Melody of Health: The Correlation of Music Therapy on the Mental Health of Students at UIN Syarif Hidayatullah Jakarta

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Abstract:
Mental health is a crucial aspect of individual life, encompassing psychological balance, the ability to cope with pressure, and contributions to the community. The increasing prevalence of mental health disorders, particularly among university students, necessitates effective stress management strategies, one of which is music therapy. This study aims to analyze the relationship between music preferences and the mental health of students in the Islamic Guidance and Counseling program at UIN Syarif Hidayatullah Jakarta using a quantitative approach with a descriptive correlational design. A total of 52 students were selected using the snowball sampling technique, and data were collected through questionnaires measuring stress levels, anxiety, and music preferences. The results indicate that the majority of students experience stress due to academic and social pressures; however, listening to music, particularly calming and uplifting genres, can significantly reduce stress and anxiety while enhancing mental well-being. The findings confirm that music can be an effective strategy for managing student stress, and educational institutions may consider integrating music into student wellness programs.

Keywords: *mental health, music therapy, students*

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1. Introduction

Mental health is a vital aspect of human life that includes psychological balance, the ability to cope with problems, and the capacity to achieve positive and constructive happiness. Mental health is closely related to knowledge and principles involving various fields such as psychology, psychiatry, medicine, and religion (Hamid, 2017). The World Health Organization (WHO, 2022) defines mental health as a state of well-being in which individuals realize their potential, can cope with the usual stresses of life, work productively, and contribute to the community. Thus, mental health encompasses physical, emotional, and intellectual balance that enables individuals to interact positively with others and their environment.

Despite its importance, mental health issues continue to rise globally. Basic Health Research (Riskesdas) 2018 shows that around 6.1% of Indonesia's population aged 15 years and older experience mental disorders, characterized by symptoms of depression, anxiety, schizophrenia, and bipolar disorder. Among adolescents aged 15-24 years, the depression rate reaches 6.2%. WHO's Global Health Estimates (2020) further reveal that one in four people worldwide experience mental disorders, a concerning statistic. If left unaddressed, mental health problems can affect individual quality of life and lead to larger social and economic issues. Therefore, mental health is a critical issue, particularly among university students who are vulnerable to stress and other mental health disorders.

Among students, especially those in the Islamic Guidance and Counseling program at UIN Syarif Hidayatullah Jakarta, stress and anxiety levels often increase due to various factors, such as academic demands, social issues, friendships, and pressure to meet educational standards. These factors can increase the risk of mental disorders such as depression and anxiety. To address this issue, one emerging approach is music therapy. Music, with its ability to interact with emotions and psychological conditions, can serve as an effective therapeutic alternative. It helps manage stress, improve concentration, relieve anxiety, and support overall mental health.

Music therapy, whether through listening to music, playing musical instruments, or singing, has been proven to enhance psychological well-being. Music acts as a medium of expression, allowing individuals to release feelings and emotions that may be difficult to express in words. Research has shown that music reduces symptoms of depression and anxiety and improves quality of life. However, despite the many studies on the benefits of music therapy, there remains a research gap, particularly among students in Indonesia, regarding the relationship between music preferences and mental health outcomes.

This study aims to fill that gap by investigating the correlation between music therapy and the mental health of students in the Islamic Guidance and Counseling program at UIN Jakarta. Specifically, it examines how students' music preferences relate to stress levels, anxiety, and overall well-being, as well as explores music's role in alleviating mental health issues. The research employs a quantitative approach using questionnaires to measure stress levels, anxiety, and music preferences. The findings are expected to provide new insights into the influence of music on mental health and contribute to the development of music-based interventions in academic settings.

2. Methodology

The purpose of this study is to examine the relationship between music preferences and mental health among students in the Islamic Guidance and Counseling program at UIN Syarif Hidayatullah Jakarta. The research employs a quantitative approach with a descriptive correlational design, allowing the researchers to analyze the relationship between the music variable (music preferences) and the mental health variable (stress, anxiety, and well-being). The study population consists of students from the Islamic Guidance and Counseling program at UIN Jakarta, with a sample of 52 students selected using the snowball sampling technique. The research procedure involved distributing Google Forms questionnaires to students who met the criteria. The questionnaire consists of two main sections: the first measures music preferences, and the second assesses students' mental health.

The instruments used in this study include the Music Preference Scale, which measures the types of music frequently listened to and the emotional connection students have with music. Additionally, the Social Anxiety Scale (SAS) and Body Image Shame Scale (BISS) were used to assess social anxiety and body shame, which can impact mental health. The collected data were analyzed using descriptive quantitative analysis and the Pearson correlation test to determine the relationship between music preferences and mental health. Through this method, the study aims to provide a deeper understanding of the role of music in students' mental health and offer recommendations for developing music-based interventions in academic settings.

3. Results

Based on the data analysis results, it was found that the majority of respondents, namely students at UIN Jakarta, tend to experience stress, with some reaching severe stress levels. The stress experienced by most students originates from various campus activities, such as accumulated assignments due to poor time management, commuting difficulties caused by traffic congestion, high expectations from themselves or others, and fluctuations in academic grades, which sometimes decline. Additionally, difficulties in finding references for assignments and other academic-related factors also contribute to stress.

The hypothesis testing using Pearson correlation analysis revealed a significant positive relationship between music preferences and students' mental health. Students who frequently listen to certain types of music tend to show lower levels of anxiety and stress compared to those who rarely or do not listen to music. Moreover, the type of music frequently chosen by students is also linked to their mental health levels, where calming and uplifting music is proven to be more effective in reducing stress symptoms and improving emotional well-being. These findings indicate that music can contribute to stress and anxiety management and plays a crucial role in improving mental health among students. Based on survey data collected from 52 respondents, it was found that the majority of students experience high levels of stress due to various factors, including academic workload, traffic congestion while commuting to campus, academic expectations, and difficulties in accessing references for assignments. The collected data

categorizes students' stress levels as follows:
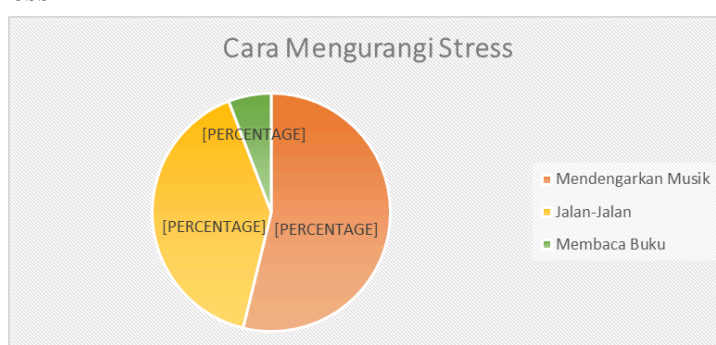
Table 1.

Descriptive Statistics on Student Stress Levels

Kategori Stres	Persentase (%)
Tinggi	34,6%
Sedang	40,4%
Rendah	25%

The following diagram illustrates students' ways of reducing stress:

Diagram 1.

Ways to Reduce Stress

The study results show that most students feel that music helps them reduce stress.
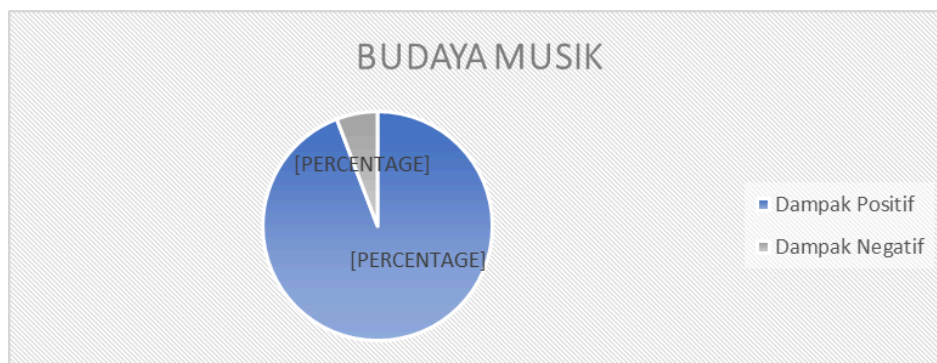
Table 2.

The Influence of Music on Stress

Question	Yes (%)	No (%)	Maybe (%)
Does music help reduce stress?	65,4%	5,8%	28,8%
Do you experience mood changes after listening to music?	78,8%	1,9%	19,2%
Does your playlist influence feelings of happiness?	67,3%	5,8%	26,9%

The following diagram illustrates the influence of music on students' stress levels:

Diagram 2.

The Influence of Music on Stress

After listening to their preferred music, students tend to experience mood changes and positive changes in excessive stress they feel internally or emotionally. Below are the most frequently listened-to music genres by students at UIN Syarif Hidayatullah Jakarta:

Table 3.

Types of Music Preferred by Students

Music Genre	Percentage (%)
Pop	45%
Jazz	15%
Dangdut	10%
Rock	10%
Nasyid	10%
DJ	10%

The following diagram shows the distribution of music genres preferred by students:

Diagram 3.

Types of Music Preferred by Students
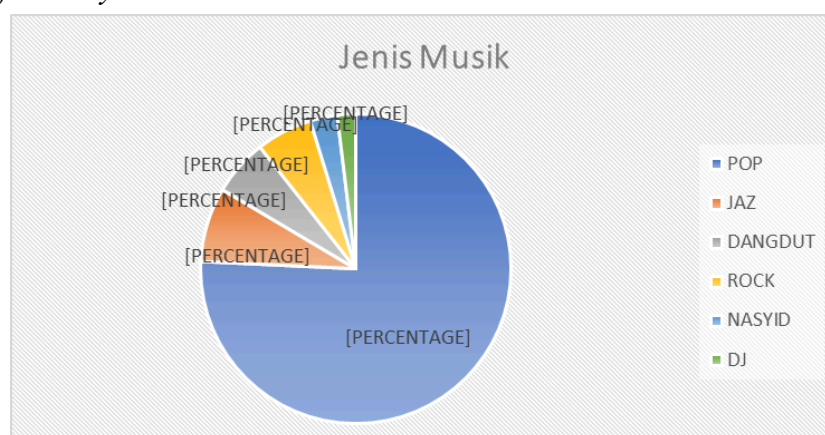
BPI students at UIN Syarif Hidayatullah Jakarta tend to prefer pop music, while their preferences for other genres are more varied.

4. Discussion

This study provides a new contribution to understanding the relationship between

music and mental health, particularly among students of Islamic Guidance and Counseling (BPI) at UIN Syarif Hidayatullah Jakarta. Unlike previous studies that generally examine the impact of music on stress and emotional well-being, this research highlights how specific music preferences among BPI students serve as a coping mechanism for academic and social pressures.

The findings reveal that the majority of BPI students experience stress due to academic factors, commuting to campus, personal expectations, and the availability of academic references, with music being the primary method for managing stress. Appropriate music preferences have been shown to enhance emotional well-being, and the frequency of music listening correlates positively with improved mental conditions.

These findings align with previous research indicating that music can reduce cortisol levels and help alleviate anxiety and depression, as demonstrated by Thoma et al. (2013) and Bradt & Dileo (2010). However, the uniqueness of this study lies in its focus on BPI students, a group that has not been extensively studied in research on music and mental health. The results also support Sloboda's (1999) psychology of music theory, which states that music can influence emotions and psychological conditions, as well as Lazarus & Folkman's (1984) stress and coping theory, which suggests that emotional strategies, such as listening to music, can be used to manage stress. The implications of this study encompass academic, psychosocial, and mental health aspects. Educational institutions could consider incorporating music as part of student well-being strategies, such as providing dedicated relaxation spaces with music. Additionally, music could serve as a self-therapy method for students facing academic and social pressures.

However, this study has several limitations, particularly in its sample scope, which was restricted to BPI students at UIN Syarif Hidayatullah Jakarta, and the use of self-report methods, which are prone to subjective bias. Therefore, future research is recommended to expand the sample to students from various disciplines and universities and to use more objective methods, such as measuring stress hormone levels before and after listening to music, to gain a deeper understanding of music's impact on mental health.

5. Conclusion

This study aims to analyze the role of music in managing stress and enhancing mental health among students in the Islamic Guidance and Counseling program at UIN Syarif Hidayatullah Jakarta. The findings suggest that students experience significant stress levels, and music serves as a key coping mechanism. Listening to music effectively reduces stress and anxiety and contributes to emotional well-being. Based on these findings, students are encouraged to continue managing stress through beneficial activities such as listening to music to maintain optimal mental health. Educational institutions are recommended to integrate music-based interventions into student wellness programs to help manage stress and anxiety. Further research is suggested to expand the sample size and include students from diverse academic backgrounds to gain a broader understanding of music therapy's impact on mental health.

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