

**Exploring the Impact of Music Activities on University
Students' well-being: A Cross-Cultural Perspective
(Abstract Only)**

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Book of Abstracts

Edited by:

Andrea Schiavio¹, Helena Daffern¹, Solange Glasser², Margaret Osborne², Isabel C. Martinez³, Maria Marchiano³, Joaquín Blas Pérez³, Adrian Kempf⁴, Naomi Norton¹, Hannah J. Gibbs¹, Caroline Owen¹, Connor G. Kirts⁵, Katherine O'Neill¹, & Rebecca Jackson¹

¹University of York, York, United Kingdom; ²University of Melbourne, Melbourne, Australia; ³Universidad Nacional de La Plata, La Plata, Argentina; ⁴University of Graz, Graz, Austria; ⁵Durham University, Durham, United Kingdom.

Zhu et al. (197): Exploring the Impact of Music Activities on University Students' well-being: A Cross-Cultural Perspective

Hongjuan Zhu^{1,2}, Amanda Krause³, Shen Li⁴

¹Sheffield Hallam University, Sheffield, United Kingdom. ²The University of Sheffield, Sheffield, United Kingdom. ³James Cook University, Townsville, Australia. ⁴Henan University, Henan, China

Background

Music participation has been linked to enhanced well-being across diverse populations, encompassing subjective well-being among older adults, psychological well-being in the homeless, and self-confidence, happiness, and relaxation in individuals with learning disabilities. Krause et al.'s (2018) measurement identifies five dimensions of well-being experienced through musical activities, including mood and coping, esteem and worth, socialising, cognitive, and self-actualisation. However, the absence of cross-cultural evaluation hinders the understanding of these positive associations in varied cultural contexts.

Aim(s)

The current study continues explore these five dimensions of well-being from music participation in different cultural contexts. It aims to address research question: In what ways do participants from the UK, Australia, China, and Singapore vary in their experiences of perceived well-being from music participation?

Methodology

The research uses self-report surveys in English and Chinese targeting university students in the UK, Australia, China, and Singapore, collecting demographic data, musical activity engagement, well-being across five dimensions related to music participation, and musicianship using established scales; so far, 266 valid responses have been received: 54 from Australia, 109 from China, 18 from Singapore, and 85 from the United Kingdom.

Results

The MANOVA results indicate significant differences in esteem and worth ($p = .001$), cognitive ($p = .031$), and self-actualisation ($p = .012$) across the four countries.

However, mood and coping ($p = .065$) and socialising ($p = .114$) did not reach statistical significance. Pairwise comparisons revealed specific differences between countries.

Discussion and Conclusion

The study's findings shed light on the cultural nuances shaping perceived well-being among participants engaged in music activities across the UK, Australia, China, and Singapore. The observed differences in esteem and worth, cognitive, and self-actualisation underscore the importance of cultural context in understanding how individuals perceive their well-being in relation to music participation. The higher scores in esteem and worth among Chinese participants compared to those from the UK reflect potential cultural differences in the significance attributed to musical engagement.

Similarly, variations in cognitive aspects suggest diverse cognitive processes associated with music participation across cultures. However, the non-significant differences in mood and coping and socialising indicate potential similarities in these aspects despite cultural disparities. The present research is currently in the data collection process and will explore a qualitative perspective to gain a deeper understanding of how cultural contexts influence individuals' well-being experiences through music engagement. Such insights could inform interventions and programs aimed at promoting well-being through music across diverse cultural settings.

References

Krause, A. E., Davidson, J. W., & North, A. C. (2018). Musical activity and well-being: A new quantitative measurement instrument. *Music Perception*, 35(4), 454-474.