

*K. Voznyuk,
Student,
V. Kulak,
Lecturer,
Zhytomyr Ivan Franko State University*

THE FORMATION AND DEVELOPMENT OF WILLPOWER AND ACTIVITY OF A PIANIST

The formation and development of willpower and activity are essential for any pianist who seeks to succeed in their craft. Willpower is the mental energy and strength that allows a person to overcome obstacles and persevere in pursuit of their goals. Activity, on the other hand, refers to the physical and mental efforts that a person puts into their work or activity.

The formation and development of willpower and activity are essential for any pianist

Willpower is the ability to control one's impulses and make decisions that are aligned with one's goals. It is a crucial aspect of piano playing as it requires concentration, focus, and discipline to learn and perform a piece of music. Willpower can be developed through consistent practice, setting achievable goals, and being mindful of one's actions and behaviors.

Activity, on the other hand, is the energy and effort put into piano playing. It involves physical movements, mental engagement, and emotional expression. Developing activity can be achieved through regular practice, proper technique, and mental and physical preparation before a performance.

Here are some tips on how to develop willpower and activity as a pianist.

Set specific and achievable goals: Having clear goals helps to focus your efforts and gives you a sense of purpose and direction. When setting goals, it's important to make them specific and achievable so that you can track your progress and stay motivated.

Here are some tips for setting specific and achievable goals.

Define your goal clearly: Be specific about what you want to achieve, the more specific you are, the easier it is to develop a plan of action.

Make your goal measurable: Use specific metrics to track your progress. For example, if your goal is to lose weight, set a specific target weight and track your progress by weighing yourself regularly.

Set realistic deadlines: Be realistic about the timeline for achieving your goal. Setting unrealistic deadlines can lead to frustration and discouragement.

Break your goal down into smaller steps: Break your larger goal down into smaller, achievable steps. This can help you stay motivated and make progress more quickly.

Celebrate your progress: Celebrate your successes along the way. This can help you stay motivated and focused on achieving your goal.

Remember that setting specific and achievable goals is an ongoing process. As you make progress and learn more about what works for you, you may need to adjust your goals and strategies to ensure that you stay on track.

Motivation is crucial when it comes to learning to play the piano. Here are some strategies to help form and maintain motivation: Set clear goals: Set specific and achievable goals for what you want to achieve in your piano playing. These goals can be short-term (such as learning a specific song) or long-term (such as playing at a recital). Make sure your goals are realistic and measurable so that you can track your progress.

Find inspiration: Find inspiration in the music that you love. Listen to recordings of your favorite pianists, attend concerts, and watch videos of piano performances online. This can help you stay motivated and excited about your piano playing.

Establish a routine: Set aside regular time each day or week to practice. Make it a part of your daily routine so that it becomes a habit. This will help you stay disciplined and consistent in your practice.

Find a teacher: Consider taking lessons with a piano teacher who can guide you through the learning process and provide feedback and encouragement. A good teacher can help you stay motivated and inspired.

Join a community: Join a local piano club or online forum where you can connect with other pianists and share your progress. Being part of a community can help you stay motivated and accountable.

Reward yourself: Reward yourself for your progress and achievements. This can be something small, like treating yourself to a favorite snack, or something larger, like attending a concert or purchasing a new piano book.

Remember, motivation can fluctuate over time. If you find yourself struggling to stay motivated, try switching up your routine, setting new goals, or finding new sources of inspiration. Don't give up – with consistent effort and dedication, you can achieve your piano-playing goals.

The musical needs of a person can vary widely depending on their individual preferences, experiences, and goals. Here are some common musical needs that people may have:

Emotional expression: Many people turn to music as a way to express their emotions and feelings. Whether through listening to music or creating it themselves, music can provide an outlet for emotions such as joy, sadness, anger, or love.

Relaxation and stress relief: Music can be a powerful tool for relaxation and stress relief. Listening to calming music or playing an instrument can help to lower stress levels and promote a sense of calm.

Social connection: Music can be a great way to connect with others, playing music with others, attending concerts or festivals, or simply discussing music with friends can all provide opportunities for social connection and bonding.

Creative expression: Many people find joy and fulfillment in creating their own music, whether through composing, improvising, or performing, music can provide a creative outlet for self-expression.

Skill development: For those who are learning to play an instrument or improve their musical skills, the need for musical development and progress can be a strong

motivator. Learning new techniques, mastering new pieces, and improving one's musical abilities can all provide a sense of accomplishment and satisfaction.

Ultimately, the musical needs of a person are unique to that individual. Some people may prioritize emotional expression and relaxation, while others may focus more on social connection or skill development. Understanding your own musical needs can help you to find music that resonates with you and provides the benefits and experiences that you seek.

REFERENCES

1. Бузони Ф. О пианистическом мастерстве // Ф. Бузони // Исполнительское искусство зарубежных стран. Вып.1, Госмузиздат, 1962. – 175 с.
2. Гизекинг В. Статьи о пианистическом искусстве // В. Гизекинг // Исполнительское искусство зарубежных стран. Вып.7, «Музыка», 1975. – 249 с.
3. Кияновська Л. О. Психологічний портрет композитора як джерело пізнання його індивідуального стилю // Л. О. Кияновська //Українська музика: Науковий часопис. Ч. 3 (13). – Видавець: Львівська національна музична академія імені М. В. Лисенка. - Львів, 2014. – 151 с.
4. Фейнберг С. Е. Мастерство пианиста / С. Е. Фейнберг.«Музыка», 1978. – 206 с.
5. Чжен Лиша. Педагогическая деятельность С. Е. Фейнберга в Московской консерватории // Чжен Лиша // Музыкальная академия: научнотеоретический и критико-публицистический журнал. №3., «Композитор», 2013. – 182 с.