



Effects of Music Therapy

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on emotional resilience, well-being, and employability

What Is Music Therapy?





It is a clinical, evidence-based use of music interventions by trained professionals which uses active music-making, listening, improvisation.

How can Music Therapy help?

1) Promotes Emotional Resilience (ER)



Emotional Resilience is the ability to adapt to stress and adversity. **Music Therapy** assists with reducing stress, anxiety, and depression. It strengthens self-efficacy and social support, through encouraging emotional expression and connection.



2) Fosters Well-Being (WB)

Well-being: A multidimensional construct including subjective (life satisfaction, emotional balance) and psychological well-being (self-acceptance, personal growth, purpose)

Music Therapy enhances both subjective & psychological well-being by promoting emotional balance and social connection.



3) Assists with Employability (EA)

Employability refers to the ability to obtain and sustain employment.

Music Therapy's Role boosts emotional regulation, reducing workplace stress

- › Improves psychological well-being → better job performance.
- › Increases resilience and creativity → higher career success.