

Singing as a Team Sport

TUNING IN

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THE world over, choir and choral singing have been popular for centuries. From singing in school choirs to community music groups, singing together has always been seen as fun. Professional choirs are in demand for concerts, recordings, and film scores because the effect of many voices singing together – either in unison or in harmony, can create powerful soundscapes, and a feeling very

different from a solo voice.

There are several recent studies that have shown how singing together has many benefits, not least among them creating a sense of belonging. Interestingly, during choir singing, the heartbeats of the singers are likely in sync, which is not necessarily the case before or after singing.

There are a number of measurable positive physiological effects from group singing in any form. It calms heart rates, boosts endorphins, and improves lung function. It has interestingly been found to increase pain threshold and reduce the need for pain medication in some cases.

Group singing has been seen to increase immunoglobulin and the body's ability to fight



infections. In some studies, cancer patients show an improved immune response after a few choir rehearsals. While music is never an alternative to medical treatment, the benefits of group singing are many.

While looking at how group

singing can positively affect one's mental state, it has been found to boost positive mood, lift self-esteem, and fight depression. This is a major reason why singing in a school choir or practising together in a group can be so beneficial for

children and teens. It can also help seniors who struggle with isolation and mental health issues.

It has been found that group singing enhances one's sense of purpose and meaning, and even increases sensitivity towards others.

People singing in a group have reported a higher sense of well-being than even those who sing solo. Singing together creates a feeling of belonging, which makes people feel good, thereby improving their health and satisfaction. Singing together also creates a feeling of synchronising with others. This synchronisation makes people feel good, which increases, social cohesion, which in turn further increases synchronisation.

So, whether you enjoy bhajan groups or caroling, antakshari or 80s ballads, find a group and sing to your heart's content!