



GAPS2 - Global Arts and Psychology Seminar

"Creativity in music and the arts"

York, Graz, La Plata, & Melbourne 14-16 September 2023

SESSION 1 (Thursday)

Local times			Room A	Room B
Y	G	M	<p>“Health and wellbeing 1”</p> <p><u>Chair in York</u>: Helena Daffern</p> <p>Room admin in Graz: Jonas Böhm Room admin in Melbourne: TBA</p>	<p>“Computers and creativity”</p> <p><u>Chair in Melbourne</u>: TBA</p> <p>Room admin in Graz: Lara Spitzley Room admin in York: Selena Xu</p>
10.20	11.20	19.20	<p>The rhythm of compassion: Exploring the role of music listening in cultivating self-compassion</p> <p>McKenzie <i>University of Melbourne, AU</i></p> <p>Location: M</p>	<p>Digital Musicianship: Evaluation of the Digital Score research from the North American tour 2023</p> <p>Moroz <i>University of Nottingham, UK</i></p> <p>Location: Y</p>
10.45	11.45	19.45	<p>Unlocking the creative potential of psychosis through music composition: The positive framework of musical hallucinations for understanding the link between mental illness and creativity</p> <p>Donantueno <i>University of Lille, FR</i></p> <p>Location: Y</p>	<p>Designing a Virtual Reality Lab for Music Performance Simulation</p> <p>Loveridge <i>University of Melbourne, AU</i></p> <p>Location: M</p>
11.10	12.10	20.10	<p>Embodied technology-assisted musical creativity and living with dementia</p> <p>MacRitchie <i>The University of Sheffield, UK</i></p> <p>Location: Y</p>	<p>Cool or creepy: can an algorithm shift your emotions? Perceptions of a proposed feature for music streaming services that creates personalised playlists based on user personality and emotion</p> <p>Lowe-Brown <i>University of Melbourne, AU</i></p> <p>Location: M</p>

The Rhythm of Compassion: Exploring the Role of Music Listening in Cultivating Self-Compassion

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Background

Music has been shown to help cultivate a broad spectrum of emotional reactions in individuals facing significant hardships, serving as an impactful means of coping. Indeed, research into music listening and emotions is growing, however there is a paucity in the literature exploring self-compassion in this context. Self-compassion, a predictor of mental health, involves acknowledging, alleviating, and preventing suffering within oneself (Gilbert, 2010). It comprises three primary components: self-kindness, common humanity, and mindfulness. Conversely, self-judgment, isolation, and over-identification represent its opposite counterparts (Neff, 2003).

Aims

This study aims to explore the potential impact of music listening on self-compassion scores by utilising both quantitative and qualitative data. Specifically, the study will examine the occurrence of scores related to both self-compassion and its opposite counterparts. By taking a mixed methods approach, the study seeks to gain a more nuanced understanding of the relationship between music listening and self-compassion.

Methods and results

A total of 296 university students residing in Australia aged 17 – 33 years (M = 19.32, SD = 2.37) completed a mixed-methods questionnaire that included measures of self-compassion and music listening. Participants completed the Self-Compassion Scale- Short Form (SCS-SF) by Raes et al., (2011) and other measures related to self-compassion and music listening habits. The data will be analysed to determine the occurrence of scores on both positive and negative aspects of self-compassion among participants who report music listening as a coping mechanism. Qualitative data were collected to gather participants' personal experiences with music listening and self-compassion. The results of the study are currently underway.

Conclusion

This study seeks to shed light on the potential impact of music listening on self-compassion and the occurrence of scores on both positive and negative aspects using the SCS-SF. Furthermore, the findings add to the growing body of knowledge regarding music listening and emotions. These findings have implications when considering the possible process of how music listening cultivates self-compassion and in turn improving mental health.

References

- Gilbert, P. (2010). *The compassionate mind: A new approach to life's challenges*. New Harbinger Publications.
- Neff, K. D. (2003). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223-250. <https://doi.org/10.1080/15298860309027>

Raes, F., Pommier, E., Neff, K.D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*, *18*, 250-255.