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Will test in music: the will as a key to motivation for practice

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The features discipline, motivation and concentration are important personality traits for a successful completion of studies in a music degree. However, research shows that even his own will in the implementation of objectives are of particular importance. A test of will for music students would like to offer approaches to the analysis of their own non-strengths.

Practice does not always make fun and need from time to time a good amount of overcoming. This should be recognition that every music student is very common. It is not necessarily the lack of motivation, which is responsible for ensuring that things are advanced, which appeared in moment as important. Primarily motivation means setting goals, while the pursuit of objectives is described by the term Volition: The difficult but gorgeous Sonata should be part of their own repertoire, but until then, it still seems a long way.

„The choice we will define us, make us something to own or to keep out of the way“ (Aristoteles, 1911). This knowledge of Aristotle leads directly to research by Volition, offering explanations for motivational behavior while trying to open up paths that show us how goals but still can finally be realized despite one or other of lows. Under Volition - or in short: his own will - while the conscious control and monitoring of one's actions is understood. The central question in investigating of volitional processes is especially dedicated to the implementation of even defined objectives of actions.

A prominent model is formulated by Heinz Heckhausen with the Rubicon model of action phases in which become detached phases of motivation and volition sequentially (Heckhausen & Heckhausen, 2010). Approximately simultaneously formulated Julius Kuhl his action control theory and showed that it is not automatically the strongest motivational intent is implemented, but that finally successful motivational action plans need to be shielded against competing motivational tendencies (Kuhl, 1987).

An integration of both models can be found in Hugo M. Kehr's compensation model that traces the central questions of what I like to do what is really important to me and what I can actually do because of my skills, experience and knowledge (Kehr, 2005).

WILL AS HELMSMAN

Markus Deimann developed from these theoretical fundamental works a practical approach that represents the will of its own with the metaphor of the helmsman of heart, head and abdomen and the balancing of non-strengths at the center (Deimann, Weber, & Bastiaens, 2008).

As a synthesis of the findings of previous research on emotions and volitions with instructional design, which is well established especially in the media didactics, he developed a volitional test that is freely available as an online will test¹. This gives users a feedback in the form of traffic



light information to their individual volitional factors of self-worth, consequences-control, mood-management and meta-cognition. In addition, short practical recommendations for users are issued at their individual optimization of volitional competencies. So far, the volitional will test has been attended by more than 40 000 students of various types of universities.

In 2012 he received the E-Learning Award of the eLearning Journal in the category learning strategies².

A qualitative study revealed that the volitional will test can be transferred in many areas to the needs of music students (Ortwein, 2012). A surprising result of this study was, however, that at least in the investigated music students the exploration of motivational and volitional processes had been hardly occurred, although daily practice was frequently shadowed by frustration experiences.

TESTING THEIR OWN WILL

As the strategy recommendations had not reached all motivational and volitional factors of music students a specified will-test for music students (M-VPT) was developed on the basis of previous findings. This is free for use as open educational resources available in the network³. In this test, music students will be presented 32 different scenarios in combination with certain strategies of action to which they should respond with approval or disapproval. The analysis was carried out on the test immediately following are individual information for their own self-worth, to control behavior towards incurred consequences for dealing with personal moods and their own skills in planning and introspection. In addition, the test participants receive policy proposals, such as those areas associated with the daily practice of musical instruments or her voice can be improved in particular.

The next step will be to – offer „will test in music“ (M-VPT) in different languages, so that it is not only available to music students who speak German. The test will gives music students the opportunity to develop new towards a stronger pleasure in daily practice through awareness of their own strengths and non-strengths.

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1 <http://willenstest.fernuni-hagen.de>

2 www.elearning-journal.de/index.php?id=380

3 <http://mvpt.aristoteles.at>