

The Impact of Resource-oriented Music Listening on Oversea Dispatch Employees Work Stress Relief

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Abstract : Objective: In order to compare the stress of employees sent overseas with (GRAS) before and after, we used the resource-oriented music listening intervention in this study. We also collected pertinent experimental data. Methods: The experiment involved 47 employees who were sent abroad by the Chinese side. They completed the stress scale test and documented it before the intervention. They tested for stress after five interventions and performed one-on-one interviews. Quantitative data and SPSS software were used to analyze relationships between stress reduction and resource-oriented music listening, as well as Pearson's correlation, multiple regression levels, and ANOVA. For the qualitative analysis, content analysis of one-on-one interviews was performed. Results: A comparison of data from before and after demonstrates how resource-focused music listening activities can lessen and relieve stress in remote workers. In the qualitative study, stress is broken down into six categories: relationship stress, health stress, emotional stress, and frustration stress. External pressures include work pressure and cultural stress. And it has been determined that listening to music that is resource-oriented can better ease internal stress (health, emotion, and dissatisfaction). Conclusion: The Guide Resource-oriented Music Listening (GROML) Program appears to have had some effect on the participants' stress levels. The resources that the participants encountered while listening to music are bravery, calm, letting go, and relaxing.

Keywords : resource-oriented, music listening, oversea dispatch employees, work stress

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