



## RPO REPORT INTO MUSIC AND MENTAL HEALTH

Ahead of World Mental Health Day on 10 October, the Royal Philharmonic Orchestra releases key findings from recent research on music and mental health. Asking a nationally representative sample of 2,110 adults on the perceived benefits of listening to orchestral music during lockdown in 2020, the findings were as follows:

- Seven in 10 (71%) people that listened to orchestral music during isolation cited tangible and lasting positive impacts on their mood and wellbeing.
- A third (35%) said it helped them to relax and maintain a sense of calmness and wellbeing. Meanwhile, 18% of respondents said orchestral music had lifted their mood, with a further 14% saying it had helped their productivity and concentration with work and studies.
- Those over 55 who had listened to orchestral music during lockdown were the most likely to say that it had had a positive impact on their mental health (72%). Almost half (49%) said it had helped them to remain calm, which was twice the proportion of those under 35. Meanwhile, a quarter (26%) said it had lifted their spirits.
- Among those who described themselves as being a keen classical music and opera fan, the vast majority (89%) cited benefits of listening to orchestral music on their mental health.
- More broadly, orchestral music was the genre that people were the most likely to turn to in order to relax and maintain a sense of calmness. Twice as many people turned to orchestral music to relax as those who turned to jazz (9%) or blues (10%), and three times as many who turned to gospel music (6%).

**James Williams, Managing Director of the Royal Philharmonic Orchestra:** “World Mental Health Day is a chance to remind ourselves of the power of music, the meaning it brings to our lives, and the structure and sense it brings to the society we create. Who hasn’t – at some point in their lives – felt their hair stand on end when listening to some music, or felt calmer and more in control listening to other music? It helps us to get up in the morning, or block out our worries at the end of the day.

“Under the enormous pressures and challenges that 2020 has thrown us, this has been the tonic that has been needed. Many have relied on music as a way of coping, while others have sought ways to fulfil their mental and emotional existences. As musicians, it is our role to provide society with a cushion to help their mental health, to fire people’s spirit and to give hope and comfort during this most isolated and lonely time in our modern history.”

### Proportion of people who listened to orchestral music during lockdown has had a noticeable positive impact on their mental health and wellbeing

Total	18-34 (Net)	35-54 (Net)	55+ (Net)	Male	Female	Classical/opera fans
71%	69%	66%	72%	70%	69%	89%



### The positive benefits on mental health

	Total	18-34	35-54	55+	Male	Female	Classical/ opera fans
Helped to relax and maintain a sense of calmness and wellbeing	35%	24%	34%	49%	36%	36%	53%
Inspired and lifted spirits	18%	10%	17%	26%	18%	18%	33%
Been good genres to work or study to productively while at home	14%	19%	15%	9%	11%	18%	14%

### Genres people turned to in order to relax and maintain a sense of calmness

	Total	18-34 (Net)	35-54 (Net)	55+ (Net)
Orchestral	18%	14%	16%	23%
Pop	15%	17%	16%	12%
Country / folk	15%	14%	12%	19%
Rock / Metal	13%	11%	15%	11%
R&B	11%	15%	10%	10%
Musicals	11%	11%	10%	12%
Blues	10%	8%	8%	13%
Jazz	9%	11%	8%	9%
Gospel	6%	7%	6%	5%

### Notes to editor

The research was conducted by Maru/Blue for the RPO among a nat. rep. sample of 2,014 adults, 309 of whom described themselves as being classical music or opera fans. The research was carried out in May 2020.

### About the Royal Philharmonic Orchestra

As the Royal Philharmonic Orchestra (RPO) approaches its seventy-fifth anniversary in 2021, its mission to enrich lives through orchestral experiences that are uncompromising in their excellence and inclusive in their appeal, places the RPO at the forefront of music-making in the UK. Performing approximately 200 concerts each season and with a worldwide audience of more than half-a-million people, the



# ROYAL PHILHARMONIC ORCHESTRA

Orchestra embraces a broad repertoire that enables it to reach the most diverse audience of any British symphony orchestra.

The RPO collaborates with the most inspiring artists and looks forward to welcoming its new Music Director, Vasily Petrenko, in September 2021. Vasily Petrenko will join a roster of titled conductors that includes Pinchas Zukerman (Principal Guest Conductor), Alexander Shelley (Principal Associate Conductor) and Grzegorz Nowak (Permanent Associate Conductor).

Cadogan Hall in London has been the Royal Philharmonic Orchestra's home since 2004. Here it performs an annual season of concerts, many of which are subsequently toured to its seven principal residency venues. In addition, the Orchestra promotes more than forty-five concerts each season at partnership venues across the country. In London, the Orchestra also promotes a season of symphonic concerts at Southbank Centre's Royal Festival Hall and a popular series at the iconic Royal Albert Hall, as the Hall's Associate Orchestra. As a respected cultural ambassador, the RPO enjoys a busy schedule of international touring, performing in the world's great concert halls and at prestigious international festivals.

The RPO aims to place orchestral music at the heart of contemporary society, collaborating with creative partners to foster a deeper engagement with communities to ensure that live orchestral music is accessible to as inclusive and diverse an audience as possible. To achieve this, in 1993 the Orchestra launched RPO Resound, which has grown to become the most innovative and respected orchestral community and education programme in the UK and internationally.