

# Flow experience in music: practice and performance

László Harmat<sup>1\*</sup>, Örjan De Manzano<sup>2</sup>, Fredrik Ullén<sup>2</sup>,

<sup>1</sup> Department of Psychology, Linnaeus University, Växjö, Sweden

<sup>2</sup> Department of Neuroscience, Karolinska Institute, Stockholm, Sweden,

\*e-mail: [laszlo.harmat@lnu.se](mailto:laszlo.harmat@lnu.se)

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**Background:** It is not unusual to experience flow during musical activities. [1]. Csíkszentmihályi theorized music is an activity in which it is easier to reach an experience of flow because music can sustain people's intrinsic motivation [2].

**Aim:** Our aims to discuss the literature about flow experience during musical activities in relation to expertise, individual and group performances. In addition, we will introduce some new directions and our ongoing researches regarding this field.

**Method:** We review studies using qualitative and quantitative research methods to assess “state” and “trait” flow experiences in relation to music performance, practice and musical composition.

**Results:** A considerable amount of literature has been published on the experience of flow in music [3, 4]. Most of the studies focus on the investigation of “state” and “trait” flow in individual performers but there is a growing interest in to study flow experience during group performances. These explorative studies aimed to discover the unique characteristics of the group flow experiences in musical bands [5]

**Conclusions:** There is a need for studies that address experimental and longitudinal perspectives toward flow in musical context. It is also future challenge for research in this field to analyze flow in musical setting from a group perspective.

## References

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