

音楽はコーピングかサポートか：
音楽関連行動と心理的健康の関連

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Music as a coping tool or social support? Relationship between music related behavior and psychological health

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Several studies indicate that music contributes to maintenance and enhancement of psychological health. Its contribution to psychological health occurs through two processes. One is the direct effect wherein, music mitigates negative affect and promotes positive affect, and another is the indirect effect in which music facilitates development of interpersonal relationships and communication. These social factors, in turn function as social support. However, both the relationship between these processes as well as the comparative effect of these two processes are still not clear. Thus, this study aimed to examine the relationship between music related behavior and psychological health. Music related behavior was defined as a conclusive concept of solitary and shared music behavior. It includes listening and watching music performance, participation in music events, gathering music related information, conversation regarding music, and so on. In total, 173 undergraduates completed the questionnaire. The result of the analyses indicated that frequency of music related behavior can be predicted through an interaction between past music activity experience and gender. That is, females were shown to engage in both solitary and shared music behavior regardless of past music activity experience. On the other hand, males were shown to engage in fewer instances of shared music behavior regardless of music activity experience, and only male solitary music behavior was shown to depend on past music activity experience. Shared music behavior correlated negatively with loneliness for both genders, though a weak negative correlation was observed between solitary music behavior and loneliness, among males but not females. Subjective well-being did not show significant correlations with any music related behavior. Hierarchical multiple regression analysis showed the interaction effect of shared and solitary music behavior on loneliness, which indicates that loneliness is least experienced when frequency of shared music behavior is relatively high and solitary music behavior is relatively low.