

A Study of Music Effect In Break-Up Resilience

羅佳珣、李維靈

E-mail: 9511395@mail.dyu.edu.tw

ABSTRACT

The purpose of the study is to find out which genre of music one will choose to listen when he/she is undergoing a breakup. Also, to observe whether music therapy is effective in helping one cope with his/her recovery from a bad relationship. By examining different factors, we would predict the effect of music therapy on them. Hopefully, this will be beneficial and help them move on to a better relationship. This study is based on judgment sampling. We find subjects by emailing the details and information of the study, publicizing it through friends and posting notices in BBS topics related to breakups. As such, we manage to get a total of 256 subjects. Methods used in analysing our results include: t-test, one-way ANOVA, Pearson correlation analysis, and hierarchical multiple regression analysis. The results of the study are listed below: 1. There is a significant difference in music preferences for people in different age groups and different stages that are recovering from a breakup. 2. For people who are in a different time frame or stage of breaking up, there is a significant difference between the music effect and the grief reaction. 3. After controlled attachment style, we can still accurately predict the effect of music therapy through one's music preference. 4. After controlled attachment style, music effect still able to predict one's grief reaction. Through the result of this study we concluded that the music effect on different people, who are at the stage of recovering from a breakup, varies greatly due to different factors. Some of the few contributing factors include the person's character, the length of period from the time of breakup and his/her mood at that point of time. Some will fall into greater depression upon listening to music, while others find hope and feel afresh. It may enthrall him/her to move on and lead a better life. On the other hand, music effect may evoke one's memory, making it even harder for him/her to let go. Therefore, music effect is beneficial in mending a broken heart to a certain extent. Lastly, according to result of this research, we will provide specific suggestions to people break up with someone and future researchers who are interested in doing research of related field.

Keywords : music preference ; music therapy ; music effect ; break-up resilience

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