely based on objective facts, and restored 100% of the interviewees' true ideas as far as possible.

## 3. Analysis

### 3.1. Motivation of Learning Piano

During the interview, the first question I asked was: "What is the reason for you to learn the piano?" The typical answer given by the interviewees is: I like the piano very much. I think playing the piano can improve my temperament, enrich my life experience, and envy those who can play the piano. The answers given by the interviewees are based on improving their own perspective, or getting spiritual satisfaction, not on material or money. From this, I can think that at present, adults learn piano not for money and fame, but more for spiritual comfort. "People's feelings are different. The composer expresses his feelings in his works. Even today, I can feel the same feelings." This is the answer given by Yi, the interviewee. These answers all point to the interviewee's motivation to learn the piano, which is to improve their spiritual world. Therefore, in piano teaching, especially for adult piano teaching, we should focus on its spiritual improvement. All the answers given by the interviewees are in line with this point. The modern society is in a relatively developed stage of material life, and the demand of adults for their spiritual world is growing day by day. Their motivation to learn the piano is different from that of many children in order to take a grade examination or a professional line, which has a strong utilitarian nature. They give more value and significance to piano learning from the spiritual level.

### 3.2. Benefits of Learning Piano

In the answer of the interviewee Lei, he said: “I think learning the piano is more temperament, and learning the piano can make people particularly engaged. Being able to play a very beautiful song in front of people will make me feel highly successful.” Interviewee Mao said: “I think people who can play the piano are very good, and the sound is very pleasant. When I see people who can play the piano, I feel envious. So I want to learn the piano, and then I can show it to my family and friends.” From the answers of these two interviewees, we can draw the conclusion that after learning the piano, learners can show their skills in front of others, so that others can be impressed and get a sense of achievement. Interviewee Yi said: “Learning to play the piano is also a hobby. Playing the piano will be a plus in the process of job hunting. And playing the piano will provide more options for the future.” From the answer given by Yi, we can see that she believes that playing the piano will give him more advantages in the competition in the workplace, and mastering an additional skill will give her more choices.

### 3.3. Difficulties in Learning Piano

From the perspective of basic skills, adults are less plastic than children. However, adults have more advantages than children in learning piano. For example, adults are better at understanding and logical thinking, “The speed of development of the same aspect is different in different periods. Childhood education plays an important role in students’ piano learning. Students at this stage have strong plasticity and are vulnerable to the influence of objective factors, thus forming habits that are not easy to change. Therefore, the cultivation of key touching methods and power generation methods plays an important role in this period. Establishing correct piano playing methods at the beginning will provide a solid foundation for students’ later promotion the foundation of. The ability to understand and appreciate music cannot be developed rapidly in childhood, but with the maturity of body and mind, students’ perception of music will gradually deepen [1]. “ The disadvantages of adult piano learning are also obvious. Interviewee Che thinks: “My disadvantage is that I lack the basic skills of other professional piano players, because as far as I know, the basic skills of piano refer to the fingering and sequence of piano keys, and the movement of fingers has a unique sequence for different tunes. What I need to do is to spend some time to understand these basics.” It can be seen from this that the interviewee Che thinks that he lacks the basic skills that should be learned in childhood, and then learns the basic skills after adulthood. He does not have the advantage of basic skills that he learned in childhood. However, this aspect can also be remedied through the practice the day after tomorrow. Che mentioned in the follow-up answer: “I think that more practice, one or two hours a day, can make up for the current disadvantages, such as asking professional people to guide their fingering, which key sequence is more comfortable.” This answer proves that Chen, the interviewee, knows where his disadvantage lies and needs to seek professional guidance to remedy it.

Input of time cost. Interviewee Yi believes that the difficulty in her piano learning is that she does not have enough time and energy to study. Yi mentioned in her answer: “In my opinion, the biggest obstacle to learning the piano is that there is not enough time and energy. The pace of life of modern people is very fast. Everyone has his own work, and everyone has to run for his own life. Even if there is time for rest, there is no extra energy to do other things. I just want to calm down and relax myself, and occasionally I may take some time to practice the piano to enrich my spiritual world.” At present, most adults are busy with their work and family, and they do not have the time and energy to learn the piano. Even if they want to learn the piano, they cannot help themselves. Yi said in his later reply: “In fact, we should be more disciplined, saying that there is no time, but sometimes we are lazy and just want to have a quiet rest. Therefore, we still need to overcome our

laziness with perseverance, and we must believe that we will get results if we pay.” According to the answer given by the interviewee Yi, I think that time is always squeezed out. Even if you are busy, you will eventually have time to do what you want to do. The main thing is whether you can make up your mind to overcome difficulties and persevere. Only with this spirit can you learn the piano well.

### 3.4. Teachers Student Relationship

In general, good teacher-student relationship is particularly important for adults to learn piano. In other words, whether they can learn piano well depends on whether they have good teacher-student relationship. Interviewee Mao gave this answer: “I think a good teacher-student relationship should be more like a friend relationship.” The interviewer asked, “What kind of relationship do you think is friendship?” Mao replied, “I don’t think there is a sense of class leap in friendship. I encounter some difficulties in learning the piano. I think I will be brave enough to ask the teacher questions. The teacher will treat me like a friend, very approachable. There is no sense of standing high and facing low. Communication is more like peers without obstacles.” The interpersonal relationship of adults is actually difficult to deal with, because everyone has his own personality, and everyone’s personality is not formed overnight, and it is difficult to change. Mao said in his subsequent reply: “If I can’t finish my homework skillfully today, but because of the teacher’s severe criticism, I have to cover up the fact that I didn’t practice the piano, which will lead to a vicious circle.” This shows that the way teachers get along with students plays a decisive role.

## 4. Conclusion

For the teaching of amateur piano for adults, we must adopt a multi strategy teaching method, first analyze the students’ motivation to learn the piano, and then develop a reasonable teaching method on this basis. For example, some students need teachers to get along as friends, so teachers need to be as easy-going and friendly as possible in the process of teaching piano. In the process of learning the piano, we have encountered problems that are difficult to overcome. First, we should give full understanding, think about ways to deal with problems from the perspective of students, and put forward several practical plans. Some students need the teacher to explain the technical difficulties in more popular language. At this time, the teacher needs to simplify the problem as much as possible, fully understand the meaning that the students want to express and the range that the students can accept. Only in this way can the true meaning be expressed completely. “In the process of piano teaching, the key point of teaching is to guide and help students to master piano techniques and cultivate students’ musical literacy, and the key to completing the teaching task is to ensure the efficiency of classroom teaching. In the traditional teaching mode, indoctrination teaching is full of the whole classroom, and piano classroom teaching is mainly theoretical teaching. The quality of piano teaching is poor, and the main reason for the poor effect is the teaching mode sheet I. Today, with the rapid development of society, the educational situation is also changing. The piano teaching mode also needs to be innovated to adapt to the development of the times and improve the efficiency of piano classroom teaching [2]. “ It can be seen that the most reasonable teaching method should be given according to the actual situation of students. It should start from multiple factors such as psychology, physiology, ideology and cultural background, fully understand the different personalities of different students, the knowledge they want to learn, the difficulties they encounter and the motivation to learn the piano, take all aspects into consideration, be flexible, and adapt to the way of thinking of each student, try to talk with students in their way of thinking. Only in this way can we achieve efficient and smooth communication and greatly improve the efficiency of piano learning. To sum up, the motivation and reasons for learning the piano, the benefits of

learning the piano, the difficulties in learning the piano, and the teacher-student relationship in the process of learning the piano are the decisive factors for adults to learn the piano.

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