



**CONSERVATORY OF MUSIC  
COLLEGE OF ARTS  
UNIVERSITI TEKNOLOGI MARA**

**A DESCRIPTIVE REVIEW OF THE APPLICATION OF DALCROZE  
EURHYTHMICS APPROACH TO IMPROVE EMOTIONAL  
INTELLIGENCE AMONG CHILDREN**

**QURYAKIN MAULAD WAHID**

Thesis submitted in fulfilment  
of the requirements for the degree of  
**Master of Music Education**  
**(By Coursework)**

**SEMESTER OCTOBER 2022 – FEBRUARY 2023**

## **ABSTRACT**

The use of the Dalcroze Eurhythmic approach to improving children's emotional intelligence is examined in this research. There has been much interest in the movement in music education sessions. Studies on the synchronization of reactions to rhythmic training, the impact of movement on the growth of aesthetic notions, and the relationship between rhythmic movement and musical achievement are a few examples. The researcher gathered data using a descriptive review and analyzed documents, videos, and secondary sources. The researcher has watched three videos and read three articles. They all fall within the qualitative method, which content analysis will use to examine.

The Dalcroze Eurhythmic approach will improve children's emotional intelligence, the researcher found in this study. The Dalcroze Eurhythmic approach, according to the researcher, is an incredible tool in social-emotional development, helping with everything from listening to time management to relationship building. It is an excellent teaching tool for this crucial area of education because it is essentially social and emotional.

To sum up, the Dalcroze Eurhythmics approach is suitable for music education programmes. In order to increase children's emotional intelligence, the researcher suggests completing a study of the Dalcroze Eurhythmics method. By incorporating Dalcroze Eurhythmics into all learning activities across the curriculum, kids will better understand musical ideas and skills and develop their emotional intelligence.

## ACKNOWLEDGEMENT

I want to thank my parents and siblings for their love and support. I appreciate your encouraging me to set high goals and pursue my objectives. They are also for helping me get past every difficulty I had while finishing this thesis.

I also want to thank my advisor, Dr Md. Jais Bin Ismail gave me much advice while writing this thesis. He is a true inspiration. I owe him a sincere debt of gratitude for the guidance and inspiration he provided. So, from the bottom of my heart, I want to thank Dr Jais.

I am fortunate to have Mark Christopher Daly as a friend since he has given me advice in countless crises. You are the friend that brightens gloomy moments and eases difficult ones. You have always had my heart as a buddy because of your kind deeds. I appreciate our friendship. I appreciate you being there for me at all times. I appreciate you being my staunchest ally.

Surah Al-Ala ayat 7 says, *"Except what Allah should. Indeed, He knows what is declared and what is hidden. Moreover, We will ease you toward ease."* Each pain serves a purpose. Each fall has an explanation. It would not have occurred if Allah had permitted it. Keep in mind that life is a process. I give Allah praise for his mercies.

## TABLE OF CONTENTS

	<b>Pages</b>
<b>AUTHOR DECLARATION</b>	<b>iii</b>
<b>ABSTRACT</b>	<b>v</b>
<b>ACKNOWLEDGMENT</b>	<b>vi</b>
<b>TABLE OF CONTENTS</b>	<b>vii-x</b>
<b>LIST OF TABLES</b>	<b>xi</b>
<b>LIST OF DIAGRAM</b>	<b>xii</b>
<b>LIST OF ABBREVIATIONS</b>	<b>xiii</b>
<b>CHAPTER ONE: INTRODUCTION</b>	
1.1 Research Background	1
1.2 Problem Statement	2-4
1.3 Research Objectives	5
1.4 Research Questions	5
1.5 Significance of Study	6
1.6 Scope of the Study	7

<b>CHAPTER TWO: LITERATURE REVIEW</b>		<b>Pages</b>
2.1	Dalcroze As A Method or An Approach	8
2.2	Dalcroze Eurhythmics As A Philosophy, A Principle, or A Vision of Embodied Music Learning.	9
2.3	Dalcroze Eurhythmics: Practice and Principle	10-12
2.4	Solfege	13
2.5	Improvisation In Dalcroze Teaching Method	14
2.6	Music and Emotional Intelligence	15
2.6.1	Self-Awareness	16
2.6.2	Musical Play: A Powerful Tool For Self-Regulation	17-18
2.6.3	Motivation	19
2.6.4	Empathy	20
2.6.5	Building Social Skill Through Music	21
2.7	Teaching and Learning Today	21
2.8	The Impact of Dalcroze Teaching on Student Learning	22
2.9	Teaching Children in Primary Grades	23