

Impact of Different Types of Music on Canadian Mental Well – being

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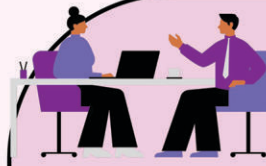
Research Objectives

- To explore the impact of different types of music on Mental well-being.
- To develop recommendations for Personalized music Interventions.



Themes Takeaways From Literature

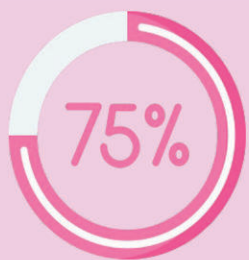
- Music aids emotional expression and management.
- Learning music boosts mood and self-esteem.
- Music provides relaxation and stress relief.
- Improves heart rate, motor skills, and immunity.
- Effective therapy for depression, anxiety, and dementia.
- Enhances cognitive function, especially in seniors.



Qualitative Findings

- Community music enhances well-being for all ages.
- Music therapy treats mental health issues effectively.
- Active music engagement improves overall health.
- Collaborative music fosters social connections.
- Music benefits youth and older adults' quality of life.

Quantitative Findings



75 % individuals believes music has a positive impact on mental health.



Spotify leads as the preferred streaming platform among Canadians.



Rock, hip hop, and rap are the top choices, reflecting widespread popularity.

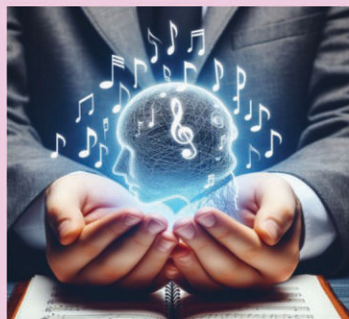


Anxiety and insomnia sufferers rate music highest for mental health benefits.

Recommendations



Incorporate music-based approaches into Canadian mental health care.



Partner with the music industry to develop innovative mental health tools.



Launch public health campaigns to highlight music's mental health



Allocate resources for implementing music therapy programs.



Conduct in-depth research on the differential features of music genres and their impacts on mental health.

Key Findings

- **Music Therapy:** Potential for improving mental health outcomes.
- **Transformative Role:** Music promotes social and emotional wellness.
- **Healing Power:** Music uplifts and offers hope for an inclusive mental health landscape in Canada.

