

The Therapeutic Potential of Music

By Michael Parisi — People, Politics, and the Environment — The Source Project

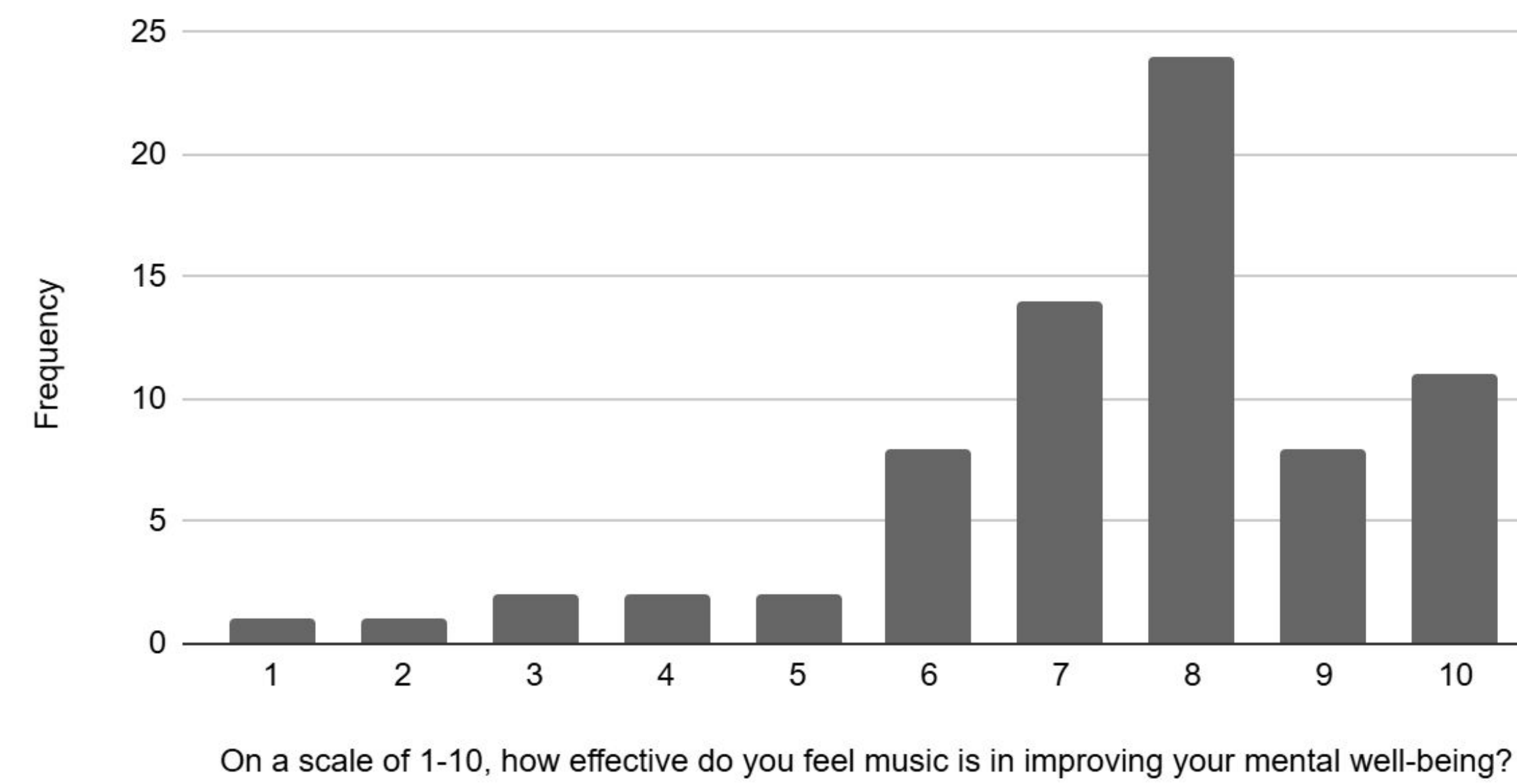
BACKGROUND

- Mental health issues are rising globally, but traditional therapies remain costly, stigmatized, and inaccessible for many.
- Music is a universally available, cost-effective, and enjoyable tool that has demonstrated potential for improving mental health.
- Current research on music therapy lacks consistency in methods, limiting its integration into standard treatment practices.
- This study aims to identify the effectiveness of music in improving mood

METHODS

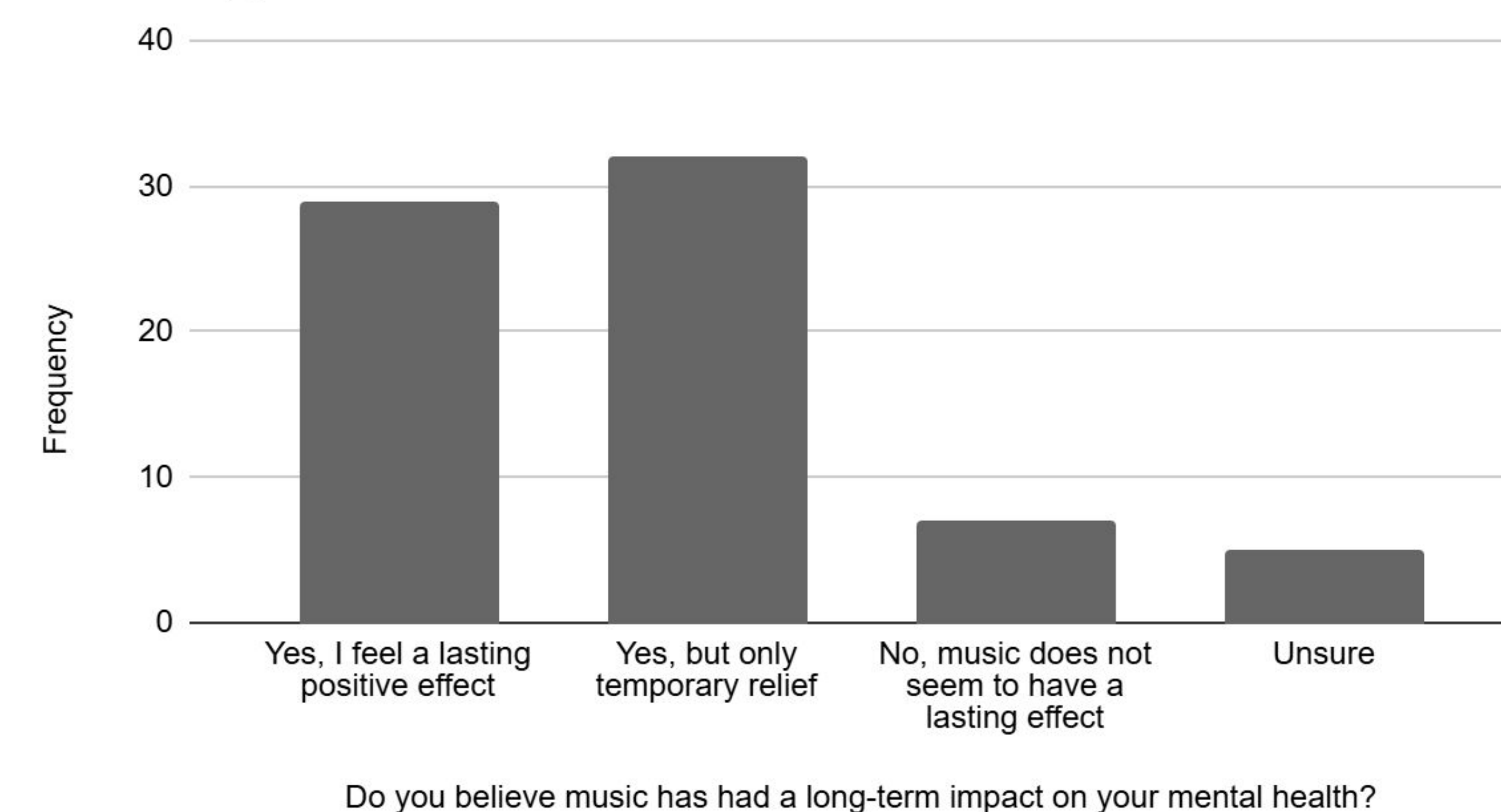
- **Literature Review:** Analyzing peer-reviewed studies and scholarly sources to synthesize existing knowledge on music's role in mental health treatment.
- **Survey Study:** Conducting a survey on Binghamton students to examine their use of music as a coping mechanism and compare its effectiveness to other strategies.
- **Data Analysis:** Identifying trends in how individuals perceive and utilize music for emotional regulation, with results presented through visual charts and graphs.
- **Ethical Considerations:** Ensuring participant confidentiality, informed consent, and the right to opt out at any time.
- **Final Integration:** Comparing survey findings with literature review insights to draw conclusions on music's potential for standardized therapeutic use

Survey Responses on the Level of Effectiveness of Music in a Therapeutic Context



- Most participants rated music between 7 and 10 on its ability to improve mental well-being.
- 8 was the most frequently selected rating.
- This suggests music is widely seen as a reliable coping mechanism for stress and emotional regulation.

Survey Responses on the Long-term Effectiveness of Music as a Therapy



- A large portion of respondents reported that music provides lasting mental health benefits, not just short-term relief.
- Many noted that music helps them process emotions, feel grounded, or find calm during difficult moments.



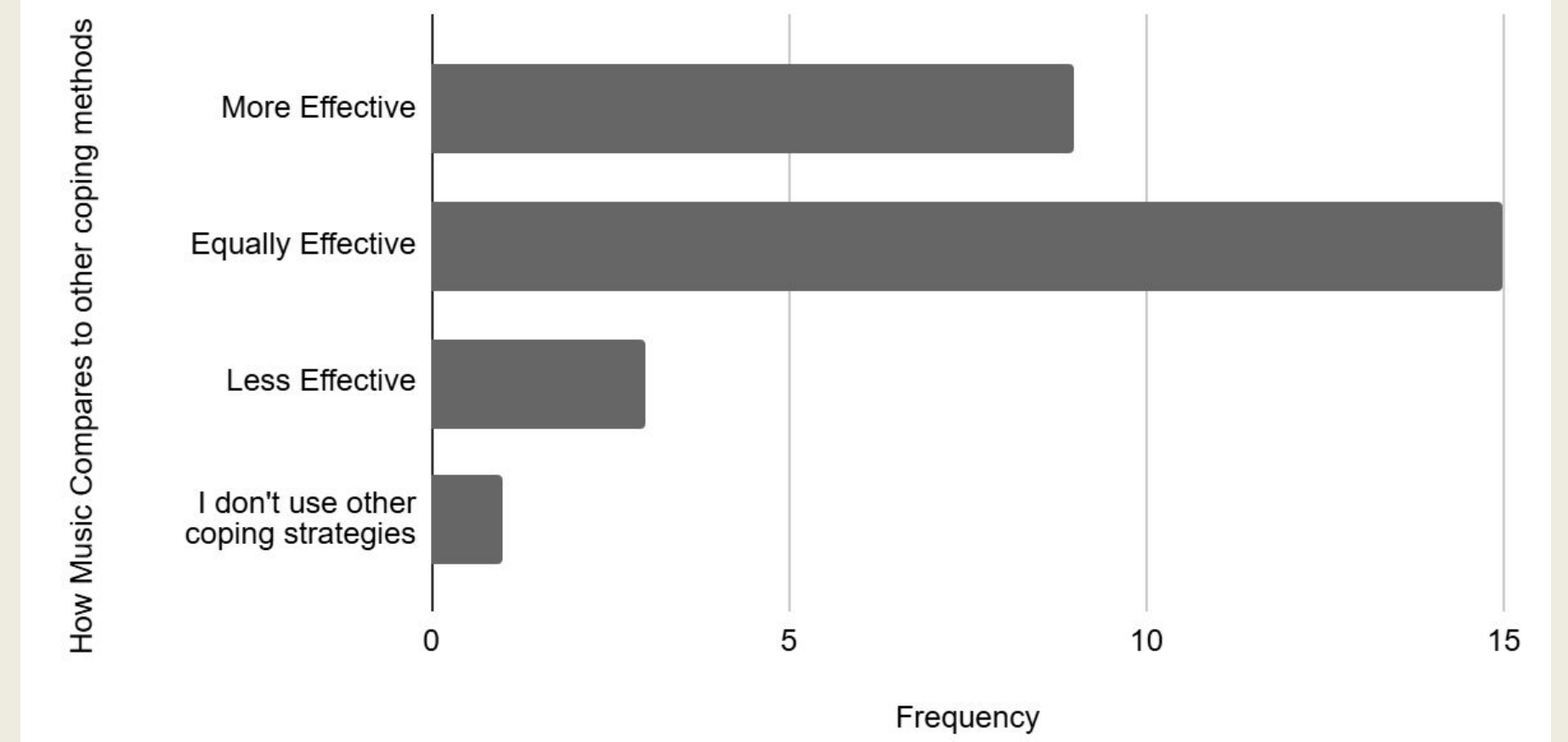
Scan to view References



← Scan to participate in the study



Survey Results Comparing Music to other Coping Strategies (e.g. Exercise, Meditation, Therapy, Journaling, etc)



Deeper Data Details:

- A majority of respondents (over 75%) reported listening to music daily or a few times a week specifically for mental or emotional support. This suggests music is a regular part of students' coping routines, not just an occasional tool.
- Despite the overwhelmingly positive outlook, some students noted that sad or emotionally charged music could worsen their mood, particularly if it didn't match their mental state or triggered memories.
- When compared to other strategies like journaling or exercise, many students found music to be equally or even more effective, especially due to its ease of use and emotional resonance.

Literature Review Quick Facts:

- Music therapy is supported in treating depression, anxiety, PTSD, and neurological issues.
- Hallam (2018) emphasizes music's influence on cognition, emotional regulation, and social bonding.
- Music has been used as a healing tool in traditional Eastern medicine for centuries to balance emotions and treat psychological disturbances.

Method Limitations:

- Self-reported data: people may rate music highly due to enjoyment rather than therapeutic impact.
- Mostly college students aged 18–22—not representative of broader age or clinical groups.
- Some genres were underrepresented (e.g., reggae, folk), so their average ratings may be less reliable.