

POWER TO THE PEOPLE

The Relationship between music and stress

Introduction

In modern society, the number of people who are suffering from stress or depression is increasing. What can we do to keep ourselves alive?

Hypothesis

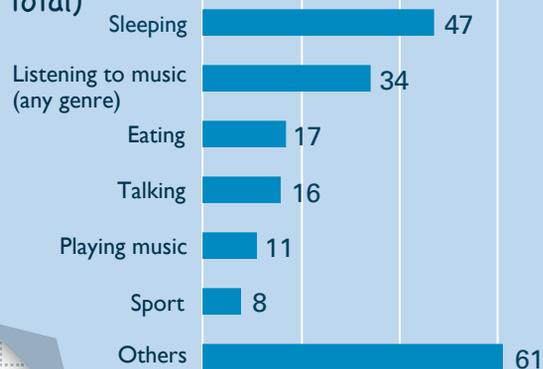
Music has a possibility to improve yourself and even bring peace in mind. It may lead to world peace.

Research

We took a survey targeted at all the students in our school (119 students).

◆ Figure 1:

How do you destress or refresh your mind? (multiple answers; 194 answers in total)



➤ Furthermore, 22 students answered music enriches their mind.

➤ Music enables you to...

- Understand the feelings that you have never experienced and control your mind.
- Understand each other

The more you stand face to face with music, the more things there are to obtain.

Analysis

- According to Figure 1, most common answer was sleeping, followed by listening to music, eating and talking with friends.
- Figure 2 also shows that working on music has positive effects on stress.

◆ Figure 2:

By working on music, what kind of good influence you think you get? (multiple answers; 155 answers in total)



Active involvement in music helps us to reduce stress and accept ourselves positively, which can finally lead to mutual understanding.

Conclusion

Why don't you communicate with music more deeply?