

Therapeutic benefits of music in reducing psychological anxiety

ABSTRACT

The objective of this study was to ascertain the efficacy of music therapy in alleviating anxiety among university students. This is achieved by employing the theory of planned behaviour. A survey comprising 350 participants was disseminated to evaluate their subjective norms, perceived behavioural control, attitudes, intentions to engage, and actual involvement in music therapy, as well as their degrees of anxiety. The information gathered was examined using structural equation modelling. The findings validated that favorable attitudes, robust subjective standards, and elevated perceived behavioral control fostered students' inclination to engage in music therapy. In addition, it is unsurprising that students who intended to participate ultimately followed through and carried out the task. The structural equation modelling analysis ultimately demonstrated that engaging in these sessions significantly decreased students' levels of anxiety. While effective in the examined context, the research acknowledges geographic and demographic limitations, suggesting the need for broader investigations. This study adds to the growing evidence supporting the integration of music therapy into mental health services, particularly for university students facing academic stressors