

Improving Participation and Performance in Senior Singing Club Activities

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ABSTRACT

This article provides additional empirical evidence supporting previous studies on the positive effects of singing on the health of older adults and proposes a theoretical model to enhance the quality of singing club activities and improve the singing performance of this demographic. The study employed a combination of theoretical and experimental methods, including qualitative, quantitative, and field observation approaches. The qualitative method involved interviews with participants, while the quantitative method used surveys to assess the impact of singing on the quality of life and singing performance of older adults. The findings indicated that singing, particularly group singing, brought numerous health benefits but also faced challenges such as aging-related issues, confidence, access to technology, and psychosocial barriers. The experimental study conducted at the Thời Hoa Đỏ Club, a representative singing club for older adults in Hanoi, Vietnam, demonstrated that personalized interventions, technological support, and psychological impacts improved activity quality, enhanced singing performance, and enriched the experiences of the members. Based on these findings, the article proposes the “Senior Singing Experience” theoretical model, offering practical applications for caregivers, community centers, and policymakers to enhance activity quality, improve singing performance, and enrich the experiences of older adults in singing clubs.

Keywords: group singing, activity quality, singing performance, older adults, theoretical model

INTRODUCTION

In the context of a rapidly aging global population, finding effective measures to improve the quality of life and health of older adults emerged as a critical challenge for researchers, governments, and communities (Brunborg, 2012; Blažun et al., 2014; Hà, 2015; Hạnh, 2016; Martin, 1990; Nguyễn, 2015; Shrestha, 2000). Recent studies indicated that, in addition to medical care, social and recreational activities played a significant role in maintaining the physical and mental health of older adults, particularly activities that fostered social connections and a sense of belonging to a community (Allen, 2019; Harrison et al., 2014; Huang and Lin, 2002). Singing, especially group singing, offered unique benefits through the combination of music, social interaction, and collective emotions. It reduced stress, improved mental and physical health, and created strong social bonds (Hillman, 2002). Group singing not only boosted confidence but also promoted communication skills, collaboration, and harmony among members. These effects were particularly crucial for older adults, helping them maintain health, reduce loneliness, and strengthen social relationships—benefits that few other activities could provide as effectively (Clift et al., 2015; Fu et al., 2018).

In Vietnam, many older adults participated in singing clubs (Báo Lạng Sơn, 2022; Báo Ấp Bắc, 2023). However, these clubs faced several challenges, including maintaining their appeal, developing, and improving the quality of their activities to sustain member engagement (Hà, 2015). This raised critical theoretical research questions: What

specific benefits does singing, particularly group singing, provide for older adults? What factors hinder the quality and effectiveness of singing clubs for older adults? How can these challenges be addressed to enhance the quality of activities in these clubs?

To address these questions, the research focused on three main areas:

- (1) Exploring the impact of singing, particularly group singing, on the physical and mental health of older adults, clarifying the emotional, social, and spiritual benefits that singing activities bring.
- (2) Analyzing the factors hindering participation and sustaining singing clubs, including psychological, social, physical, and technological barriers, to better understand the challenges older adults face.
- (3) Proposing and testing strategies and methods to improve the quality of activities in singing clubs, including personalized interventions, technological support, and developing sustainable activity models to enhance long-term participation.

The aim of the study was to explore and propose a theoretical model (which had been preliminarily tested) on the activities of older adults in singing clubs, providing specific strategies and methods to improve the quality of activities. This model not only helped singing clubs overcome challenges and maintain sustainable operations but also offered comprehensive health and spiritual benefits to older adults, while supporting the development of high-quality singing programs.

RELATED RESEARCH

Research on the impact of singing on older adults has become an important field in public health studies, with many works confirming the benefits of singing for the psychological, physical, social health, and quality of life of older adults. Singing has been shown to provide significant benefits to the health of older adults (Lehmberg and Fung, 2010). These effects can be classified into three main areas: psychological health, physical health, and social health.

Music helps reduce stress and improve mood. Numerous studies have indicated that listening to music or engaging in singing activities can trigger physiological responses that reduce stress and anxiety, while enhancing feelings of happiness and relaxation (Creech et al., 2013). Singing has also been shown to improve sleep quality (Na and De Dios, 2020). Another study supports this finding, showing that music, particularly singing, has a positive impact on the psychological health of older adults (Daykin et al., 2018). Subsequent studies have emphasized the important role of music, especially singing, in improving happiness and quality of life. For example, professionally run choral programs have had a positive impact on older adults, particularly in enhancing quality of life and happiness (Allison et al., 2020; Clift et al., 2018; Cohen et al., 2006; Johnson et al., 2017). These benefits open up great potential for using singing as an intervention method in healthcare.

Participation in singing activities also helps improve the physical health of older adults. Research has shown that singing and listening to music improve respiratory function and boost the immune system, with group singing, in particular, improving breathing capacity and providing additional oxygen to the body (Kang et al., 2018). Singing also increases the levels of antibodies in saliva, helping to strengthen the immune system (Gick and Nicol, 2015).

By creating a social interaction and connection environment, singing in large clubs has a powerful impact on the social health of older adults. Group activities like choral singing provide opportunities for older adults to meet, interact, and build relationships. Group singing is considered a powerful tool for reducing feelings of loneliness and enhancing a sense of community (Bungay et al., 2010; Galinha et al., 2022; Joseph and Southcott, 2018). In terms of improving intergenerational relationships, a study indicated that participating in an intergenerational choir could help bridge different age groups, thereby improving understanding between generations (Darrow and Johnson, 1994). In the healing aspect, singing familiar songs can enhance health and maintain or improve communication and social interaction skills for those with Alzheimer's disease or cognitive impairments (Clift et al., 2017; Cohen et al., 2020; Dassa and Amir, 2014; Kim et al., 2023). This research has made a significant contribution to the development of social interventions using music, while highlighting the need for further studies to assess the applicability of singing as a tool for enhancing social communication for different groups of older adults.

Regarding motivation and singing experiences of older adults, a study showed that understanding and addressing the needs of participants is crucial for optimizing their singing experience (Lee, 2013; Lee et al., 2016). The findings of this study provide a foundation for designing singing programs that attract and maintain older adults' participation. Community singing not only improves mental health but also brings financial benefits to the healthcare system (Coulton et al., 2015). These results underscore the value of singing as part of public health strategies, but further research is needed to more specifically define its economic benefits and determine the ideal conditions for implementing community singing.

Moreover, controlled studies on singing clubs for older adults have been conducted, typically focusing on comparing the health of participants in singing clubs with those who do not participate, in order to demonstrate

the positive effects of singing on participants' health. The results from these controlled studies show that singing helps reduce depression, anxiety, and improve mental health for participants (Galinha et al., 2022).

Overall, although existing studies provided a comprehensive understanding of the benefits of singing for the health and quality of life of the older adults, the challenges in organizing singing activities, remedial measures, and a general theoretical model guiding the organization and operation of singing clubs remained unclear. Therefore, this study aimed to propose practical solutions and a theoretical model to enhance the quality of singing club activities, catering to the needs and characteristics of the older adults.

RESEARCH METHODOLOGY

This study employed a mixed-methods approach, including document research, field surveys, participant observation, and experimentation. The survey and participant observation were conducted at five representative singing clubs for the older adults in Hanoi, Vietnam, to gather general information and gain a deeper understanding of the context in which these singing activities take place. The experimental component was carried out at the Thời Hoa Đỏ Club. Although the club had 25 members, this number reflects the typical size of singing clubs for the older adults in Hanoi, where membership usually ranges from 20 to 30 people. The club has a long-standing singing activity and organizes sessions fairly regularly, with members exclusively composed of older adult individuals, thus reflecting the characteristics and needs of the research group. In addition to helping maintain social connections and improve mental health, the club also creates a cultural exchange environment that contributes to preserving traditional values. This sample ensures representativeness and allows for a deeper exploration of data quality rather than merely focusing on quantity. The study will provide valuable insights into the impact of cultural activities on older adults.

All research participants were fully informed about the purpose, methods of data collection, and usage, and were informed of their right to refuse or withdraw at any time without any negative consequences. The study adhered to research ethics regulations and ensured voluntary consent from the participants. The data collection and analysis process was conducted as follows:

The study began by collecting data from two main sources: available documents and a field survey conducted at five singing clubs for the older adults in Hanoi, including the Thời Hoa Đỏ Club. A questionnaire was designed to collect information about the club activities. The questionnaire included both closed and open-ended questions, with approximately 70% quantitative questions and 30% qualitative questions. The quantitative questions focused on measurable factors such as participation levels, satisfaction, and factors impacting participants' health and mood, while the qualitative questions explored perceptions, opinions, and challenges faced by participants. A total of 95 members, including 40 males and 55 females, aged 60–75, from various clubs, participated in answering the questionnaire, providing insights into their living habits and the cultural factors influencing the singing activities. This information helped identify the cultural, social, and psychological factors affecting the effectiveness of the activities and recognize the challenges faced by the members during their participation.

The data collected from the questionnaire were processed using both quantitative and qualitative methods to ensure a comprehensive analysis. The quantitative questions were processed using descriptive statistical methods to analyze trends and patterns, such as participation frequency and satisfaction levels. Correlation analysis was also applied to identify relationships between different factors in the data. For the qualitative analysis, a coding method was used to encode and analyze participants' responses, grouping prominent factors and in-depth issues into key themes. This method helped clarify the challenges and motivations for older adult participants in singing activities, providing insights into their perceptions and experiences.

Documents related to singing activities for the older adults were studied and analyzed to clarify the factors affecting the quality and effectiveness of these activities. The materials included prior research on the benefits of singing for the physical and mental health of the older adults, reports on the operations of singing clubs, and theoretical frameworks on club organization models. The document analysis was conducted using content analysis methods to identify the current state of singing activities in clubs and to elucidate the challenges faced by these clubs. The analysis results revealed the root causes of these challenges, providing a theoretical foundation for proposing solutions to improve activity quality.

Based on the document analysis and survey results, we proposed solutions and conducted an experimental study at the Thời Hoa Đỏ Club. The experimental sample included all 25 club members, aged 60 to 75, comprising 10 men and 15 women. Practical interventions applied to the organization of singing activities included improving meeting organization methods, altering communication approaches, and adopting new technologies or organizational techniques to enhance the participation quality of the older adults. Metrics such as satisfaction levels, participation rates, and indicators of psychological and physical health were monitored to assess the interventions' effectiveness. The experimental process spanned one year and was divided into three phases: pre-experiment, during the experiment, and post-experiment.

During and after the experiment, we adjusted and supplemented solutions to ensure their relevance to the real context. Based on this, the study developed the theoretical model “Senior Singing Experience,” a practical model with high applicability that can be effectively implemented in similar clubs across Vietnam and elsewhere.

CURRENT SITUATION AND CHALLENGES

Current Situation

Through literature review, we found that older adults have a high demand for participation in singing activities (Clift et al., 2015; Coulton et al., 2015; Lee et al., 2016). Globally, music programs for older adults, including concerts, music classes, and cultural events, have been increasingly implemented and attract attention from community organizations, government agencies, and non-profit organizations. These programs not only enhance older adults’ participation in social activities but also bring significant benefits to their mental and physical health (Allison et al., 2020; Allen, 2019; Clift et al., 2015). In many countries, concerts and music events dedicated to older adults have become increasingly popular (Johnson et al., 2017; Lehmberg and Fung, 2010; Li and Southcott, 2012). These programs not only provide opportunities for older adults to enjoy music but also encourage them to participate in performances, thereby raising awareness of their mental and physical health. Music classes, ranging from basic singing and instrument-playing lessons to advanced training programs, have also been widely implemented (Allen, 2019). Although music programs for older adults are flourishing, access to and participation in these activities still face numerous challenges. The disparity in accessibility, especially for older adults living in rural areas or among minority ethnic groups, is a notable issue. Older adult individuals in these areas struggle to participate in large-scale music events or music classes due to geographical distance and lack of infrastructure (Allison et al., 2020; Daykin et al., 2018; Kim et al., 2023). Furthermore, the use of technology in music activities, such as participation in online music platforms, also faces many barriers for the older adults, particularly those who are unfamiliar with technological devices (Gitlow, 2014; Harris et al., 2022; Hoàng, 2022). Music initiatives and programs for older adults are gradually expanding and developing with support from organizations and communities. These programs not only improve the quality of life for older adults but also contribute to the development of community culture, promoting social inclusion and intergenerational connections (Creech et al., 2013).

In Vietnam, the movement of singing for the older adults has also grown significantly, thanks to attention from social organizations, communities, and relevant authorities. Older adult clubs not only provide a space for them to express their passion for music but also foster social connections, helping the older adults maintain vitality and engage with the community (Hà, 2015). These clubs are organized in various forms, from nursing homes and non-profit organizations to local communities. Activities at these clubs are frequently organized as group music sessions, community performances, and cultural events, providing opportunities for the older adults to participate and interact. According to a report by the Vietnam Older adults Association, by the end of 2023, there were approximately 6,500 intergenerational clubs across the country, with the participation of tens of thousands of older adult individuals (HelpAge International Vietnam, 2024). This reflects a significant increase in singing and artistic activities for older adults.

The results of the field survey conducted at five older adult clubs in Hanoi, including the Thời Hoa Đỏ club, with the participation of 95 individuals, showed that the demand for singing activities within the older adult community was very high. About 80% (equivalent to 76 people) expressed interest and a desire to regularly participate in singing activities. Specifically, 50% (equivalent to 48 people) reported that they participated at least 1–2 times per week, with the main reasons being to improve mental and physical health, reduce stress, and bring joy to their lives. However, despite the high demand for participation, the older adults still face several challenges in engaging in singing activities. Around 45% (equivalent to 43 people) experienced difficulties due to health issues, particularly with hearing and respiratory problems, which made them feel fatigued or uncomfortable during the sessions. Approximately 30% (equivalent to 29 people) mentioned that geographical distance and inconvenient transportation were barriers to participation. Additionally, 25% (equivalent to 24 people) felt that the activities at the club lacked variety, leading to feelings of boredom, and 15% (equivalent to 14 people) felt shy or lacked confidence when performing in front of others. These results were confirmed through in-depth interviews and observations made during our participation and experience at the club, which revealed a consensus among members regarding the areas that need improvement to enhance the quality of the club’s activities. At the same time, they highlighted the common challenges faced by the older adults in current singing activities, providing a basis for further detailed analysis and research into the causes of these challenges, in order to propose appropriate solutions for improving singing activities for the older adults at clubs.

Challenges

Based on the research materials, practical observations, and survey results presented, it is evident that the singing clubs today face significant challenges that not only reduce the effectiveness of activities but also hinder the development of the movement. These challenges include health issues, lack of confidence, technological access, and psychological and social barriers, all of which require further research to identify practical solutions that meet the needs and conditions of older adults.

Physical health is a fundamental factor influencing the ability to participate in and sustain singing activities. Martins et al. (2014) indicated that the aging process resulted in the deterioration of the laryngeal, pulmonary, and diaphragmatic functions, leading to reduced vocal quality and breath control. As a consequence, older adults became easily fatigued while singing and encountered difficulties in maintaining vocal performance. This physiological decline was identified as one of the primary factors limiting their participation in musical activities. Additionally, common health conditions such as arthritis, spinal degeneration, and muscle weakness not only affect mobility but also reduce flexibility in artistic performances (Creech et al., 2013).

A lack of confidence is also a significant challenge for older adults when participating in singing activities, especially in public performances. The lack of confidence often stems from concerns about the decline of their vocal abilities or mobility, as well as from negative past experiences. Clift and Morrison (2011) argued that older adults individuals often undervalue their capabilities, which makes them hesitant to engage in social activities such as singing. Moreover, social factors such as the fear of being judged or the feeling of not belonging to the group increase their reluctance, leading to inconsistent participation or even withdrawal from music clubs (Cohen, 2009). Although technology offers numerous conveniences in organizing music activities, older adults face many challenges when using modern devices like smartphones, computers, or online platforms. Blažun et al. (2014) indicated that the lack of technological skills is a significant issue for the older adults, particularly in rural areas, making it difficult for them to participate in online singing activities. This not only limits opportunities for social interaction but also isolates older adult individuals from the community (Heinz et al., 2013).

Feelings of loneliness and lack of social connection are common issues among many older adults. When lacking family support or living alone, they are more prone to anxiety and depression, which diminishes their enthusiasm for community activities, including singing. According to Crewdson (2016), the scarcity of social relationships not only reduces participation motivation but also leads to feelings of abandonment, which negatively affects their quality of life.

Cultural diversity in singing clubs can also be an obstacle to older adults' participation. People from different regions may bring varying musical styles, preferences, and ways of participating, which can lead to discomfort or reduce cohesion in group activities. Goll et al. (2015) showed that these differences can create division, lowering the effectiveness of joint activities and weakening the connection among members.

These challenges not only highlight the complexity of organizing and sustaining the singing movement but also demand integrated solutions to create a more supportive environment, ranging from improving health, boosting confidence, enhancing technological skills, to building a harmonious cultural and social environment that is friendly to the older adults.

SOLUTIONS TO OVERCOME CHALLENGES

As analyzed above, the challenges in enhancing the quality of singing club activities for older adults stem from various causes, including health, psychological factors, technology, and social barriers. Based on these causes and the presented situation, combined with theoretical frameworks, we propose several solutions aimed at improving and addressing the current issues. These solutions include applying music-supportive technology, creating a friendly and accessible space, and providing psychological and social support to help the older adults feel confident and comfortable participating. The singing program should particularly focus on alleviating concerns, boosting participants' confidence, and encouraging cultural integration, thus fostering a diverse and harmonious musical environment that contributes to mental well-being. Below are some specific solutions presented in detail.

Personalized Approach: To improve the quality of singing as well as the health of the older adults, organizations should conduct surveys and interviews to understand their musical preferences, physical capabilities, and psychological conditions. Based on this information, the singing program can be adapted, selecting music genres and performance styles that suit individual preferences. This approach aligns with Buchanan's (1965) theory of club formation based on interests and abilities. Additionally, training plans can be adjusted to help participants maintain rhythm without overloading them physically, enabling gradual development from basic to advanced levels. This not only optimizes the singing experience but also contributes to improving the physical health of older adults.

Psychological Solution: A positive, supportive, and pressure-free environment will help the older adults feel confident when participating in singing activities, thus enhancing the quality of their singing and improving their mental health. Creating a comfortable and relaxing space helps reduce stress and anxiety while encouraging active participation. Activities such as praise and encouragement from the instructor and group members will motivate the older adults, making them feel valued and bringing joy to their involvement. Performance programs, reward events, and group activities will offer opportunities for the older adults to socialize and connect with the community, thereby strengthening bonds and improving mental health.

Applying Learning and Adaptation Theory: Andragogy theory suggests that adults require autonomy and a connection between learning and real-life experience (Knowles et al., 2015). In designing the singing program, opportunities should be created for the older adults to choose music genres and performance styles that align with their personal interests, enabling them to participate actively and flexibly. Adaptation theory also shows that older adults can adjust their learning abilities and pace based on their individual conditions (Shuell, 2021). Therefore, the singing program should design activities from basic to advanced levels, allowing the older adults to progress gradually, avoiding stress, and maintaining physical health.

Technology-Supported Solution: The integration of technology in singing can enhance the singing experience and improve the health of the older adults. Using high-quality audio equipment, such as speakers and wireless microphones, allows participants to sing comfortably without fatigue. Karaoke software and applications like Wesing or Audacity can also support older adult individuals in voice training and music synchronization, making it easier for them to engage in singing activities. The use of technology not only improves performance quality but also reduces stress and anxiety while singing, thus enhancing the older adults' mental health.

Enhancing Social Connection: Social psychology theory emphasizes the importance of connection in improving the mental health of older adults (Hogg and Vaughan, 2008). Group singing performances provide the older adults with opportunities to connect with one another, building strong community relationships. This not only improves the quality of singing but also creates an encouraging, supportive, and cohesive environment, improving psychological health and boosting enthusiasm for participants.

Integrating these solutions into the design and implementation of singing programs for the older adults is crucial in enhancing quality of life and mental health, ensuring that older adults individuals can participate in singing activities effectively and joyfully. These solutions are drawn from the analysis of real-world data and academic literature, ensuring both scientific validity and practical applicability in implementation.

EXPERIMENTAL STUDY WITH THE THỜI HOA ĐỎ CLUB

Pre-Experiment Phase

The Thời Hoa Đỏ Club was established as part of the grassroots cultural movement at the ward level and is a component of the intergenerational club system in Hanoi. With the slogan “singing for fun and health,” the club aimed to create a platform for interaction and connection for the older adults, thereby not only enhancing their mental health but also contributing to local cultural and community activities. Overall, the Thời Hoa Đỏ Club operated in a simple manner, focusing on creating a space for interaction and support for the older adult community. However, there were still some limitations in organization and performance quality, which required improvements in management and operational methods to enhance the experience for members and the community. The club had 25 official members. Prior to the experimental study, the club's activities were still relatively simple and lacked systematic organization. The main characteristics of the Thời Hoa Đỏ Club's activities included:

Encouraging broad participation: The club encouraged older adults who enjoyed singing to join, without placing too much emphasis on singing ability. The primary goal was to create a joyful atmosphere, promote social interaction, and offer members opportunities to participate in local cultural activities. Members were also encouraged to share the club's activities with their relatives and other community clubs.

No fixed training schedule: The club did not organize regular training sessions but held rehearsals only when there was a performance requirement or a special event. The frequency of rehearsals varied depending on needs, typically once a week and up to 2–3 times closer to performance dates. In the periods without performance requirements, members practiced independently through songs shared via the Zalo app and continued rehearsals during gathering sessions.

Seeking funding sources: The club actively sought funding to improve the sound equipment used for rehearsals and performances, particularly mixers and basic sound devices. However, due to limited funding, equipment such as microphones and speakers had not been upgraded, leading to suboptimal sound quality during performances.

Performance programs: The club's performances primarily served the purpose of promoting cultural and artistic activities at the ward level. However, due to budget constraints, the choice of songs was often limited and

lacked variety. The club also did not have the resources to hire vocal coaches or professional musicians, which resulted in performances that did not meet expectations. No program had won top prizes at district-level competitions or been broadcast on television.

Management of activities and unity: The management of activities at the Thời Hoa Đỏ Club was fairly organized. Members participated in practice and performances regularly. Although the club's activities were relatively harmonious and friendly, there were some issues regarding unity among the members, which needed to be addressed to maintain a clear and healthy relationship within the club.

In summary, before the experimental research was implemented, the Thời Hoa Đỏ Club operated in a simple manner, mainly consisting of occasional social events and performances. Members participated primarily due to personal interests, without a structured training program. Key issues, such as the lack of quality sound equipment and insufficient management and organization with ineffective communication among members, were identified during this phase.

In preparation for the experiment, we based our approach on theoretical studies to design and implement methods to address the identified issues in the club's activities. These methods were applied through a specific experimental process to verify their feasibility and effectiveness. Specifically, we advised the club's leadership to adjust the content of the singing sessions to match the interests and abilities of each member, while diversifying the performance genres from traditional folk songs to modern music. Management and organization were also improved by implementing more professional processes, including long-term planning, clear task assignments, and establishing effective communication channels between the management and members. Additionally, the club invested in modern sound equipment and organized training sessions to help members, especially the older adults, familiarize themselves with the technology, thereby improving the quality of rehearsals and performances. Furthermore, efforts to strengthen collaborations with other clubs through cultural exchanges, charity events, and specialized seminars were also emphasized.

During the Experimentation Phase

In the experimentation phase, the theoretical methods were implemented to improve the activities of the club, including adjusting the singing content to meet the preferences of the members, applying a more professional management process, and investing in modern sound equipment. The members were encouraged to participate regularly and follow a scheduled practice routine. These innovations brought positive results in improving performance quality and increasing member engagement.

The application of theoretically grounded interventions at the Thời Hoa Đỏ Club led to measurable improvements in member engagement and performance outcomes. The club model not only became a highlight in the community of singing clubs for the older adults in Hanoi but also significantly enhanced the mental and physical health of its members. The operational motto of "unity, joy, and friendliness" contributed to creating a healthy, passionate environment, simultaneously improving the mood and well-being of the members. These activities, organized in conjunction with music research theories, helped optimize the singing experience for the older adults.

With the changes and improvements in organizational methods, the Thời Hoa Đỏ Club achieved encouraging results. 92% (23 members) were satisfied with the quality of the performances, 88% (22 members) felt that singing helped improve their mood and reduce stress, while more than 80% (20–22 members) reported positive changes in their physical and mental health. By applying theoretical solutions to practical activities, the club achieved notable positive outcomes, particularly in the following areas:

Enhanced Social Connection and Interaction: Singing forms such as choirs, group singing, and male and female ensembles created strong opportunities for members to interact. This not only improved mental health but also expanded social relationships, strengthening the connection between members of the club. Particularly, the participation of younger members supporting the older adults in performance activities created a learning space, maintaining strong bonds and fostering a cohesive, sustainable community.

Practical Application of Music Theory: Organizing vocal exercises before each practice session helped improve singing skills, allowing members to enhance their breath control and vocal quality. These practice sessions created a habit of consistent and effective training, helping members notice significant progress after each lesson. This not only improved performance abilities but also kept the performance programs fresh and engaging.

Investment in Technology and Modern Sound Equipment: The provision of sound equipment such as speakers, wireless microphones, and modern recording software improved the sound quality during performances. This technology not only alleviated stress for members during performances but also made it easier for those unfamiliar with modern sound equipment to participate. The recording software assisted in tuning voices and synchronizing music, improving the quality of both practice and performance.

Improved Mental and Physical Health: Regular participation in singing activities helped members maintain stable mental and physical health. The performance programs, particularly those combined with charitable activities

in hospitals and rehabilitation centers for veterans, gave older adults members a sense of usefulness to the community and a sense of self-worth. These activities enhanced members' well-being and fostered a stronger sense of communal solidarity.

Post-Experiment Phase

After one year of experimentation, the club gained 5 additional members, bringing the total to 30 members who regularly participated in training sessions and live performances. However, we chose to survey only 25 of the club's original members to assess changes in their satisfaction levels and perceptions of the club's activities and benefits after one year of experimentation. This qualitative and quantitative survey yielded notable results. The survey focused on aspects such as motivation to participate, benefits from joining the club, evaluation of activities, management, organization, cooperation levels, challenges, and suggested solutions.

The post-experiment survey results showed significant improvement compared to the pre-experiment survey results. Before the experiment, only 32% of members (8 individuals) expressed satisfaction with the club's activities. However, after the experiment, this rate rose sharply to 92% (23 individuals), indicating a marked improvement in member satisfaction with the club's singing activities. Additionally, before the experiment, only 36% of members (9 individuals) felt that singing activities had a positive impact on their mood and health. After the experiment, this percentage increased to 88% (22 individuals), showing that participating in the club helped improve mood and reduce stress for a large number of members. Prior to the experiment, 28% of members (7 individuals) felt more confident when participating in singing. After the experiment, this rate increased significantly, with over 80% of members (20 individuals) feeling more confident during singing activities. This demonstrates that the improved atmosphere and support within the club helped members feel more comfortable. Another significant aspect was the quality of the sound equipment and technology. Before the experiment, only 48% (12 individuals) of members rated the sound quality and equipment positively, whereas after the experiment, this figure rose to 90% (23 individuals). This indicates that improvements in facilities greatly enhanced members' experience, contributing significantly to their overall satisfaction. These results prove that improvements in organization, facilities, and the quality of sessions have led to noticeable effects, not only increasing member participation but also significantly improving their quality of life and self-confidence.

The qualitative results supported the quantitative data, with most members stating that the performances were the most memorable experience, thanks to the enthusiastic encouragement from the audience and the pride of being broadcasted on Hanoi Television. The unity and team spirit were also emphasized as key factors in the club's success, creating a positive environment of mutual support and encouraging long-term participation from members.

Although the post-experiment survey results showed significant improvements compared to the pre-experiment survey, some adjustments post-experiment are still necessary to enhance the club's operational effectiveness. Specifically, the following adjustments and additions should be considered.

Regarding personalized approaches, the addition of regular assessment tools would help track the progress of older participants, allowing for timely adjustments to the singing program to align with changes in their physical and mental conditions. In Vietnam, older adults often prefer traditional music genres such as folk songs and red music (revolutionary music). Therefore, the selection of music genres in senior singing groups is usually based on cultural traditions and melodies that are emotionally accessible. Additionally, the frequency and duration of training sessions should be adjusted to avoid being too lengthy or strenuous, helping participants maintain enthusiasm without feeling fatigued. In terms of psychological solutions, it is necessary to design additional activities such as meditation or breathing exercises to reduce stress before and after singing sessions. Organizing community events and creating opportunities for interaction outside of the singing sessions will enhance social connections and strengthen relationships among members. Alongside this, when applying learning and adaptation theories, it is important to offer flexibility in choosing vocal exercises, music genres, and performance styles, while also providing support from instructors to tailor the learning program to each senior's abilities. Notably, supporting older adults in familiarizing themselves with modern technology and sound equipment should receive greater attention. Although the current equipment has been well-received, adding basic training sessions on how to use the equipment will help members feel more confident and optimize the effectiveness of practice and performance. To enhance social connections, activities such as exchanges between singing groups and community performance programs will create a supportive environment, helping older adults feel confident and joyful in their participation.

Furthermore, leveraging support from local authorities and strengthening collaboration with other clubs is key, especially in the context of community culture in Vietnam. Support from local authorities not only helps improve infrastructure but also facilitates the organization of exchange events and the promotion of local cultural values. Additionally, collaborating with other clubs through artistic exchange events contributes to building solidarity, preserving, and spreading national identity. These efforts will not only promote the sustainable development of the club but also contribute to community cohesion and improve the mental well-being of older adults.

These proposed adjustments and additions will not only build on the success of the previously tested solutions but also help the Thời Hoa Đỏ Club develop sustainably, better meet the needs of its members, and contribute to enhancing the mental and physical health of older adults.

IMPLICATIONS

Although the demand for singing and choir participation among the older adults is substantial, they face a range of challenges, including deteriorating health, reduced singing ability, lack of confidence, difficulties in accessing technology, and socio-psychological barriers. These issues can negatively impact their participation in and enjoyment of cultural activities, especially music. However, through effective management measures and operational methods, the Thời Hoa Đỏ Club has demonstrated success in overcoming these challenges. These methods include maintaining clear operational regulations, organizing regular rehearsals and performances, and creating engaging activities tailored to the needs and preferences of the members, helping them sustain long-term participation. The strong and proactive involvement of the members is a key factor in the club's sustainable development. Additionally, the club has created a friendly environment that encourages inclusion, helping members feel comfortable and connected. The diverse activities, from group singing to solo performances in various music genres, have allowed older adults members to develop their singing skills and build confidence.

Based on these results, we proposed the theoretical model "Senior Singing Experience" to fully exploit the positive effects of singing, especially group singing, for them. This model synthesizes key elements and their interactions to create an effective and supportive singing environment for the older adults. Specifically, this model includes five main components:

1. *Management Team*: The leadership of the management team plays a decisive role in creating a positive and engaging singing environment. The management team needs to be enthusiastic, experienced, and organized to meet the members' needs, ensuring the club's maintenance and growth.
2. *Member Participation*: The level of participation and satisfaction of the members is a key factor in sustaining the club's operations. Proactive participation and a sense of belonging among members contribute significantly to the club's development.
3. *Friendly and Supportive Environment*: Creating a friendly and supportive space is crucial for older adult members to feel comfortable and willing to participate. This environment includes social atmosphere and community support, along with other social activities that enrich the members' experiences.
4. *Diverse Singing Activities*: Offering a variety of singing activities is essential for developing the skills and confidence of the members. Different song genres and special events will maintain interest and encourage long-term participation among the older adults.
5. *Investment in Quality Equipment and Technology*: To improve the quality of singing activities, investment in sound equipment and modern supportive technology is necessary. This not only enhances the singing experience but also makes it easier for older adult members to access and participate in activities more effectively.

To implement this model, clubs should focus on adjusting activities to match the members' needs and preferences, increase investment in technology and equipment, and create a positive, rich space with social activities beyond singing. Furthermore, innovating and diversifying singing programs will help sustain older adult members' participation while boosting their motivation and satisfaction.

CONCLUSION

This study affirmed the broad positive impact of singing activities on the health and satisfaction of the older adults, while providing additional solid evidence of the benefits of group activities for their mental and physical health. Specifically, the research results showed that participation in singing not only improved mental health but also increased confidence, strengthened social relationships, and enhanced physical health for older adults. Notably, group singing, with the bonding and interaction between members, helped eliminate feelings of loneliness, promoted inclusion, and created a positive environment for social development.

However, the study also highlighted significant challenges faced by the older adults, such as physical decline affecting their singing ability, financial and management issues, as well as psychological and social barriers like lack of community support, feelings of isolation, lack of confidence, and difficulties in accessing technology. To overcome these challenges, scientific and effective management methods are required, including organizing diverse singing activities, creating a positive singing environment, personalizing programs and providing technological support, as well as applying psychological methods and learning theories in practice. The practical results from the Thời Hoa Đỏ Club, a model in Hanoi, clearly demonstrated the effectiveness of these methods, which can be applied to older adults singing clubs in other regions of Vietnam and in international contexts.

Through this study, we proposed the theoretical model “Senior Singing Experience,” a clear theoretical framework for key elements and their relationships, aimed at optimizing activities and enhancing the participation experience of the older adults in singing clubs. The application of this model not only helps improve the quality of participation but also supports managers and policymakers in developing appropriate strategies to maximize the effectiveness of older adults singing programs.

However, the study is not without limitations. First, the research scope was primarily confined to the Thời Hoa Đỗ Club in Hanoi, so the results may not fully reflect the representativeness of older adult communities in other areas. Second, cultural, social, and economic factors may have different impacts on the singing experience of the older adults in different regions. Therefore, expanding the research to other areas is necessary to test the wider applicability of this theoretical model.

Future research could focus on expanding the group singing model for the older adults in diverse communities, exploring the impact of different music genres, and applying digital technology to connect members. Additionally, the study could further investigate the long-term effects of group singing on the mental and physical health of the older adults, thereby developing more accurate assessment tools to measure the effectiveness of singing experiences in different community contexts.

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