Why Music Matters!
INSIDE THE HEADPHONES OF EMOTIONAL ADOLESCENTS
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Overview:
Music & Emotion
The Use & Misuse of Music
Music Preference
Music & Personality
Music & Identity
Musical Subcultures
Music & Common Areas of Concern
Recommendations & Questions

Music and Emotion
BRAIN STEM REFLEXES
EVALUATIVE CONDITIONING
EMOTIONAL CONTAGION
VISUAL IMAGERY
EPISODIC MEMORY
MUSICAL EXPECTANCY

The 11 Functions of Portable Music
1. Chosen Sounds
2. Learning
3. Aestheticisation
4. Environmental Control
5. Boundary Demarcation*
6. Interpersonal Mediation*
7. Company*
8. Aural Mnemonic
9. Mood Management*
10. Time Management
11. Activation

Music Preference
- Music with age
- Adolescence and the "Reminiscence Bump"
- MUSIC Model
  - Mellow
  - Unpretentious
  - Sophisticated
  - Intense
  - Contemporary

The Use and Misuse of Music

Music and Personality
Arousal
Valence
Depth
Stimulation vs Relaxation
Heavy Cognition vs Light Cognition
Emotionally Latent vs Emotionally Absent
Music and Personality Continued

Music and Identity

- Social Identity Theory
- Musical discrimination
- Self-to-stereotype matching

Punks, Goths, and Emos

- Punk: Rebellion towards the mainstream and validation of alternative life experiences
- Goths: Product of punk rock that focuses more strongly on individualism and romanticizes a complete rejection of typical social roles
- Emos: Melodic subgenre of punk rock music first labeled "emotional hardcore" – "emo" – "emo"

Musical Subcultures: Alternative Identifying Teens

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Common Areas of Concern

Correlation is Not Causation

- Alternative subcultures and Self-Harm
- More identified with Goth subculture at age 15 – more likely to have experienced depression and/or self-harm by age 18
- Social Selection Factors
- Peer Contagion
- Coping Style and Gender

- Self-Harm – collective term for acts of self-injury or self-poisioning with or without suicidal intention
- Adolescents Internationally
  - 30% have thoughts of suicide
  - 4% attempted suicide
  - 7.18% NSSI
- Adolescents in Goth Subculture
  - 47% attempted suicide
  - 53% self-harm, 45.5% consistently
- Primary motivations to self-harm:
  - Regulation of emotions
  - Communication of distress
  - "Feel more a part of a group"
The Role of Music and Subcultures

1. Perception of self as marginal
2. Failure of systems
3. Access to firearms
4. Available cultural script
5. Cultural Scripts

Music and School Shootings

• Factors of School Shootings
  1. Perpetrators
  2. Suffer from psychosocial problems
  3. Available cultural script
  4. Failure of systems
  5. Access to firearms

Questions and Comments

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References


Lancet Psychiatry, 2(2), 143. doi:10.1016/S2215-0394(15)00164-0

Lyrics analysis


References


