An Investigation into the Correlation between Music Preferences and Emotional Regulation in Military Cadets

Authors : Chiu-Pin Wei

Abstract : This research aims to explore the impact of music preferences on the emotional well-being of military academy students, recognizing the potential long-term implications for their high-stress careers post-graduation. Given the significance of positive emotion regulation in military personnel, this study focuses on understanding the types of music preferred by military cadets and analyzing how these preferences correlate with their emotional states. The study employs a quantitative approach, utilizing the Music Category Scale and Mood Scale to collect data. Statistical tools, such as Statistical Product and Service Solutions (SPSS), are employed for inferential analysis, including t-tests for emotional responses to instrumental and vocal music, one-way variance analysis for different demographic factors (grades, genders, and music listening frequencies), and Pearson's correlation to examine the relationship between music preferences and moods of military students.

Keywords : music preference, emotional regulation, military academic students, SPASS
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