

## The role of music education in the formation and development of children's personality

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1

### Resumo

The purpose of the study is to analyze the role of music education in the process of forming and developing children's personality. The hypothesis is whether music has a positive impact on children's personality development, including emotional intelligence, moral values and creativity? Does bringing music into the educational curriculum promote children's comprehensive development? To clarify the purpose and hypothesis, we conduct a research to clarify the following contents: Theoretical basis of music education and children's personality development; The role of music in developing emotions, morality, creativity and social skills; Current status of music education in schools and families in Vietnam; Proposed solutions to improve the effectiveness of music education. The main research method used is the qualitative method, in addition, we also use a number of other research methods.

**Keywords:** Music education. Personality. Children.

## 1 Introduction

Character education plays a core role in the comprehensive development of children, because it not only shapes moral values but also builds the foundation for intellectual, emotional and social maturity. Personality is a set of qualities, attitudes, behaviors and values that help people shape the way they interact with the world around them. For children, this is an important stage in personality formation, when they quickly absorb from their family, school and social environment. Character education not only helps children understand and comply with social norms but also encourages the development of compassion, honesty and responsibility. A good personality is a solid foundation for children to develop comprehensively. When properly educated in character, children not only learn to respect others but also become aware of their own values, thereby developing self-confidence and the ability

to face challenges in life. In addition, the combination of personality education and life skills, such as communication or teamwork, helps children easily integrate and build positive relationships with society. However, to effectively educate personality, there needs to be close coordination between family, school and community. Vivid examples, lessons from reality and a healthy educational environment will help children grow up with profound human values, becoming individuals who are useful to society.

2

Music is a special art form, capable of touching the deepest emotions of people. Therefore, music is considered a humanistic educational medium, playing an important role in the comprehensive development of people, especially children. First of all, music helps nurture the soul and develop emotional intelligence. Through melody, rhythm and lyrics, music helps children recognize, express and manage their emotions, from joy, sadness to empathy with others. Songs with educational content can convey human values, such as compassion, solidarity and love, in a natural and easy-to-understand way. In addition, music contributes to personality building and cultural development. Folk, classical or modern music all contain unique cultural values, helping children understand and appreciate national identity. Through participating in musical activities such as choir singing and playing musical instruments, children are also trained in the spirit of cooperation, discipline and creativity. Moreover, music has the power to heal, reduce stress and bring a sense of peace. This is especially important in education, when music can become a bridge to help children overcome psychological or social difficulties. With the ability to spread emotions and values, music is not only an art but also an effective humanistic educational tool, helping to form young generations rich in emotions and social awareness.

Music is a powerful educational tool that not only helps children develop skills but also contributes to shaping and perfecting their personality. With the ability to deeply influence emotions and cognition, music plays an important role in the comprehensive development of children. First of all, music nurtures emotions and emotional intelligence. Through listening to and performing music, children learn to recognize, express and manage their emotions. Songs with positive meanings help

children imbue human values, such as love, empathy and a positive attitude towards life. Second, music educates morality and life values. Many songs convey messages about love for family, homeland and social responsibility. Through exposure to these melodies and lyrics, children form a clear perception of right and wrong and learn how to behave appropriately in social situations. Third, music encourages creativity and self-discovery. Activities such as composing, singing and playing musical instruments not only help children develop creative thinking but also help them realize their potential and personal interests, thereby building self-confidence. In addition, music also enhances communication and cooperation skills. Participating in collective activities such as singing in choirs or performing in groups helps children learn to work with others, share and respect each other. Music is not only a means of entertainment but also a powerful means of education, contributing to building children's personalities with humanistic values, creativity and community awareness.

## 2 Research method and theoretical basis

### 2.1 Research methods

The article aims to clarify the role of music education in the formation and development of children's personality and to discuss this issue. Therefore, we use the following specific methods:

The document analysis method is an important research tool to exploit, evaluate and synthesize information from documents related to the topic "the role of music education in the formation and development of children's personality." The method is to search for reliable sources of documents such as books, scientific articles, research reports, educational materials, and policies related to music education. We divide the documents into specific topics such as the benefits of music education, the impact on children's psychology, and the role of music in comprehensive education. Read carefully and extract important information, compare and contrast viewpoints to identify the main factors affecting children's personality through music education. The purpose is to synthesize relevant theories and perspectives to build a solid

theoretical foundation for the study. Compare theory with practice in applying music education in developing children's personality. Based on the analyzed documents, they propose appropriate music education methods or programs to develop children's comprehensive personality. This method ensures accuracy, scientificity and systematicity for the study.

4 The practical survey method is an important research tool that helps collect information directly from research subjects, especially in understanding the role of music education in the formation and development of children's personalities. Develop questionnaires or surveys related to music education factors, such as music teaching methods, children's participation level, and personality development through music activities. Select survey subjects as music teachers, students, parents, and experts in the field of music education to collect multidimensional information. Collect data from subjects through forms such as online surveys or direct surveys at schools and music classes. Analyze the collected data to assess the connection between music education and the formation and development of children's personality. The purpose of this method is to provide a realistic view of how music education affects children's personality in the school environment. Measure the impact of current music education programs on personality traits such as children's self-confidence, communication skills, and creative thinking. From the survey results, propose solutions to improve and adjust music education methods to maximize its role in the comprehensive development of children. This method helps to study specific data, accurately reflect the actual situation and serves to propose measures to improve education.

Statistical and data analysis methods are powerful tools for organizing, analyzing, and drawing conclusions from data collected during research on the role of music education in the formation and development of children's personalities. Data can be collected from surveys, interviews, or research reports related to the impact of music education on children. Analyze the data patterns collected to find trends, fluctuations, and factors that have the strongest influence on the formation of children's personalities. Interpret statistical results to make judgments about the level of influence of music education on personality factors such as children's self-

confidence, creativity, and teamwork ability. The purpose of using the method is to help determine the level of influence of music education on children's personality development, thereby proving or refuting the research hypothesis. Provide conclusions based on specific data, helping to clarify the impact of music education in the context of children's education. Based on the analysis results, it is possible to propose improvements in the music curriculum, to improve the effectiveness of education and develop children's personalities. This method makes the research scientific, reliable and creates a solid basis for proposing changes in music education.

## 2.2 Theoretical basis

To study the topic of the role of music education in the formation and development of children's personality, the author relies on the following theoretical foundations:

The theory of personality development was proposed by Erikson (Erikson, 1959) and later applied by researchers to solve practical problems (Berzoff, 2011; Maree, 2022; Weiland, 1993). Erikson believes that the process of human personality development takes place through eight stages throughout life, each stage has its own specific psychological tasks. In which, childhood is an important stage for forming basic personality characteristics, such as self-confidence, self-esteem and the ability to connect with others. Music education can positively influence these stages, especially in developing the ability to perceive and express emotions, helping children learn to resolve psychological conflicts in a healthy way. Studies applying Erikson's theory of personality development in music education (Bergee; Grashel, 2021), especially in the formation and development of children's personalities (Mopimai, 2010), often focus on the stages of children's psychosocial development and how music education can influence each of them (Mazaheri; Kihlgren, Norberg, 2022; Garza, 2022). Erikson's theory divides personality development into eight stages, each with a psychosocial challenge that the individual needs to overcome. Thanks to this theory, we can show that music education not only contributes to



cognitive development, but also develops emotional, social and moral factors, thereby creating a solid foundation for the comprehensive growth of children.

Emotional development theory (Walle; Lopez; Castillo, 2022) and (Tamblyn et al., 2023), studies how human emotions develop and change over time, especially during the stages of human psychological and social development (Morales, et al. 2023). Psychologists studying emotional development are often interested in how children learn to perceive (Catala; Gijlers; Visser, 2023), express and regulate their emotions in relation to their environment, as well as the influence of social and family factors on children's emotional development (Zakaria; Yunus; Mohamed, 2021). Emotional development theory plays an important role in studying the role of music education in the formation and development of children's personalities. It provides insight into emotional development from childhood to adulthood, especially the ability to perceive, regulate and express emotions. Music education can help children develop these skills, from expressing emotions through music, learning to manage emotions in different situations, to building self-confidence and social communication skills. Through musical activities, children not only learn cognitive and aesthetic skills but also develop important qualities such as patience, self-esteem, and problem-solving ability. Therefore, applying the theory of emotional development to music education research helps to clarify how music can support children's comprehensive personality and emotional development, thereby creating a solid foundation for long-term growth and development.

Social learning theory has been mentioned in much research works (Rotter, 2021; Dung, 2022; Chuang, 2021; Van Dung; Hoa; Van Quyet, 2023), these works all emphasize that people learn not only through direct experience but also through observing and imitating the behavior of others in the social environment. According to this theory, observing the actions of people around them such as family, friends, teachers and social models can strongly affect children's learning (Vo Van, 2023). When children see behavior being rewarded or successful, they tend to copy those actions. This theory also suggests that cognitive factors (Phuong; Nguyen, 2023), attention, memory, and motivation (Dung, 2025), play important roles in determining whether children learn from what they observe. In education, especially music

education, social learning theory can help understand how children learn through observing and copying others, such as teachers or friends, thereby developing their skills and personalities. Social learning theory is important for studying the role of music education in shaping and developing children's personalities. According to this theory, children learn not only through direct experience but also through observing and imitating the behavior of those around them, especially influential models such as teachers, friends, or relatives. In the context of music education, social learning theory helps clarify how children can learn musical skills, as well as values and attitudes through observing and imitating music performers or instructors. When children observe others expressing emotions through music, performing instrumental techniques, or collaborating in group activities, they can learn to manage emotions, build self-confidence, and develop social skills. This not only helps children develop aesthetically but also contributes to the formation and development of their personalities, laying the foundation for future comprehensive development.

The theory of comprehensive development (Chen, 2024; Veraksa et al., 2022; Qian et al., 2023) was proposed by researchers and emphasizes the comprehensive development of children, including physical, emotional, intellectual, social, and moral factors. Music education contributes to this process by not only developing aesthetic and intellectual abilities but also promoting social, emotional and ethical skills. Through learning music, children can improve their patience, cooperation and ability to manage emotions, and develop values such as respect and responsibility. The theory of holistic development, especially Howard Gardner's theory of multiple intelligences, suggests that each individual has different types of intelligence, and music education plays an important role in developing musical, social and emotional intelligence. Children who learn music not only develop language or mathematical abilities but also stimulate their imagination, creativity and problem-solving abilities, contributing to the comprehensive and harmonious development of children. The theory of holistic development is of great significance for the study of the role of music education in the formation and development of children's personalities. Children need to develop not only intellectually but also emotionally, physically, and socially. Music education helps children develop comprehensively by combining

these elements. In the process of learning music, children not only improve their cognitive and aesthetic abilities but also learn how to communicate, cooperate, and manage emotions. This helps children form strong, confident, and socially responsible personality. In addition, music helps stimulate children's creativity and imagination, contributing to intellectual development and problem-solving ability. Therefore, music education not only helps develop musical skills but is also an important tool in shaping children's comprehensive personalities.

### 3 Research question

To conduct research on the role of music education in the formation and development of children's personality, we pose the following three research questions: (1) How does music education affect the formation and development of children's personality? (2) What is the value of music education in the formation of children's personality? (3) What is the significance of music education for the comprehensive development of children in today's society?

### 4 Research results

Currently, there are many different understandings and perspectives on music education and implementation methods. After studying related concepts, we realize that music education is an art form that brings great value in nurturing aesthetics and developing intelligence. Music education activities play an important role for students, helping them experience and understand the range of emotions through the process of perceiving and performing music. When enjoying music, students can feel the nuances and emotions that the work conveys, and at the same time be influenced by the emotional states in the music. Not only that, music also evokes associations, leading learners to rich images in life, contributing to building good personal values.

In order for the young generation - the future owners of the country and also the majority of music lovers - to have advanced musical tastes, music aesthetic education needs to be carried out synchronously in three environments: school,



family and society. Uncle Ho once emphasized: "A year begins in spring, life begins with youth." Young people are mostly attached to school, where they are cared for, oriented and develop their personalities by educators. Therefore, it can be affirmed that school is the first place to lay the foundation for the formation and development of their personalities.

In this environment, music aesthetic education, through the subject of music education, plays a central role. If done well, it not only orients musical tastes but also combines with family and social education to support the harmonious and comprehensive personality development of the young generation. However, the current situation shows that music aesthetic education, especially for high school students, has not received due attention. Although music has been included in the curriculum at primary and secondary school levels, the results achieved are still limited.

The reason comes from the mentality of valuing major subjects such as Math, Physics, Chemistry, Literature, English, while music is underestimated, considered only a secondary subject for entertainment. Many parents and teachers still show a negative attitude, leading to the teaching of this subject being only done superficially, not promoting its educational value. Meanwhile, international experience shows that the strong development of conservatories depends on a well-organized general music education system. This system, mainly operating at schools, both nurtures the love and discovery of talent, and builds a public force of music lovers, creating a foundation for a rich and diverse musical life, contributing to promoting the development of domestic musical arts.

To have a basis for evaluating the role of music education in the formation and development of children's personality, the group of authors conducted a survey of 336 teachers teaching music at all levels in Vietnam. The survey method was to send a link and call teachers to fill out the survey using Google Forms. The survey questions were on a 5-level Likert scale (1: Completely disagree; 2: Disagree; 3: Neutral; 4: Agree; 5: Completely agree). The results showed that 100% of teachers saw the role and importance of music in the formation and development of children's personalities.

**Table 1 - Survey of teachers who teach music in Vietnam**

Question content	Level scale				
	1	2	3	4	5
Music education plays an important role in shaping children's personalities.	0	1	3	217	115
Music helps children develop moral qualities and positive lifestyles.	1	0	7	219	109
Children exposed to music early will develop creative thinking skills.	0	2	5	221	108
Music helps children express their emotions in a healthy and flexible way.	0	0	3	236	97
Music education helps children perceive and empathize with the emotions of others.	0	1	6	229	100
Music helps children improve their communication skills and connect with friends and family.	0	0	1	217	118
Group music activities (choir, performance) train children's teamwork spirit.	0	2	12	207	115
Participating in music lessons helps children develop creative problem-solving skills.	0	1	9	201	125
Music helps children increase their concentration and memory effectively.	0	6	11	216	103
Music education is currently given due attention in schools.	0	0	3	231	102
Families play an important role in encouraging children to learn and love music.	0	1	26	229	80
Current music education content has met the goal of comprehensively developing children's personalities.	4	0	10	221	101

Source: Elaborated by the authors.

The survey data above shows that music education plays an important role in the formation and development of students' qualities and abilities. Music education content is designed to support the development of core qualities and general abilities, while equipping students with fundamental knowledge and basic skills in music. The goal is to help students develop aesthetic abilities, discover and nurture musical talents. Moreover, music education also encourages respect and the ability to preserve and promote traditional musical values in the context of international integration, meeting the requirements of comprehensive education in ethics, intelligence, physical fitness and aesthetics.

Right from preschool level, music education has been focused on, helping children develop comprehensively in terms of physical, emotional and aesthetic aspects, while forming the basic elements of personality. At secondary level, music is taught as a formal subject. From grades 10 to 12, students can choose subjects in the technology and art groups, suitable for their career orientation and personal capacity.

In the new General Education Program, music education is built on the basis of developing aesthetic capacity. The program emphasizes practical knowledge, practical skills, and harmoniously combines the development of moral qualities, intelligence, physical strength, aesthetics and career orientation. Educational content is designed to be integrated at lower levels and gradually differentiated at higher levels, ensuring connectivity between levels, while preserving national cultural identity. In addition, music education encourages the exploitation of students' inherent potential, creates motivation for self-study, and nurtures passion and creativity. This is an important highlight in the strategy of comprehensive innovation in education and training, with the goal of moving towards lifelong learning. Music appreciation plays an important role in inspiring and developing creativity in children. Through music listening activities, children are stimulated to imagine the world around them with a myriad of rich nuances and images. The sensual sounds and attractive melodies help children expand their awareness, imagine scenes, stories or emotional states related to what they experience in their daily lives. The special thing is that this imagination is not only in their thoughts but also expressed through

gestures, movements, facial expressions, or even actions such as dancing or creating new sounds. Music is a powerful catalyst, helping children develop their natural creativity. This is very important in personality formation, because creativity is an important factor for children to explore themselves and their surroundings actively and flexibly. Therefore, music education for children is not simply teaching children how to sing or play musical instruments but also creating conditions for children to feel and express their emotions through music. This is the way to maximize creative potential, help children learn, develop intelligence and form a positive attitude towards life in the future.

Music appreciation plays an important role in developing language skills in children. According to scientific research, children often start singing before learning to speak. Music appreciation lessons, especially those related to phonetics and melody, help children pronounce more accurately. This is a solid foundation for forming language skills later on. In addition to supporting the development of pronunciation skills, music appreciation also enhances children's ability to evaluate and comment. During lessons, children are encouraged to listen to sounds, observe and give their personal opinions about what they feel. This not only trains language skills but also helps children become more sensitive in perceiving and expressing their thoughts. Moreover, music appreciation creates a lively and emotional learning environment, helping children connect language with real-life experiences. Music is not only a tool for developing skills but also a bridge for children to explore and communicate with the world around them naturally and effectively. Therefore, combining music appreciation in language education is a useful method for children to develop more comprehensively.

Music appreciation plays an important role in the development of children's motor and physical skills. Through small movements of each part such as hands, feet, or combined whole-body movements, children not only improve their ability to control their bodies but also promote the development of the muscular and skeletal systems. These movements help children improve their physical health, while practicing flexibility and balance in daily activities. In particular, finger exercises, such as tapping or pressing keys, contribute to the development of a subtle sense of

touch. This is necessary preparation for children to approach and master musical instruments such as the piano, guitar or drums in the future. These activities not only bring joy but also create the premise for children to practice dexterity, agility and coordination between the senses. Moreover, combining music and movement helps children develop reflexes, balance and confidence when participating in group activities. This is not only beneficial for health but also helps children form positive exercise habits, contributing to their comprehensive physical and mental development. Therefore, music education combined with movement is an effective method to nurture children's health and skills.

Music appreciation plays an important role in training children's ability to express emotions and feelings. When participating in music appreciation classes, children are encouraged to express different emotions such as joy, sadness, excitement or surprise, based on the diverse nature of musical melodies. Through listening and interacting with music, children learn to connect their emotions with sounds, thereby expressing themselves more naturally and flexibly. Cheerful songs can evoke excitement, while gentle melodies help children feel peace and empathy. Experiencing these emotions not only helps children understand themselves but also enriches their ability to communicate emotions with people around them. Furthermore, music acts as an effective tool for emotional education. When children learn to express their emotions through gestures, facial expressions or singing, they are also practicing the skills of recognizing and managing their own emotions. This plays an important role in shaping their personality, helping them develop comprehensively in both intelligence and soul. Therefore, music appreciation is not only an entertainment activity but also an educational method rich in humanistic values.

Music appreciation is not only an artistic activity but also an important means to help children practice communication and social connection skills. During music appreciation lessons, children are encouraged to share their personal feelings and opinions about the melodies or images that music evokes. These exchanges with teachers and friends not only create opportunities for children to express their thoughts but also help them learn to listen and respect the opinions of others.



Participating in group activities in music classes, such as singing together or playing instruments together, also helps build team spirit and cooperation skills. Children learn to work with others to achieve common goals, thereby developing the ability to connect and integrate into the community. In addition, the musical environment also creates conditions for children to overcome shyness and increase their confidence when standing in front of a crowd. Small performances in class or interacting with friends help children build courage, dare to express themselves and discover hidden abilities. Through music appreciation, children not only learn about art but also develop important skills in communication and social connection, creating a solid foundation for maturity and success in the future.

Music appreciation is not only about training the ability to listen and understand music, but also plays an important role in supplementing knowledge about nature and society. This activity is designed in an integrated way, combining music with other art fields such as dance, painting, as well as basic subjects such as literature, mathematics, and natural science knowledge. Through music appreciation lessons, children not only approach melody and rhythm but also explore concepts related to life around them. For example, a song about nature can help children understand the changes of the seasons, the movement of natural phenomena or lessons about love for their homeland and country. In addition, activities such as singing along to the melody, drawing illustrations for the song or simulating movements through dance will help children develop creativity and thinking ability to connect between fields. Music is also a bridge for children to approach mathematics through learning to count beats, distinguish pitches, durations, or literature through song lyrics with humanistic and meaningful content. This not only enriches children's knowledge but also stimulates curiosity, desire to learn, creating a solid foundation for comprehensive knowledge acquisition in other fields. Music appreciation not only teaches children to love music but is also an integrated educational method, helping children become familiar with and have a deeper understanding of the natural and social world.

## 5 Discussion

The topic "The role of music education in the formation and development of children's personality" is a profound and important topic, with many aspects to discuss. In this research, we boldly present some of the following outstanding discussions:

Music is not only a tool to help children develop skills but also plays an important role in emotional development. When participating in musical activities, children are encouraged to express their emotions through singing, dancing, or even just listening to music. This helps children develop the ability to identify and regulate emotions, thereby forming confidence and the ability to communicate emotions naturally. Discussing this role can lead to questions about the importance of learning to identify and manage emotions in the process of personality formation, especially in the early stages of life when children are strongly influenced by the surrounding environment.

As mentioned, music appreciation stimulates imagination and creativity in children. Children being encouraged to imagine images, scenes or emotions through music helps them develop creative thinking skills. This is a very important factor in personality formation, because creativity is not only expressed in art but also the foundation for innovation and flexibility in thinking and problem solving in the future. The discussion can be expanded on how developing creativity can help children grow up with independent thinking, freedom, and the ability to adapt to change, thereby helping to develop a comprehensive personality.

Music exercises combined with physical movements not only help children develop motor skills but also contribute to physical development, coordination between the senses and dexterity in daily activities. Participating in these activities helps children develop positive exercise habits, improve their physical health, and build a solid foundation for personality development through maintaining a healthy body. This can be extended to how physical education plays a role in building a strong and self-reliant personality, especially in the learning environment.

Through music learning activities, children have the opportunity to work in groups, interact and share their feelings about musical works. This is an opportunity to develop communication skills, cooperation and the ability to listen and respect the

opinions of others. This helps children build confidence and the ability to work in a social environment. This can emphasize that social communication skills not only help children adapt to the community but also play an important role in forming a good personality, especially in relationships with friends and family.

Music education helps children discover and develop traditional musical values, thereby contributing to the preservation and promotion of national cultural identity. Connecting music with cultural values not only helps children understand their roots more deeply but also inspires national pride, respect and protection of traditional values. Discussion can develop on how music education can help children connect with the past, foster a personality attached to national culture and a sense of protecting cultural heritage in the context of international integration.

Music education not only helps children develop musical skills but also helps them develop aesthetic abilities. Feeling and evaluating a musical work helps children develop the ability to perceive beauty, thereby training the sophistication in evaluating and feeling the world around them. Aesthetic values and personality are closely related, especially the role of developing aesthetic ability in forming a sensitive personality, knowing how to feel and appreciate the beauty in life.

Music helps children practice their ability to observe, analyze and criticize. In music lessons, children often have to evaluate and analyze melodies, rhythms and musical structures, which not only develops thinking ability but also helps children form the ability to think independently and critically. It can be affirmed that the ability to criticize and analyze is an important factor in personality formation, helping children become independent individuals, capable of making the right decisions in life. Music education plays a very important role in the formation and development of children's personality. It not only helps children develop musical skills but also supports them in developing a range of important qualities such as emotional, creative, physical, social, and cultural awareness, thereby contributing to building a comprehensive and positive personality for children.

## 6 Conclusion

Music education plays an extremely important role in the formation and development of children's personalities. Through the above analysis, it can be seen that music is not only a means to practice skills but also a powerful tool in developing children's emotions, creative thinking, social communication skills, and aesthetics. Moreover, music also contributes to building physical health, training self-control and enhancing teamwork skills, essential factors to form a comprehensive personality.

In the context of modern education, when society is increasingly developing and requiring values such as creativity, independent thinking and effective communication skills, music education becomes more and more essential. Music not only helps children build a solid foundation for personal development but also contributes to preserving and promoting traditional cultural values, forming national pride. In addition, music education also provides opportunities for children to develop critical thinking, analytical and evaluative skills, and important skills in facing challenges and changes in society. Through participating in musical activities, children can explore the world around them, develop themselves comprehensively and build positive qualities for the future. With the obvious benefits that music education brings, we need to continue to focus on and improve the quality of music education in the curriculum at all levels, thereby creating generations of children who are not only good at academics but also comprehensively developed in terms of personality and qualities.

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