

Singing and Synchrony: Missing group activities during the COVID-19 pandemic

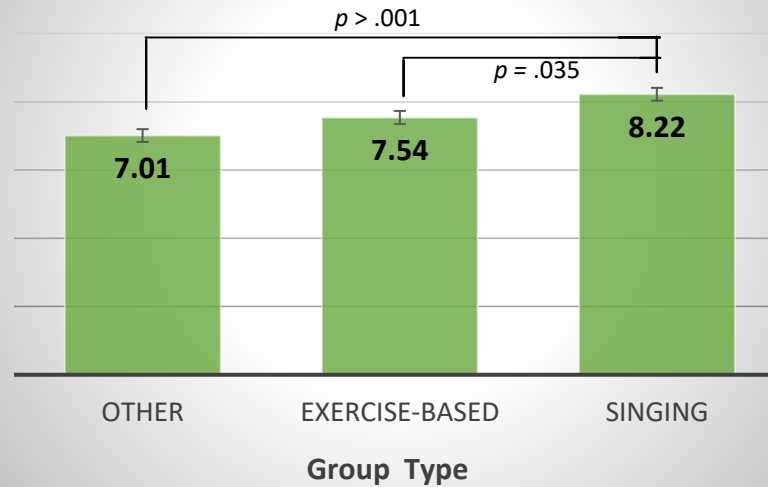
Background:

- Interest in the relationship between music and social bonding has recently expanded^{1, 2, 3}
- There is evidence that choir members feel more bonded after singing together³ and that singing groups may bond more quickly than other kinds of social groups⁴
- Evidence has alluded to a relationship between a sense of affiliation and synchronous movement paired with music^{5, 6}
- Additional research has explored the potential for synchrony to be a mechanism behind singing and social bonding⁷

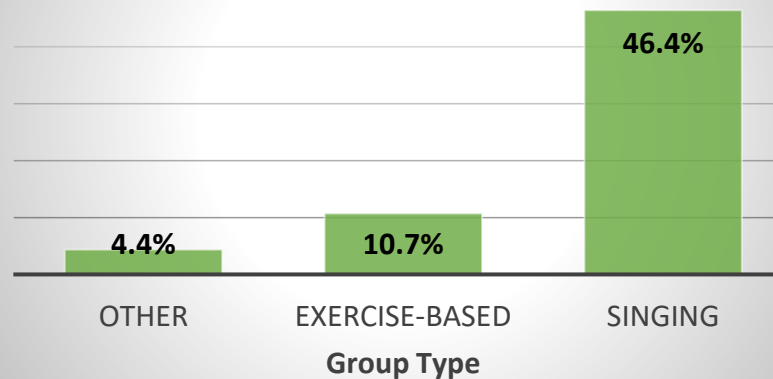
Questions and Method:

- Q1: How much are participants missing their groups?
- Q2: What do the different types of groups miss?
- 632 Participants were surveyed about group activities they participated in before the COVID-19 pandemic
- The survey asked about what groups did together, whether they attempted to adapt, how much they missed their groups, and what they missed most (from a predetermined list)
- Similar activities were combined for ease of analysis as follows:
 - Other: Crafts, Games, Book Club, Other
 - Singing: Choirs, Shape-note singers
 - Exercise-Based: Exercise, Sports Team

Singing group members reported missing their groups more than members of other groups



A higher percentage of singers endorsed missing synchrony



Analysis:

- A one-way between-groups ANOVA was run to examine which participants endorsed missing their groups more
- A chi-square test of independence examined how many participants endorsed missing synchronous behavior

Discussion:

- Members of singing groups endorsed missing their groups more than members of other groups did, which could support the idea that singing together facilitates group bonding in a way that is different or stronger than the bonding that occurs in other group activities.
- Additionally, missing synchrony was more strongly associated with members of singing groups than it was for members of the other two groups.
- While more empirical evidence is necessary, these results could support the possibility that synchrony could play a part in facilitating group bonding through singing or potentially other kinds of music making.

Selected References:

- ¹ Kirschner, S., & Tomasello, M. (2010)
- ² Pearce, E., Launay, J., & Dunbar, R. I. M. (2015)
- ³ Weinstein, D., Launay, J., Pearce, E., Dunbar, R. I. M., & Stewart, L. (2016)
- ⁴ Pearce, E., Launay, J., Machin, A., & Dunbar, R. I. M. (2016)
- ⁵ Hove, M., & Risen, J. (2009)
- ⁶ Demos, A. P., Chaffin, R., Begosh, K. T., Daniels, J. R., & Marsh, K. L. (2012)
- ⁷ Tarr, B., Launay, J., & Dunbar, R. I. M. (2014)