

Impact of Music on Reducing Stress: A Case Study on Reducing Stress on Female Students of Universities

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Abstract

This case study explores the effects of music as a stress reduction tool for college students. Stress is a prevalent issue affecting the physical and mental well-being of students, with potential long-term consequences for their academic performance and overall health. This study employs a mixed-methods approach, combining surveys, and interviews to gather comprehensive data. A total of 100 students participated in our survey. The research focuses on assessing the relationship between music and stress reduction by examining the frequency and types of music listened to by students during stressful situations. Additionally, it explores the perceived impact of music on students' stress levels and their coping mechanisms. The study also considers individual differences, such as music preferences and stress triggers, to better understand the nuanced effects of music on stress reduction. Further analysis and longitudinal studies are warranted to substantiate these initial findings and provide a comprehensive understanding of the role of music in reducing stress among university students.

Keywords: Stress reduction, stress management tool, emotional regulation, music therapy, anxiety

INTRODUCTION

In contemporary academic settings, stress among university students has become a pressing concern, impacting their overall well-being and academic performance. Acknowledging the widespread use of music as a stress-alleviating mechanism, this research paper delves into the profound impact of music on reducing stress levels. Preliminary findings underscore the prevalent use of music as a tool for stress alleviation, with different music genres and individual preferences playing a crucial role in its efficacy. Moreover, the study unravels the underlying mechanisms through which music positively influences stress reduction, including emotional regulation, distraction, and relaxation. By shedding light on the practical application of music as a stress management tool, this research highlights the significance of tailored interventions that cater to individual preferences. These findings could potentially inform the development of effective university wellness programs and strategies, ultimately enhancing the overall well-being of students in academic settings. Stress is considered one of the main factors affecting our health. High levels of stress have been shown to be associated with a variety of physical and emotional problems, including heart disease, chronic pain, anxiety, depression, burnout, and addiction.

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There is also a positive relationship between health-related stress problems and increased absenteeism (UK Health and Safety Executive). To prevent anxiety, millions of people worldwide use sedatives, which are associated with many contraindications and negative side effects [1]. The importance of enhancing these stress reduction benefits is high, as it is difficult to reduce or prevent stress without professional support, and there is a great need for non-pharmacological interventions for stress.

Music listening and music production are associated with many positive outcomes in these areas. The most studied effect of music is its effect on stress and anxiety. Music has been used for many years as a stress reliever, such as playing music (such as singing or music), listening to music for certain patients (“music as medicine”), and performing music therapy by music therapists.

REVIEW OF LITERATURE

Horne-Thompson and Grocke’s research topic is “The effect of music therapy on anxiety in patients undergoing coronary angiography.” Conclusion music listened to during coronary angiography has an effect on patients’ intraoperative stress [2].

The topic Seno T and Yoshinaga T examines “the use of musical modulation vectors.” The results showed that two types of fast-tempo music and one type of slow-tempo music had no single, non-musical stimulant effect. They hypothesized that fast-paced music may lead to higher levels of competition in participants compared with no music and that higher expectations may lead to stronger action [3].

High in daily life, especially if listening at rest. Additionally, these results show that the physical effects of music reduce stress, while listening to music has a different effect on physical stress [4].

In his good review, Bratdt J (2013) said that listening to music may be beneficial for reducing stress in patients with heart disease, especially those who have had a myocardial infarction. Listening to music may have a positive effect on systolic blood pressure, heart rate, respiratory rate, sleep quality, and pain in patients with coronary heart disease [5].

The stress level of students is very low, as they are facing studying academic pressure and thoughts about future are only the factors that affect their stress. Since they are students, they do not face financial or social problems due to work. The government should implement an hour for music in every educational institution so that the students can be free and concentrate better on their studies. It also reduces their stress level [6].

Barbara M. Morgan’s dissertation, “Stress management for college students: an experimental multimodal approach,” experiential approaches included yoga, mindfulness hiking, and equine-assisted stress management activities [7].

Considering that listening to music often occurs in social environments, listening to music alone can reduce stress, while the reason for listening to music is to relax. Therefore, listening to music can be used to reduce stress in daily life; music produces best results when listened to intentionally in front of others or for relaxation [8].

Varvara Pasiali explores the topic “Music therapy and communication across the life cycle.” More and more clinical studies are emerging that focus on connections in music therapy. Participation in music therapy creates an environment for social development as it encourages positive and meaningful interactions over time [9].

Gregory M Broekemier and Kay A Hodge conducted studies on the topic “stressors for college bound high school students based on sex of respondents”. Specific stressors are identified and significant sex differences are discussed. Higher education marketers, guidance counselors, and even parents should find these results useful in reducing perceived risk by communicating relevant information about key stressors to deciding students [10].

Emily Apierceall and Merybelle C. Keim study the topic “stress and coping strategies among community students in college.” Female students are more anxious than male students; there is no difference between normal students and non-normal students. Activities commonly used to combat stress include talking to family and friends, recreational activities, and exercise. Less common coping strategies include alcohol, cigarettes, and illicit drug use. Recommendations for community college staff to help students cope with stress are discussed [11].

OBJECTIVES OF STUDY

To examine the impact of music on reducing stress levels, investigating its physiological and psychological effects, and exploring its potential as a non-pharmacological intervention for stress management as shown in Table 1.

1. Identify sources of student stress.
2. To study whether music reduces stress among college students.
3. To know which type of music or songs reduces stress.

INTERPRETATION

In this survey, we have taken 15 questions, which are listed above, and on the basis of this, we concluded that music reduces the stress level of people. Through the data listed above, we get to know about the aspect of music that is calming to try to reduce stress, and people found that melody and harmony music are accepted by more people after that, followed by lyrics and storytelling, rhythm and beat, and at last, volume and intensity. Above all, we get the rating of stress reduction through music on a scale of 1 to 5, of which 4 to 5 are mostly agreed upon, so we can say that the music is helpful in reducing stress for people (Figure 1).

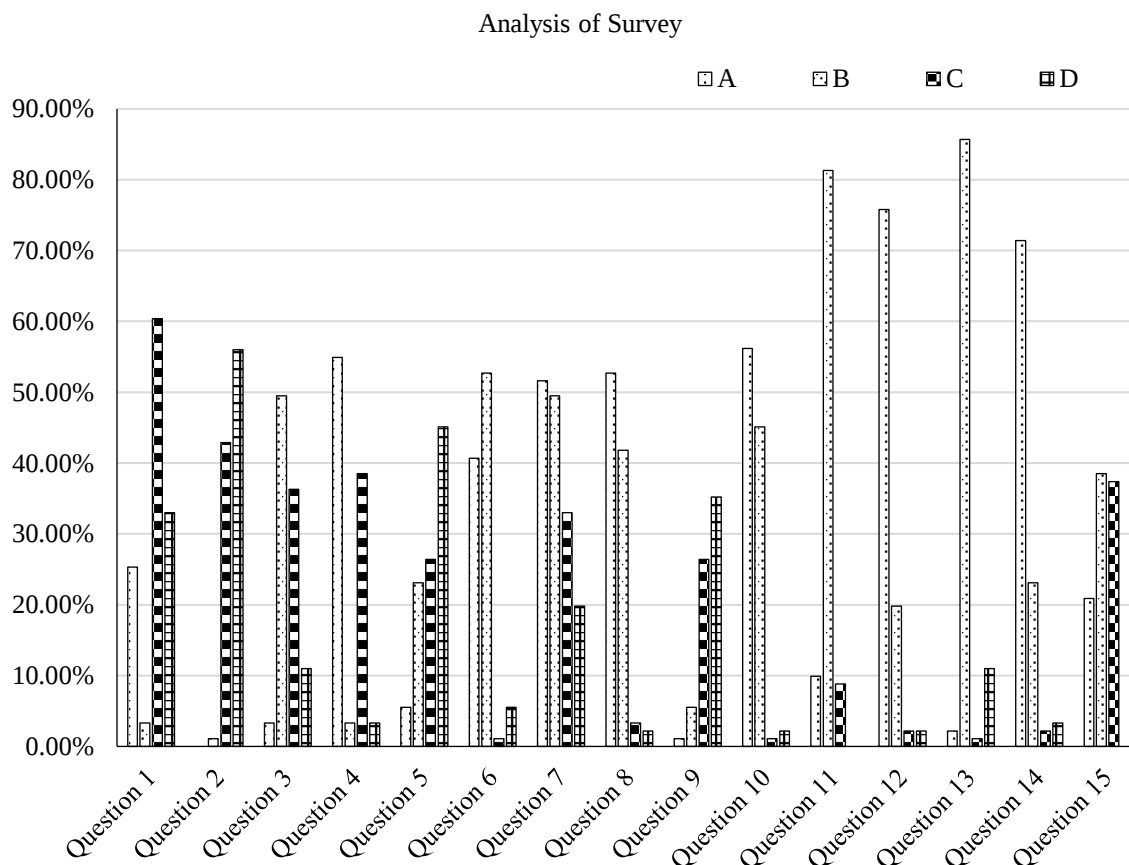


Figure 1. Analysis of survey.

Table 1. Data analysis and interpretations.

Questions	A	B	C	D
What type of music is generally most effective in reducing stress?	Upbeat and energetic music 25.3%	Heavy metal and rock music 3.3%	Classical or calming instrumental music 60.4%	Pop music with catchy lyrics 33%
How does listening to music affect your stress levels?	It always increases stress 0%	It has no impact on stress 1.1%	It can reduce stress 42.9%	It depends on the type of music 56%
How does listening to music affect your stress levels?	It always increases stress 3.3%	It has no impact on stress 49.5%	It can reduce stress 36.3%	It depends on the type of music 11%
Do you believe that the lyrics of a song can significantly impact your stress levels?	Yes, they can enhance stress reduction. 54.9%	No, lyrics have no effect on stress reduction. 3.3%	It depends on the song's genre. 38.5%	Only instrumental music reduces stress. 3.3%
How often do you use music as a stress management tool?	Rarely or never 5.5%	Occasionally 23.1%	Frequently 26.4%	Everyday 45.1%
Which of the following best describes the role of music in your life for stress reduction?	A crucial coping mechanism 40.7%	An occasional source of relief 52.7%	Not helpful at all 1.1%	I've never tried it 5.5%
What aspect of music do you find most calming when trying to reduce stress?	Melody and harmony 51.6%	Lyrics and storytelling 49.5%	Rhythm and beat 33%	Volume and intensity 19.8%
Have you ever used music specifically for relaxation or meditation to reduce stress?	Yes, regularly 52.7%	Occasionally 41.8%	No, never 3.3%	I'm not sure how to use music for relaxation 2.2%
How would you rate the effectiveness of music in reducing stress on a scale of 1 to 5 (1 <i>being not good</i> and 5 <i>being very good</i>)?	1 1.1%	2 5.5%	3 26.4%	4 35.2%
Which of the following statements do you agree with the most regarding music and stress reduction?	Music is a reliable stress reducer for me. 56.2%	Music sometimes helps, but it's not consistent. 45.1%	Music has no impact on my stress levels. 1.1%	I've never tried using music to reduce stress. 2.2%
What volume level of music do you find most effective in reducing stress?	Very loud 9.9%	Moderate 81.3%	Quiet 8.8%	Mute or no music 0%
Do you believe that personal music preferences play a significant role in how effective music is for reducing your stress?	Yes, my music preferences matter a lot. 75.8%	Somewhat, but not too much. 19.8%	No, my preferences don't matter. 2.2%	I'm not sure 2.2%
How do you usually select the music you listen to when trying to reduce stress?	I listen to whatever is popular at the moment. 2.2%	I choose music that matches my current mood. 85.7%	I ask friends for recommendations. 1.1%	I have a specific playlist for stress reduction. 11%
Do you believe that different genres of music have varying effects on stress reduction?	Yes, absolutely 71.4%	Maybe, but I'm not sure 23.1%	No, all music is the same in reducing stress 2.2%	I've never thought about it. 3.3%
In your opinion, what makes music a unique and effective tool for reducing stress compared with other methods?	Its ability to distract from stressors 20.9%	Its power to evoke emotions 38.5%	Its soothing and calming qualities 37.4%	I don't think it's unique for stress reduction 3.3%

FINDINGS AND CONCLUSIONS

Through a detailed examination of the effects of music on stress reduction, this study has highlighted several key points:

1. Music is an important part of students' lives. Most students like to listen to music.

2. Students agree that they can reduce their level of stress by listening to music.
3. Students agree that music helps them to concentrate better.
4. Many students find music great for relaxation and stress management.
5. Listening to your favorite tune reduces stress levels.
6. Students agree that the melody and harmony of the songs are good.
7. Classical or calming instrumental music is considered to be mostly effective in reducing stress.
8. Most students feel stress during sadness.
9. Students agree that the lyric of the song reduces stress.
10. Students used music as meditation or relaxation for reducing stress.

CONCLUSIONS

In summary, this study underscores the significant role of music in stress reduction. The findings emphasize its diverse benefits, from modulating physiological responses to fostering emotional regulation. Music emerges as a versatile and accessible tool for enhancing overall mental well-being, suggesting its potential as a valuable component in stress management strategies for individuals and communities alike.

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