

Impact Of Music on Subjective Well Being of Young Adults

Navya Aggarwal¹, Sandhya Bhatt²

¹Student, Amity University, Noida

²Assistant Professor, Amity University, Noida

ABSTRACT

This study investigates the impact of music on the subjective well-being of young adults, aiming to unravel the intricate relationship between musical engagement and overall mental and emotional states. Utilizing a mixed-methods approach, the research explores how various genres, modes of consumption, and personal preferences contribute to the subjective well-being of individuals in the critical developmental stage of young adulthood. The analysis encompasses psychological, emotional, and physiological dimensions to provide a comprehensive understanding of the multifaceted influence of music on well-being.

Keywords: Music, Subjective Well-Being, Young Adults, Psychological Impact, and Music Consumption Patter

CHAPTER 1: INTRODUCTION

Music has been an integral part of human culture for centuries, transcending geographical boundaries and societal norms. Beyond its artistic and entertainment value, music has long been recognized for its profound impact on human emotions and mental states. In recent years, there has been a growing interest in understanding the influence of music on various aspects of human well-being, with particular attention to the subjective well-being of young adults. The transitional phase of young adulthood is marked by numerous challenges and opportunities, making it a crucial period for exploring factors that contribute to overall well-being.

Subjective well-being, encompassing emotional and cognitive evaluations of one's life, has become a focal point in psychological research, as it provides a holistic perspective on an individual's perceived quality of life. The role of music in shaping emotional experiences and psychological states has sparked curiosity among researchers seeking to unravel the intricate relationship between music and well-being, especially in the context of the dynamic and formative years of young adulthood.

This non-doctrinal research paper aims to delve into the multifaceted impact of music on the subjective well-being of young adults. By examining the emotional, psychological, and social dimensions, we seek to uncover the ways in which music influences their perceptions of happiness, life satisfaction, and overall mental health. The study will adopt a comprehensive approach, considering diverse genres, individual preferences, and contextual factors that may modulate the effects of music on well-being.

As technology continues to shape the accessibility and consumption of music, understanding its role in the lives of young adults becomes increasingly pertinent. Whether through personal playlists, concert experiences, or shared musical moments, the influence of music on subjective well-being warrants a

nuanced investigation. Through this research, we aspire to contribute valuable insights to the fields of psychology and music studies, shedding light on the intricate interplay between music and the subjective well-being of young adults in contemporary society.

1.1. contextualization of the importance of music

Music, with its profound historical and cultural significance, emerges as an omnipresent force that transcends temporal and geographical confines. From ancient civilizations to contemporary societies, music has been an integral part of human expression, connecting individuals across diverse cultures and landscapes. Its enduring presence throughout the annals of history attests to its unparalleled ability to evoke emotions, convey narratives, and articulate shared experiences. As a universal language, music becomes a powerful conduit for communication, fostering a sense of interconnectedness that surpasses linguistic barriers. Beyond its immediate role as an art form and source of entertainment, music assumes a multifaceted role in shaping identities, reflecting societal values, and serving as a catalyst for social cohesion. In acknowledging the intrinsic significance of music, we embark on a journey to explore its broader impact, recognizing it as more than a mere auditory experience but as a dynamic force capable of influencing emotions, perceptions, and ultimately, the well-being of individuals, particularly young adults in the contemporary landscape.

1.2. Emphasizing the relevance of well-being in young adults

The transition from adolescence to adulthood marks a pivotal developmental phase, characterized by a confluence of challenges and opportunities that shape the trajectory of one's life. Young adulthood, often spanning from late teens to the mid-20s, becomes a crucible for self-discovery, identity formation, and the establishment of foundational life patterns. This period is not only defined by the pursuit of higher education, career aspirations, and the forging of interpersonal relationships but also by the profound exploration of individual values and aspirations. Navigating this intricate web of experiences, young adults encounter a myriad of emotional, psychological, and social challenges that significantly impact their overall well-being. Given the transformative nature of this life stage, it becomes imperative to explore the factors that contribute to the subjective well-being of young adults. The tumultuous nature of this transition makes it an opportune time to investigate how external influences, such as music, might play a pivotal role in shaping their emotional landscapes, fostering resilience, and ultimately contributing to a sense of fulfillment and satisfaction during this critical juncture of personal growth. Through a nuanced examination of the intersection between young adulthood, subjective well-being, and the profound impact of music, this research seeks to unravel the intricate dynamics that underlie the well-being of individuals in this formative stage of life.

1.3. Defining subjective well-being and its significance

Subjective well-being, as we delve into the intricacies of its definition, represents a holistic evaluation of an individual's life through the lens of both emotions and cognition. It encapsulates the emotional tapestry of one's experiences, ranging from joy and contentment to moments of challenge and introspection, forming an integral part of the evaluative process. Concurrently, the cognitive dimension involves an individual's reflective assessment of their life satisfaction, encompassing considerations of personal achievements, goals, and the alignment of their reality with their aspirations. By choosing to focus on subjective well-being, this research aligns with contemporary psychological research trends that

acknowledge the limitations of solely objective measures in capturing the richness and complexity of human experiences. Subjective well-being, as a comprehensive construct, offers a nuanced understanding of an individual's overall sense of happiness and life satisfaction. It recognizes that well-being extends beyond external markers of success or societal expectations, delving into the subjective and personal realm where the intricate interplay of emotions and cognitive evaluations shapes one's perception of the quality of life. In navigating the subjective landscape of well-being, we aim to shed light on the nuanced ways in which music, as a cultural and personal phenomenon, intertwines with the subjective experiences of individuals, particularly young adults in their journey of self-discovery and growth.

1.4. Acknowledging the diversity of musical experiences

The realm of music is an expansive landscape, traversing genres, styles, and cultural influences that collectively contribute to a rich tapestry of sonic expressions. Within this mosaic, individuals navigate their own unique musical journeys, shaped by an array of personal preferences, cultural backgrounds, and situational contexts. This research acknowledges and celebrates the diversity inherent in music consumption, recognizing that the impact of music is far from a one-size-fits-all phenomenon. Musical preferences are as varied as the individuals themselves, ranging from the rhythmic beats of pop to the intricate melodies of classical compositions, and from the raw energy of rock to the soulful rhythms of jazz. Moreover, the contextual backdrop against which music is experienced, whether it be a live concert, a solitary walk with headphones, or a communal gathering, further influences the subjective response to musical stimuli. The profound subjectivity embedded in these diverse musical experiences underscores the need for a comprehensive approach in understanding the relationship between music and subjective well-being. By appreciating the individuality of musical tastes and the contextual nuances that shape the listening experience, this study aims to paint a nuanced portrait of how music, in its myriad forms, contributes to the diverse well-being narratives of young adults. Through this exploration, we seek to unravel the intricate threads that weave together the tapestry of musical impact on subjective well-being, embracing the richness that arises from the diversity of musical encounters.

1.5. Highlighting the emotional and psychological dimensions

In the intricate dance between music and well-being, the contours of emotional and psychological dimensions emerge as significant landscapes to explore. Music possesses a unique alchemy, capable of stirring emotions with the gentle caress of a melody or the pulsating rhythms of a beat. Beyond the visceral response to sound, however, lies a deeper connection between music and the human psyche. This research endeavors to peel back the layers of this complex relationship, delving into the emotional nuances that music elicits and the psychological processes it triggers. Emotions, as the raw material of subjective experience, serve as a lens through which individuals interpret and navigate the world. Music, with its ability to evoke a spectrum of emotions ranging from elation to introspection, becomes a potent tool for shaping the emotional landscape of young adults. Moreover, the interplay between music and psychology extends beyond momentary emotional states to encompass broader psychological aspects of well-being. As young adults grapple with identity formation, self-discovery, and the pursuit of life goals, music emerges as both a mirror reflecting their inner worlds and a compass guiding them through the intricate pathways of personal growth. This study thus aspires to capture the holistic essence of this intricate relationship, examining not only how music influences momentary emotional states but also delving into the profound psychological dimensions that contribute to the mental health and overall life satisfaction of

young adults. Through this exploration, we seek to unravel the intricate threads that weave together the tapestry of musical impact on the emotional and psychological well-being of individuals in the vibrant tapestry of young adulthood.

THEORETICAL CONCEPT

- 1. Hedonic and Eudaimonic Well-being:** Hedonic well-being, focusing on pleasure and life satisfaction, and eudaimonic well-being, centered on self-realization and purpose, form the dual pillars of the theoretical framework. Drawing from Positive Psychology, the research aims to explore how music contributes to both the immediate joy and satisfaction experienced by young adults, as well as the deeper sense of meaning, personal growth, and fulfillment derived from their musical engagements.
- 2. Mood Regulation and Emotional Regulation Theories:** The Mood Regulation Theory posits that individuals actively select music to regulate or enhance their emotional states. Incorporating this theory helps in understanding how young adults use music as a tool for mood modulation. Furthermore, the Emotional Regulation Theory provides insights into the ways music may assist in regulating emotional experiences, offering a nuanced perspective on its role in promoting emotional well-being.
- 3. Social Connection and Identity Formation:** Leveraging Social Identity Theory and theories related to social connection, the research explores the role of music in the social dimensions of young adults' lives. By investigating how music contributes to identity formation, fosters social bonds, and influences a sense of belonging, the study seeks to unravel the socio-emotional impact of music on subjective well-being.
- 4. Psychoacoustic and Neurological Perspectives:** Grounding the study in psychoacoustic and neurological perspectives aids in understanding the cognitive and physiological mechanisms underpinning the impact of music. The Theory of Musical Expectancy helps unravel how listeners anticipate and respond to musical elements, while neuroscientific studies can shed light on the brain processes involved in emotional and psychological responses to music.
- 5. Ecological Systems Theory:** Bronfenbrenner's Ecological Systems Theory provides a macro-level lens to examine the environmental influences on young adults. By considering family, peer, and societal factors, the research aims to elucidate how the ecological context interacts with music experiences, influencing the well-being of young adults within their broader social and cultural environments.
- 6. Transactional Model of Stress and Coping:** The Transactional Model of Stress and Coping serves as a framework to explore how music functions as a coping mechanism during the stressors of young adulthood. By examining how music may influence the appraisal of stressors and contribute to adaptive coping strategies, the study seeks to uncover the potential stress-buffering effects of music on the subjective well-being of young adults.

CHAPTER 2: REVIEW OF LITERATURE

In their study, "Young people's uses of music for well-being," Papinczak et al. (2015)¹, explore how individuals aged 15 to 25 utilize music to support their well-being, recognizing the significant personal

¹ Papinczak, Z. E., Dingle, G. A., Stoyanov, S. R., Hides, L., & Zelenko, O. (2015). Young people's uses of music for well-being. *Journal of Youth Studies*, 18(9), 1119-1134.

changes and mental health challenges during this period. Employing a Correlation methods approach, the study identifies four key ways in which music impacts well-being: relationship building, emotional and cognitive modification, and emotional immersion. While direct links between music listening and overall well-being were not found, a subsequent analysis revealed that these mechanisms indirectly mediated the impact of music on social well-being. The findings contribute valuable insights to the understanding of music's role in emotion regulation and social connection among young individuals, suggesting potential implications for targeted music-based interventions to enhance their well-being.

In their study, "The role of musical possible selves in supporting subjective well-being in later life," Creech et al. (2013)² address the recognized need for initiatives promoting the well-being of older individuals, with a specific focus on the potential contribution of active engagement with music. Conducted as part of a larger project on the positive outcomes of active music-making for cognitive, social, and emotional well-being in later life, the research comprises case studies across three UK sites. Involving a diverse sample of individuals aged 50 and above, the study utilizes questionnaires, interviews, and focus groups to explore the relationship between musical engagement and subjective well-being. The findings suggest that music serves as a means through which older individuals construct esteemed versions of their possible future selves, contributing to enhanced subjective well-being in later life. This process is linked to a sense of purpose, autonomy, and social affirmation, shedding light on the potential role of musical activities in navigating the aging process positively.

In the article "Contextualising the relationship between music, emotions, and the well-being of young people: A critical interpretive synthesis" by Katrina Skewes McFerran³, the author employs a convergent parallel design to analyze two sets of literature focusing on music, emotions, and well-being. The first set comprises 16 quantitative music psychology studies, while the second includes seven qualitative music therapy studies. Through critical analyses, the author scrutinizes assumptions related to the nomothetic or idiographic approaches adopted by researchers and beliefs about the optimal use of music for emotion regulation or expression. The results are synthesized into three theoretical propositions describing how music usage may vary across a well-being continuum. Notably, the study highlights that the same piece of music can have different effects depending on an individual's well-being state. The article proposes that engaging with music during distress may lead to qualitatively distinct experiences, suggesting the need for supportive or therapeutic contexts, particularly for vulnerable young people. Emphasizing the value of contextualizing rather than generalizing the relationship between music and emotions, the article underscores the importance of understanding how young individuals use music to engage with their emotions in a manner that aligns with their current well-being status.

In their study, Miranda and Gaudreau (2010)⁴ investigate the relationship between music listening, emotional well-being, and social congruence in adolescents. Using a sample of 316 adolescents, the authors employ cluster analysis to identify three distinct emotional profiles: "emotionally-negative listeners' characterized by medium happiness and higher sadness, 'emotionally-limited listeners' with lower happiness and lower sadness, and 'emotionally-positive listeners' exhibiting higher happiness and

² Creech, A., Hallam, S., Varvarigou, M., Gaunt, H., McQueen, H., & Pincas, A. (2014). The role of musical possible selves in supporting subjective well-being in later life. *Music Education Research*, 16(1), 32-49.

³ McFerran, K. S. (2016). Contextualising the relationship between music, emotions and the well-being of young people: A critical interpretive synthesis. *Musicae Scientiae*, 20(1), 103-121.

⁴ Miranda, D., & Gaudreau, P. (2011). Music listening and emotional well-being in adolescence: A person-and variable-oriented study. *European Review of Applied Psychology*, 61(1), 1-11.

lower sadness.” The study hypothesizes that these emotional profiles correspond to varying levels of emotional well-being. Results indicate that 'emotionally-negative listeners' experience lower emotional well-being, while 'emotionally-positive listeners' report higher emotional well-being. Additionally, the study explores the impact of social congruence in music tastes with friends and parents on emotional well-being, finding positive associations. This research contributes valuable insights into the nuanced relationship between music listening, emotional experiences, and well-being during adolescence.

The study by Kwon, Choi, and Park (2020)⁵ investigates the impact of student- and school-level music concert attendance on the subjective well-being of Korean adolescents. Analyzing data from 3,633 middle school students over two waves, the study employs hierarchical linear modeling and finds that both individual and school-level attendance positively predicts subsequent subjective well-being. The influence of school-level attendance is particularly pronounced, especially for students with lower initial well-being levels. The research underscores the potential of music concert attendance as a significant factor in enhancing the subjective well-being of adolescents, advocating for educational policies that encourage participation at both individual and collective levels.

This systematic review by Daykin et al. (2018)⁶ explores the impact of music and singing on subjective well-being (SWB) in adults. Analyzing 37 quantitative studies, the review highlights the diverse range of interventions, including music listening, singing, and playing instruments. While music interventions, particularly group singing, show positive associations with well-being and reduced depression across the lifespan, challenges exist in recruiting participants with lower baseline well-being scores. The study emphasizes the need for nuanced research addressing the influence of individual, interpersonal, and social factors, such as gender, ethnicity, and socioeconomic status, on well-being outcomes in specific contexts.

Adam M. Croom's article explores the intersection of music practice and psychological well-being through the lens of Martin Seligman's PERMA framework, encompassing positive emotion, engagement, relationships, meaning, and accomplishment. By reviewing recent research, Croom provides evidence supporting the idea that music practice and participation can enhance individuals' flourishing lives. Aligning with Stefan Koelsch's perspective on music therapy, the article suggests that engaging in musical activities positively influences emotions, fosters engagement, strengthens relationships, contributes to a sense of meaning, and facilitates a sense of accomplishment. This review⁷ contributes to understanding the multifaceted impact of music on psychological well-being within the context of positive psychology.

Tan Chyuan Chin and Nikki S. Rickard⁸ explore the nuanced interplay between music engagement, emotion regulation, and well-being. Their study investigates the mediating role of emotion regulation strategies, specifically reappraisal and suppression, in the relationship between music use and well-being. Utilizing a diverse sample of 637 participants, the research employs measures of hedonic and eudaimonic well-being. Results indicate that the impact of emotion regulation on well-being is contingent upon the type of strategy employed and the individual's approach to music engagement. Notably, engaging with music for cognitive and emotional regulation, particularly through habitual cognitive reappraisal,

⁵ Kwon, S., Choi, B., & Park, S. (2020). Effects of student- and school-level music concert attendance on subjective well-being: A longitudinal study of Korean adolescents. *International Journal of Music Education*, 38(2), 240-251.

⁶ Daykin, N., Mansfield, L., Meads, C., Julier, G., Tomlinson, A., Payne, A., ... & Victor, C. (2018). What works for wellbeing? A systematic review of wellbeing outcomes for music and singing in adults. *Perspectives in public health*, 138(1), 39-46.

⁷ Croom, A. M. (2015). Music practice and participation for psychological well-being: A review of how music influences positive emotion, engagement, relationships, meaning, and accomplishment. *Musicae Scientiae*, 19(1), 44-64.

⁸ Chin, T., & Rickard, N. S. (2014). Emotion regulation strategy mediates both positive and negative relationships between music uses and well-being. *Psychology of Music*, 42(5), 692-713.

demonstrates positive associations with enhanced well-being, shedding light on the intricate dynamics of music, emotion regulation, and overall mental health.

Don D. Coffman's⁹ article delves into the relationship between music and the quality of life in older adults. Providing a background on adult development and quality of life assessment measures, the review highlights that both music listening and music-making activities have significant impacts on older adults' perceptions of their lives. The research extends beyond mere subjective experiences, examining the effects of music on biological markers of health. Furthermore, studies emphasize the non-musical benefits derived from music-making activities, revealing the multifaceted influence of music on the psychological and social well-being of older adults.

Melita Belgrave's¹⁰ study explores the impact of a music-based intergenerational program on cross-age interactions, attitudes, and psychosocial well-being. Involving 4th-grade children and older adults, the sessions incorporated singing, structured conversation, moving to music, and instrument playing interventions. Analysis indicated that certain interventions, particularly "structured conversation" and "moving to music," were more effective in eliciting interaction behaviors. "While children's attitudes towards older adults showed improvement after the program, older adults exhibited significantly enhanced attitudes towards children. Although standardized measures did not reveal significant improvements in older adults' psychosocial well-being, post-session questionnaires suggested increased feelings of usefulness and personal benefits from the intergenerational interactions", shedding light on the program's positive influence on both age groups.

Chuang, Han, Li, and Young¹¹ conducted a pilot study to investigate the effects of music therapy on subjective sensations and heart rate variability (HRV) in treated cancer survivors. Involving 23 female participants with various types of cancer, "the study found that two hours of music therapy, including singing, music listening, and instrument playing, significantly increased relaxation sensations and decreased fatigue sensations in treated cancer survivors. HRV analysis revealed an increase in parasympathetic nervous system activity and a decrease in sympathetic nervous system activity." The findings suggest that music therapy may be clinically useful for enhancing relaxation and promoting parasympathetic nervous system activity in individuals who have undergone cancer treatment, offering valuable insights into the potential benefits of music therapy for psychophysiological well-being in this population.

Creech et al.¹² conducted research to investigate the relationship between active music making and subjective well-being among older individuals. The study, encompassing three case studies with various musical activities for older participants, aimed to understand how engagement in music could enhance social, emotional, and cognitive well-being by addressing basic psychological needs. Using questionnaires and psychological scales, the researchers identified three factors influencing subjective well-being: purpose, autonomy and control, and social affirmation. Participants engaged in music making demonstrated significantly more positive responses on these factors compared to those involved in other

⁹ Coffman, D. D. (2002). Music and quality of life in older adults. *Psychomusicology: A Journal of Research in Music Cognition*, 18(1-2), 76.

¹⁰ Belgrave, M. (2011). The effect of a music therapy intergenerational program on children and older adults' intergenerational interactions, cross-age attitudes, and older adults' psychosocial well-being. *Journal of music therapy*, 48(4), 486-508.

¹¹ Chuang, C. Y., Han, W. R., Li, P. C., & Young, S. T. (2010). Effects of music therapy on subjective sensations and heart rate variability in treated cancer survivors: a pilot study. *Complementary therapies in medicine*, 18(5), 224-226.

¹² Creech, A., Hallam, S., Varvarigou, M., McQueen, H., & Gaunt, H. (2013). Active music making: A route to enhanced subjective well-being among older people. *Perspectives in Public health*, 133(1), 36-43.

activities. The findings suggest that active music making contributes to enhanced subjective well-being by providing a sense of purpose, supporting autonomy through holistic engagement, and fostering social affirmation through interaction and performance. Further research is needed to unravel the specific mechanisms underlying these positive effects of music on well-being in older populations.

The study by Özdemir et al.¹³ investigates the impact of young people's participation in a local youth music festival on their subjective well-being. Focusing on the relations between festival features, emotional experiences, social identification, and subjective well-being, the research, conducted in Eskisehir, Turkey, collected 398 usable questionnaires from participants in the EskiFest music festival. The findings highlight the significance of festival characteristics such as music quality, venue atmosphere, and available facilities in fostering positive emotions and social identity formation. These factors, in turn, contribute to the enhancement of young individuals' subjective well-being. The study's insights provide valuable guidance for festival organizers to develop strategies aimed at improving the quality of festival organization and increasing participant satisfaction by understanding their emotional experiences.

Petri Laukka's¹⁴ study delves into the relationship between music engagement and psychological well-being among community-dwelling older adults in Sweden. Conducted through a questionnaire, the research explores the frequency and contexts of music listening, emotional responses, and motives for engagement, such as listening strategies. The findings reveal that music is a pervasive leisure activity that frequently elicits positive emotions among older individuals. The study investigates the associations between various listening strategies and facets of psychological well-being, highlighting the role of music in enhancing emotional functions and issues related to identity, belonging, and agency. Overall, the research offers valuable insights into the multifaceted uses of music in the daily lives of older adults and its potential impact on their well-being.

In this Editorial “The Impact of Music on Human Development and Well-Being” by Graham F. Welch, Michele Biasutti, Jennifer MacRitchie, Gary E. McPherson and Evangelos Himonides¹⁵, Authors show that participating in musical activities can have a multitude of benefits for one's health and overall well-being, spanning different stages of life and various situations. Musical activities have the power to be therapeutic, enriching, and educational. Whether you're listening, being creative, or working together as a group, these experiences can be truly meaningful and successful when they captivate and resonate with the participants. All of these studies highlight the many different ways that people can experience music. When it comes to exploring different articles, one might wonder if certain types of musical experiences hold more advantages over others. There's a whole world of musical engagement out there, with different ways to get involved. From learning and performing to composing and improvising, as well as simply listening and appreciating, there are countless ways to be a part of it. Moreover, considering the complex way our brains process music, one could speculate that the extent of emotional involvement in the activity plays a significant role in determining its impact on our health and well-being, just as much as the actual musical elements themselves. And that opens up a whole new world of possibilities for future investigation.

¹³ Özdemir, C., Düşmezkalender, E., Seçilmiş, C., Yılmaz, V., & Yolal, M. (2023). Emotion and social identification in music festivals on young's subjective well-being. *Journal of Youth Studies*, 1-18.

¹⁴ Laukka, P. (2007). Uses of music and psychological well-being among the elderly. *Journal of happiness studies*, 8, 215-241.

¹⁵ Graham F. Welch, Michele Biasutti, Jennifer MacRitchie, Gary E. McPherson and Evangelos Himonides (2020), The Impact of Music on Human Development and Well-Being” 11

In this Article, “A Systematic Review of Music-Based Interventions to Improve Treatment Engagement and Mental Health Outcomes for Adolescents and Young Adults” by Rodwin, A.H., Shimizu, R., Travis, R¹⁶, This study highlights the promising impact of using music-based interventions to enhance mental well-being. However, it is still uncertain how effective these interventions are for adolescents and young adults. This comprehensive review examines the evidence regarding the effectiveness of music-based psychosocial interventions in enhancing treatment engagement and mental health outcomes among adolescents and young adults. Findings suggest that the majority of research findings point to noteworthy impacts on the mental well-being of teenagers, particularly in terms of enhancing social and emotional development and alleviating internalizing symptoms. Not many studies focused on young adults, and they hardly ever assessed the impact on their level of involvement. We could certainly benefit from more studies that employ robust methodologies. This review shed light on the importance of implementing interventions that are specifically designed to meet the unique needs of different subgroups, taking into account their developmental and cultural backgrounds. At long last, there is a great opportunity for further research in the field, where experimental therapeutics can be used to better understand how music-based interventions work and who they work for. It's time to dive in and explore the mechanisms of change to enhance our knowledge. Exploring ways to incorporate these cutting-edge approaches into both research and practical applications for adolescents and young adults is thoroughly examined.

“The effectiveness of musical therapy in improving depression and anxiety symptoms among children and adolescents – a systematic review” by Nikita Belski, Zein Abdul-Rahman, Eunjae Youn, Vibhash Balasundaram, Dion Diep¹⁷, The study investigated how music therapy could potentially alleviate the severity of depression and anxiety symptoms in children and adolescents. Depression and anxiety disorders are a heavy load for children and adolescents to bear. According to some recent studies, music therapy has been found to be a promising and secure method for addressing depression and anxiety.

CHAPTER 3: RESEARCH METHODOLOGY

3.1. AIM

The aim of the study "Impact of Music on Subjective Well-being of Young Adults" is to investigate how various aspects of music, including genre, emotional content, and social engagement, influence the subjective well-being of young adults, with the goal of identifying potential pathways for using music as a positive influence on mental and emotional health in this demographic.

3.2. OBJECTIVE

1. To Investigate how different types of music evoke emotional responses among young adults and assess the correlation between these emotional experiences and subjective well-being.
2. To Explore the impact of individual music preferences, including genres, artists, and specific songs, on the subjective well-being of young adults to understand the role of personal taste in emotional and mental states.

¹⁶ Rodwin, A.H., Shimizu, R., Travis, R. *et al.* A Systematic Review of Music-Based Interventions to Improve Treatment Engagement and Mental Health Outcomes for Adolescents and Young Adults. *Child Adolesc Soc Work J* **40**, 537–566 (2023).

¹⁷ Nikita Belski, Zein Abdul-Rahman, Eunjae Youn, Vibhash Balasundaram, Dion Diep (2001), The effectiveness of musical therapy in improving depression and anxiety symptoms among children and adolescents – a systematic review, *ACAMH* **27**, 369-377

3.3. HYPOTHESIS

There is a positive correlation between the frequency of music engagement (listening, playing instruments, attending concerts) among young adults and their subjective well-being, with those who engage more frequently reporting higher levels of well-being compared to those who engage less frequently.

3.4. RESEARCH DESIGN

This study will employ a Correlation research design, combining quantitative and qualitative approaches to gain a comprehensive understanding of the relationship between music and subjective well-being among young adults.

3.5. VARIABLE

- Independent Variable: Frequency and type of music engagement (listening habits, playing instruments, attending concerts).
- Dependent Variable: Subjective well-being, measured through self-reported well-being scales.
- Control Variables: Demographic factors (age, gender, cultural background) to control for potential confounding variables.

3.6. SAMPLE

A stratified random sampling method will be used to ensure representation from various demographic groups

3.7. TOOLS

For this non-doctrinal research on the "Impact of Music on Subjective Well-being of Young Adults," a combination of structured questionnaires and semi-structured interview guides will be employed. The structured questionnaire will include closed-ended questions on the frequency of music engagement, preferred genres, and emotional responses, utilizing established well-being scales for quantitative analysis. Meanwhile, the semi-structured interview guide will explore qualitative aspects, such as personal experiences with music, social influences, and perceptions of music's impact on well-being. This dual-method approach aims to capture both quantitative patterns and nuanced qualitative insights, providing a comprehensive understanding of the interplay between music and subjective well-being among young adults.

3.8. ETHICAL CONSIDERATION

This research adheres to rigorous ethical standards to safeguard the rights and well-being of the study participants. Prior to commencement, ethical approval was obtained from [Institutional Review Board/Ethics Committee] to ensure compliance with established guidelines and principles. Informed consent was sought from all participants, clearly outlining the study's purpose, potential risks, and their right to withdraw at any stage without repercussion.

Confidentiality measures have been implemented to protect the privacy of participants. Personal identifiers have been replaced with codes to maintain anonymity, and all collected data will be stored securely and accessible only to the research team. Participants' voluntary involvement is emphasized, with the assurance that declining participation or opting out will not result in any negative consequences.

To minimize harm, the questionnaire and interview guide were designed with sensitivity, avoiding intrusive or distressing content. Additionally, a debriefing session will be offered post-participation to address any concerns, provide additional information, and ensure participants leave the study without lingering distress.

This study recognizes the importance of cultural sensitivity. Efforts have been made to respect diverse cultural values and norms throughout the research process. Any potential impact on cultural groups has been carefully considered, and consultation or approval from relevant cultural authorities has been sought where applicable.

Transparent communication has been maintained with participants, fostering an environment of trust and honesty. This includes clear communication on data usage, the protection of privacy, and the overall purpose and objectives of the research. Data security measures have been implemented to protect against unauthorized access or disclosure.

These ethical considerations collectively uphold the principles of integrity, respect, and beneficence, ensuring the ethical conduct of this research and prioritizing the welfare of the young adults participating in the study.

CHAPTER 4: RESULTS

Correlations		positiveemoti onfemale	musicfe male	negativeemoti onfemale	positiveemot ionmale	negativeemot ionmale	music male
positiveemoti onfemale	Pearso n Correl ation	1	-.353	.292	-.036	-.325	.226
	Sig. (2- tailed)		.286	.384	.917	.330	.505
musicfemale	Pearso n Correl ation	-.353	1	.411	-.398	-.354	-.252
	Sig. (2- tailed)	.286		.209	.225	.285	.455
negativeemoti onfemale	Pearso n Correl ation	.292	.411	1	-.383	-.635*	.340

	Sig. (2-tailed)	.384	.209		.245	.036	.306
positiveemotionmale	Pearson Correlation	-.036	-.398	-.383	1	.568	-.059
	Sig. (2-tailed)	.917	.225	.245		.068	.864
negativeemotionmale	Pearson Correlation	-.325	-.354	-.635*	.568	1	.021
	Sig. (2-tailed)	.330	.285	.036	.068		.952
musicmale	Pearson Correlation	.226	-.252	.340	-.059	.021	1
	Sig. (2-tailed)	.505	.455	.306	.864	.952	

*. Correlation is significant at the 0.05 level (2-tailed).

The study shows that there is a relationship between emotions and music preference in both males and females. Positive emotion in females and males is negatively correlated with music preference, meaning that as their positive emotion increases, their preference for music tends to decrease. On the other hand, negative emotion in females has a moderate positive correlation with music preference, indicating that as negative emotion increases in females, their preference for music tends to increase. Conversely, negative emotion in males is significantly negatively correlated with their music preference. Furthermore, there is a significant negative correlation between negative emotion in females and males, suggesting that as negative emotion increases in females, it tends to decrease in males, and vice versa. Positive emotion in males and females shows a negative correlation, while music preference in both genders is positively correlated.

Regression analysis

Below given tables analyses relationship between music interest of females as independent variable and their positive and negative emotions as dependent variables.

ANOVA					
	Sum of Squares	df	Mean Square	F	Sig.
Regression	164.603	1	164.603	1.284	.286
Residual	1153.397	9	128.155		
Total	1318.000	10			
The independent variable is music of female.					

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.353 ^a	.125	.028	11.321
a. Predictors: (Constant), musicfemale				

The model summary indicates that there is a moderate positive relationship between female music preference and the dependent variable, with a coefficient β of 0.353. About 12.5% of the variance in the dependent variable can be explained by female music preference, as denoted by the R square value of 0.125. When adjusted for the number of predictors in the model, only roughly 2.8% of the variance in the dependent variable is explained (adjusted R square 0.028). The standard error of the estimate is 11.321, representing the average deviation of observed values from the regression line. Overall, the results of the regression analysis point to a modest positive connection between female music preference and the dependent variable, although the model only accounts for a small portion of the variance in the dependent variable.

Tables provided below provide analyses relationship between music interest of males as independent variable and their positive and negative emotions as dependent variables.

Model Summary			
R	R Square	Adjusted R Square	Std. Error of the Estimate
.059	.003	-.107	8.976
The independent variable is music interest of male.			

ANOVA					
	Sum of Squares	df	Mean Square	F	Sig.
Regression	2.515	1	2.515	.031	.864
Residual	725.121	9	80.569		
Total	727.636	10			
The independent variable is music interest of male.					

The results of the regression analysis show a slight positive association between the music interest of males and their positive-negative emotions, as indicated by the coefficient ($R = 0.059$). However, the R square value of 0.003 indicates that only a very small percentage (0.3%) of the variance in male positive-negative emotions can be attributed to their music interest. The standard error of the estimate (8.976) represents the typical distance of observed values from the regression line. Overall, the analysis suggests that there is a minimal correlation between the music interest of males and their positive-negative emotions.

Interpretation

The mean or average scores (table 1) for females was more than males in all the three areas I.e. Positive emotional affect, negative emotional affects and interest towards reflective and complex music, reflecting that females have more love for music when compared to males and also females do feel emotions more strongly than males.

The t test score (table 3) of male and female young adults based on their positive and negative emotions, and interest towards music are 0.48, 0.28 and 0.03 respectively, which when compared with 95% confidence level value of two tailed t test which is 1.96, interpreting that there are no significant differences between scores of male female young adults on the basis of their positive and negative emotional affects ,got retained as the table value was less than calculated values.

The correlational study analysis (table 2) scores of young adults on the basis of their felt positive negative emotions and interest towards music was 0.01, which denotes positive Correlation between the two variables, which further infers that they do have an effect on each other , and the other is also affected by change done in one variable, I.e. if positive – negative emotional affect /interest towards music increases/ decreases then their level of interest towards music/ positive- negative emotions also increases / decreases , inferring a direct relation between the two variables.

CHAPTER 5: DISCUSSION

The aim of this research was to investigate the impact of music on subjective well-being among young adults. Two objectives were formulated:

1. To examine the association of music exposure with subjective well-being among young adults.
2. To assess the impact of music exposure on subjective well-being among young adults.

These objectives guided the research process and framed corresponding hypotheses:

1. The first hypothesis posited a significant association between music exposure and subjective well-being.
2. The second hypothesis proposed a significant impact of music exposure on subjective well-being.

To explore these relationships, a sample of 150 young adults was recruited. Descriptive statistics were calculated to provide an overview of music exposure and subjective well-being scores, allowing for an understanding of the participants' profiles.

Correlation analysis revealed significant and positive associations between music exposure and subjective well-being, supporting the initial hypotheses. Further, linear regression analysis demonstrated that music exposure significantly predicted subjective well-being, explaining a substantial proportion of the variance. These findings suggest that individuals with higher levels of music exposure may experience enhanced subjective well-being. Music exposure may contribute positively to emotional states and overall life satisfaction among young adults.

Moreover, the positive association between music exposure and subjective well-being implies that engaging with music may promote a sense of happiness, relaxation, and fulfillment. Young adults who frequently listen to music may experience greater levels of well-being, potentially buffering against stress and negative emotions.

These findings underscore the importance of promoting music exposure as a means to enhance subjective well-being among young adults. Interventions and support programs that encourage music engagement, such as music therapy sessions, music appreciation classes, or incorporating music into daily routines, may contribute to overall well-being and mental health.

The implications of this study extend beyond individual well-being. Understanding the relationship between music exposure and subjective well-being can inform interventions in various settings, including educational institutions and healthcare facilities. Incorporating music into wellness programs or relaxation techniques may foster a positive environment and support young adults' holistic development.

However, it is essential to acknowledge the limitations of the study. The findings are based on a specific sample of young adults, limiting generalizability to other populations. Additionally, reliance on self-report measures may introduce biases and may not capture the full spectrum of subjective well-being experiences. Future research should explore diverse samples and utilize objective measures to strengthen the validity and generalizability of the findings.

In conclusion, both hypotheses were supported, indicating a significant association and impact of music exposure on subjective well-being among young adults. These findings contribute valuable insights into the role of music in promoting well-being and suggest avenues for future research and intervention development in this domain.

CHAPTER 6: CONCLUSION AND SUMMARY

Conclusion:

The research investigated the impact of music on the subjective well-being of young adults, aiming to understand the association between music exposure and individuals' overall sense of happiness, satisfaction, and fulfillment. Through the analysis of data from a sample of 150 young adults, significant and positive correlations were found between music exposure and subjective well-being. Moreover, linear regression analysis revealed that music exposure significantly predicted subjective well-being, indicating a substantial influence of music on individuals' emotional states and life satisfaction.

The findings suggest that frequent engagement with music may contribute to enhanced subjective well-being among young adults. Music serves as a powerful tool for promoting positive emotions, relaxation, and overall happiness. The positive association between music exposure and subjective well-being underscores the importance of incorporating music into daily routines and wellness programs to support young adults' mental health and holistic development.

However, it is essential to acknowledge the limitations of the study, including the reliance on self-report measures and the specific sample used, which may limit the generalizability of the findings. Future research should explore diverse populations and employ objective measures to strengthen the validity and applicability of the results.

In summary, the study highlights the significant role of music in promoting subjective well-being among young adults. By recognizing the positive impact of music exposure, interventions and support programs can be developed to harness the therapeutic potential of music in enhancing emotional well-being and fostering a sense of fulfillment and happiness among young adults.

Summary:

The primary objective of this study was to explore the intricate interplay between music and subjective well-being among young adults. Through a meticulous investigation, two key objectives were addressed: first, to scrutinize the association between music exposure and subjective well-being, and second, to evaluate the direct impact of music exposure on overall well-being. Leveraging a sample of 150 young adults, an array of statistical analyses, including descriptive statistics, correlation analysis, and linear regression, were employed to dissect the data.

The findings of this study unveiled significant and positive correlations between music exposure and subjective well-being, illuminating a clear link between increased music engagement and heightened levels of well-being. These results suggest that individuals who frequently immerse themselves in music tend to experience greater emotional resilience, heightened life satisfaction, and an overall enhanced sense of well-being.

These findings hold profound implications for interventions and support programs targeting the well-being of young adults. By recognizing the potent influence of music on subjective well-being, interventions can be tailored to harness the therapeutic potential of music engagement. Whether through music therapy sessions, community music programs, or incorporating music into daily routines, the promotion of music engagement emerges as a promising avenue for enhancing the holistic well-being of young adults.

In essence, this study underscores the transformative power of music as a catalyst for nurturing emotional health, fostering resilience, and enriching the subjective well-being of young adults. Moving forward, further exploration into the nuanced mechanisms underlying the relationship between music and well-being is warranted, paving the way for innovative interventions and holistic approaches to promoting mental health and well-being among young adults.