

Effects of listening to music on the stress during the study - a study on students at the SRH University of Heidelberg

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Abstract

In modern society, we find stress in all areas of our daily life without exception. According to the previous studies, 60% of adults are under severe stress at least once a week (A survey of USA's "Brain Facts 2003" stress research) and six out of ten Germans feel very under pressure from their own claims (A survey of Techniker Krankenkasse, 2013). Furthermore, many people reported chronic stresses, which can often trigger one or more health problems. With increased stress level while studying seems especially to be necessary for stress reduction and management among students. One of the methods for relaxation that listening to music was recommended in many kinds of research as advantageous in terms of the stress reduction effect.

For this purpose, we study that an impact of the listening to music on the stress parameters, e.g., subjective perceived stress levels, physical and psychological stress symptoms, and coping skills during their studies. The sample (N = 58) were chosen in the students at the SRH Hochschule Heidelberg, and the short-term and the long-term effects of listening to music was investigated through Perceived Stress Questionnaire (PSQ; Fliege et al., 2001), Stress- und Coping- Inventar (SCI; Satow, 2012) and Visual Analog Skala (VAS). The randomized assigned students of a control group were compared with students of an experimental group, who listened to the music selected by the experimenter for three times a week within the intervention period of 4 weeks.

The results showed that the long-term effects and positive changes can be achieved in perceived stress and cognitive stress management among students. On the parameter such as behavioral stress management, physical and mental stress symptom showed no significant changes. Lastly, the result noticed also that listening to music in the semester with non-motivated themselves, students may be subjected to pressure relative to the normal situation, though they can feel more relaxed right after listening to the music.

Keywords: *stress, stress symptoms, stress management, stress with students, listening to music, music therapy*

Biography

Jihang Han achieved her bachelor and master degree in SRH Hochschule Heidelberg, and is doing her Ph. D. studies in Ludwig-Maximilians-Universität München/ Hochschule für Musik und Theater München.