

TITLE: The role of health education and the Kovács method in professional music education

Ensuring holistic musical development and sustainable performance

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Professional musical activity is associated with a serious physical, mental and emotional strain. Traditional music education often emphasizes technical knowledge but is less concerned with the health of musicians, which can lead to injuries, stress, anxiety, self-doubt, and burnout. These problems weaken performance and hinder long-term artistic development. To address these challenges, the Musical Work Ability Care (ZMG), better known as the Kovács Method, offers a holistic pedagogical approach. In addition to supporting musical development, it aims to maintain the physical, mental and emotional well-being of students, ensuring a sustainable musical career.

The Kovács Method is based on three key pillars: physical development, mental preparation, and emotional well-being. Important elements include developing body awareness and correct body use to prevent injuries, developing psychological stability and stress management, with a special focus on competition anxiety. Intermittent work with physical breaks to prevent fatigue, as well as the integration of aspects of a healthy lifestyle (proper rest/sleep, nutrition, outdoor respiration, water treatment, conscious respiratory care) play a key role in its methodology. The method can also be used in the complex process of preparing for the competition and can also provide help to students with special educational needs.

The use of the Kovács method contributes to the prevention of musculoskeletal and psychological problems, improves competition performance by stabilizing the mental state, reducing anxiety and increasing concentration. It helps to avoid burnout and maintain health, supports memory and resilience, and deepens the connection with music. Health education and prevention, especially supported by the methodology of the Kovács methodology, play a key role in the long-term artistic development of musicians and in ensuring a sustainable career. Incorporating a holistic approach into music education and teacher training is essential for the health and success of future musicians, and can serve as a model for other fields of art and education.