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Influence of Music Preference on Social Connectivity, Emotion Regulation and Happiness among Adults

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ABSTRACT

Music is a form of art that has been used for thousands of years as a therapeutic tool. In recent years, there has been a growing body of research examining the effects of music on emotion regulation and feelings caused by music. The present review endeavours to (1) enumerate the current body of scientific research about the brain processes that underlie emotion regulation, and (2) scrutinize the possible therapeutic advantages of music in the management of emotion deregulation. This review is aimed at highlighting the current literature on how brain processes related to music preferences influence three key aspects of adult life: social connectedness, emotion regulation (i.e., happiness), and subjective well-being.

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INTRODUCTION

Music is an art form which is a combination of vocals or instrumental sounds with emotional expressions. It is formed in accordance with cultural standards of rhythm and melody. The intricate electronic composition and the straightforward folk ballad are both parts of the same musical effort. These qualities—that is, being mental and aural and having been created by humans—have been present in music of all genres and throughout history.

People use music far more frequently in daily life today than they did in the past. A century ago, listening to music for enjoyment was only permitted at concerts, at home, and at various social events, but, music now sets the tone for our existence. Current studies have concentrated on the factors that contribute to music's enormous attraction and the theory that listening to music fulfils a variety of psychological goals.

Apart from social contexts, music also fulfils a multitude of other demands like mood regulation. According to Rentfrow (2012), one of the most common indicators of daily activity is one's taste in music. People use their musical preferences, according to Hargreaves and North (1999), to convey two different kinds of information: first, a representation of their own traits; second, information about their affiliation with a certain group. According to Morin (2020), a person's personality traits and attitudes may be the cause of their defensive attitude toward the music they prefer.

Not only is music a pleasing sound, but it also has the power to influence our psychological experiences. Melancholic songs evoke feelings of melancholy or nostalgia,

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while lively tempos and cheery melodies can have a profound impact on our emotional state. This emotional bond is more than simply perception, as studies reveal that the feel-good neurotransmitter dopamine is released in response to music, providing a physiological underpinning for the music's ability to affect mood. This is demonstrated by music therapy, which uses music's calming properties to help patients deal with stress, anxiety, and even depression.

Additionally, you can decompress with music. Research has demonstrated that relaxing music helps reduce the stress hormone cortisol, which in turn promotes relaxation by lowering heart rate and respiration rate. But the power of music transcends feelings. In fact, it can enhance cognitive performance. When working on activities requiring working memory or spatial reasoning in particular, listening to music can improve memory, focus, and attention.

Our social lives are impacted by music as well. A sense of community is fostered by joining in drum circles, singing along at concerts, or just spending time with friends over beloved tunes.

Our emotions are strongly affected by music. We can utilize music to improve an experience or alter our mood. Various musical genres can elicit different sensations in us. The following are some of the most well-liked musical genres and how they make people feel:

Social connectivity

The network of connections we create with other people is referred to as social connectedness. It includes all of the different ways we communicate with those around us and exchange experiences. This can include engagement in online groups as well as strong friendships, familial ties, and professional relationships. Communication, common interests, and a sense of community are essential for social connectedness. It enables us to establish trust,

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provide and receive assistance, and have a sense of belonging to something greater than ourselves.

Our bodies, minds, and behaviours are all influenced by social connection, which in turn affects our life expectancy and general health. Studies indicate that having a social support system can result in increased longevity, better health, and overall well-being.

Humans are sociable beings by nature. Social ties are essential to our survival. Our health and well-being can be significantly impacted by the interactions we have with our family, friends, workplace, and neighbours.

People are more likely to make good decisions and experience better results for their mental and physical health when they are socially connected and have connections that are secure and supportive. Additionally, they are more resilient to adversity, stress, anxiety, and despair.

Community Health

Social connectivity has advantages beyond personal well-being. Communities that are socially connected can also develop resilience and trust.

A sense of community belonging and supportive relationships in workplaces, schools and other settings are linked to numerous beneficial outcomes thus promoting general health, safety and resilience. It may also inspire people to give back to their local communities, which might improve those bonds further.

Individual Health

In the US, social isolation and loneliness are now common issues that seriously endanger both our physical and emotional well-being. Social connection does more for a

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person's sense of purpose and belonging than just providing emotional support. Having a sense of community, whether it is from volunteer work, professional associations, or common interests gives us a feeling of worth and makes us feel like we're part of something bigger than ourselves. Studies have indicated that those with robust social networks typically have enhanced cognitive abilities and a lower likelihood of experiencing anxiety and sadness.

But the social networking landscape is evolving. There are new channels for engagement and communication thanks to technology. Despite its advantages, virtual connections can never entirely replace the closeness and depth of feeling that come from in-person communication.

Good social ties sustain us emotionally, give us a sense of direction, and even have an impact on our physical health. By placing a high value on deep relationships—both virtual and real—we make an investment in our general well-being. This network of support enables us to overcome obstacles, encourages the adoption of good habits, and serves as a constant reminder that we are not alone.

How Music Forges Social Connections.

People may connect through music, a universal language that is more potent than spoken words. It serves as a link, creating a sense of community, strengthening social ties, and even igniting social change. Through the use of emotions and common experiences, music creates a powerful story that unites people.

Shared tastes are one of the most effective ways that music promotes social interaction. Finding a shared appreciation for a certain genre or performer for the first time establishes rapport. Around this common interest, connections grow, conversations start, and communities take shape. Local gigs, music festivals, and concerts are all transformed into lively social

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settings where song and rhythm bring strangers together. Crowds that sing together, sway to the same beat, or headbang together have a strong sense of community and shared experience.

Both cultural and geographic barriers are transcended by music. A profound message or a captivating music in a song can connect with listeners worldwide and promote a sense of global citizenship. For instance, traditional folk music narrates tales that have been passed down through the ages, tying individuals to their history and promoting a feeling of community. Through music from their own countries, immigrants frequently find comfort and a sense of connection that fosters a sense of community even in physically far places.

Moreover, music has the ability to initiate societal revolutions. Songs of protest have long been used as a means of voicing disapproval and bringing people together behind a cause. These songs' inspiring lyrics and catchy melodies encourage and urge people to take action as a group. In addition, music has the ability to effectively remark on society, bringing significant concerns to people's attention and igniting debates that result in constructive change.

Music has a socially connectedness effect that goes beyond emotional resonance and shared experiences. Empathy and understanding can also be effectively fostered by music. We learn about other people's experiences and feelings by listening to music from other genres and cultures. This enlarged viewpoint can foster tolerance and understanding while dismantling societal obstacles.

But there are new factors to take into account in the digital age. Online platforms have the potential to bring together music enthusiasts worldwide, but they may also operate as echo chambers, limiting interactions to like-minded people. It's important to strike a balance between connecting through technology and seeking out other musical experiences and in-person contacts with other music enthusiasts.

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Emotion Regulation

Feelings, the vibrant strands entwined throughout the human journey, have the capacity to provide happiness as well as unrest. A key component of mental health is developing the ability to regulate one's emotions, or emotion landscape. It's about being aware of our emotions, knowing what makes them happen, and using techniques to control how strong they get and how they manifest themselves.

Being aware is the first step toward successful emotion regulation. We need to be able to recognize our feelings when they come up and accept them without passing judgment. We are able to comprehend the underlying reasons of our emotions because of our self-awareness. Did a nasty remark make you angry? Does anxiety arise before a deadline? Knowing these triggers gives us the ability to respond proactively as opposed to impulsively.

Many techniques for controlling our emotions can be used once we are aware of our triggers and feelings. Rephrasing a scenario to elicit a more positive or neutral emotional reaction is known as cognitive reappraisal. We might see a job setback as a teaching opportunity rather than as a personal failure. Deep breathing exercises and meditation are examples of relaxation strategies that can be quite effective. We can make room for a more measured emotional response by reducing the body's physiological reaction to stress.

Suppressing feelings completely is not the goal of emotion regulation. It's important to occasionally express feelings in a healthy way. Journaling, exercising, or having a conversation with a reliable friend can all be cathartic strategies to let go of emotional stress. But it's important to use our emotions productively and refrain from doing things that could endanger ourselves or other people.

Effective emotion management has several advantages. It improves mental health by lowering tension and anxiety. Research suggests that a strong correlation between psychological well-being, happiness, and academic satisfaction, with anxiety, stress, and

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depression having a detrimental effect on happiness has been found. The findings also suggest the importance of implementing health promotion and prevention curricula within music departments to address physical and psychological challenges among students and artists. (Demirbatir, 2015) As we develop our ability to express our needs and show empathy for the feelings of others, it promotes healthier relationships. Strong emotion control abilities can also improve decision-making by enabling us to remain calm and collected under pressure.

It takes time to build strong emotion control abilities. It necessitates introspection, practice, and a readiness to try out various approaches. The benefits are enormous, though. We may create a more harmonious and satisfying life by learning to conduct our inner symphony through emotional regulation.

How Music Regulates Emotions

Unexpectedly, music, a language that speaks to all parts of our hearts, has a strong emotional-regulation effect. The ability of music to both mirror and validate our emotions is one of the most powerful ways that it regulates emotions. Melancholy ballads, for example, can bring comfort during difficult times, while upbeat tempos and upbeat tunes can lift a bad mood.

A study by Cook et al. (2019) found that listening to pop, rap/hip-hop, soul/funk, and electronica/dance music was associated with a higher emotional arousal level. Furthermore, listening to soul/funk music was linked to increasing feelings of happiness and decreasing feelings of sadness.

Relaxation and stress reduction can be achieved by lowering heart rate and blood pressure while listening to soothing classical music. On the other hand, upbeat pop music can improve our attitude and boost our drive. Music is a useful tool for controlling anxiety, sadness, and other mental health issues because of its capacity to change emotional states. Research has

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indicated that music therapy can be very useful in controlling emotions, offering a non-pharmaceutical method for promoting emotional health.

The influence of music on the management of emotions is not limited to personal encounters. Engaging in mutual musical experiences can promote a feeling of unity and acceptance. Participating in a group music session or singing at a performance enables people to vent their feelings collectively and develop a sense of understanding.

It's crucial to recognize, nevertheless, that music can also arouse unpleasant feelings. Some musical genres have the potential to evoke negative memories or intensify pre-existing emotional states. As a result, choosing music carefully is essential for efficient emotional control. Ellickson (2013) found that sorrowful music has a powerful influence on arousing sentiments of nostalgia. Nevertheless, no meaningful associations were found between nostalgia-related activities and optimism or happiness scores.

Significantly, this study is the first to examine nostalgia in an Irish setting and shows how well-suited sad music is to eliciting nostalgic feelings, which are thought to improve psychological health.

Happiness

Philosophers and scientists have been fascinated by the idea of happiness for ages since it is both desirable and elusive. The psychology of happiness places a lot of emphasis on subjective well-being, which includes both life satisfaction and happy feelings. Although brief bursts of happiness are significant, long-term happiness is more about general contentment and a sense of meaning in life.

There is a genetic component to happiness; certain people are more likely than others to experience happiness. Happiness is, nevertheless, mostly at our control. Contentment is

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rooted in positive relationships. A strong social network offers a sense of support, joy, and belonging. Taking part in worthwhile endeavours, such as hobbies, community service, or goal-oriented job, cultivates a feeling of direction and achievement.

Happiness is also influenced by cognitive processes. Our emotional experiences are greatly influenced by the ideas and perceptions we have of the world. Happiness can be increased by cultivating an optimistic mind-set, practicing appreciation, and changing unfavourable experiences into positive ones. Additionally, tension can be decreased and our awareness of life's small pleasures can be increased via mindfulness exercises that centre on the present moment.

There are obstacles in the way of pursuing happiness. Unrealistic comparisons made on social media might make people feel inadequate and envious. The quest of material items is not always the path to ultimate fulfilment; therefore materialistic attitudes can also impede enjoyment.

Happiness psychology is not a one-size-fits-all field. What makes one person happy could not make another feel the same way. Finding oneself, examining what really matters, and recognizing the pursuits, connections, and mentalities that foster wellbeing are crucial.

Review of Literature

A study on "Music is Social: From Online Social Features to Online Social Connectedness" was conducted by Krastel et al. (2015). Though social networks are widely used, not much study has been done on integrating similar social interaction features into online consumer platforms. Promising prospects exist for incorporating social aspects into these platforms, according to current research, since more interaction can boost user engagement and willingness to pay for the platform. This study offers a framework for social features and associated interactions, taking into account the naturally social nature of music and consumers'

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desire to incorporate social aspects into their music consumption experience. It looks at how these traits relate to social interactions made online and determines which traits most enhance a feeling of belonging. The results show how important it is to separate social elements from other platform characteristics and shed light on how developers and academics should interpret these findings.

A behavioural and neuroimaging study of males and females was conducted by Carlson et al. (2015), on the topic of maladaptive and adaptive mood regulation through music. Music therapists frequently employ guided affect control as a treatment method for mood disorders, even though self-directed applications of music in affect regulation are still little understood. Rumination and other non-music management strategies are examples of music-listening behaviors that can be harmful to mental health. To investigate the connection between music listening habits and mental health, the study used functional magnetic resonance imaging (fMRI) and psychological testing. Findings from 123 participants indicated that using music as an outlet for negative emotions was associated with higher levels of neuroticism and anxiety, particularly in males.

METHODOLOGY

Aim

This study aims to investigate the relationship between music preference and three key aspects of adult life: social connectivity, emotion regulation, and happiness.

Objectives

- Study the effects of music choice on social connectivity, emotion regulation and happiness among adults.

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- Study the relationship of social connectivity with emotion regulation and happiness.
- Study the relationship between emotion regulation and happiness.

Hypothesis

- There will be a significance effect of music choice on social connectivity, emotion regulation and happiness among adults.
- Social connectivity will be significantly related to emotion regulation and happiness.
- Emotion regulation will be significantly related to happiness.

Variables

The independent variable is music preference. Meanwhile, the dependent variables are social connectivity, emotion regulation and happiness. The standard control variables are age, sex, race, and educational attainment level.

Sample Design

The sample consisted of 150 young adults (18-35 ages) from various sectors. The data was collected primarily using Google form using convenience sampling.

Inclusion Criteria

- Adults aged 18-35 years old
- Willing and able to provide informed consent
- Able to complete surveys and questionnaires

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Exclusion Criteria

- Hearing impairments that would interfere with the ability to listen to music
- Neurological conditions that may affect emotional processing
- Current participation in a psychological or pharmacological intervention study

Measures

- **Short Test of Music Preferences (STOMP):** Developed by Dr. P. Jason Rentfrow and S. D. Gosling (2003), the STOMP is a 14-item scale assessing preferences in music genres. 7-point Likert type response scale was used where 1 = not at all and 7 = very much.
- **Oxford Happiness Scale:** Developed by psychologists Michael Argyle and Peter Hills at Oxford University (2002), Oxford happiness scale consists of 29 items.
- **Cognitive Emotion Regulation Questionnaire**: It is developed by Garnefski and Kraaij (2006) and consists of 18 items.
- **Social Connectedness Scale**: Developed by Lee and Robbins (1998), the scale consists of 8 items measuring belongingness, on a 6-point Likert scale.

Procedure Statistical Design

This study employs a correlational design, as it investigates the relationships between variables (music preference, social connectivity, emotion regulation, happiness) without manipulating any of them.

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RESULT

Table 1

Descriptive statistics of all variables

	Mean	Std. Deviation	N
RC	18.62	4.488	150
IR	14.23	3.817	150
UC	20.02	4.275	150
ER	14.61	3.784	150
SC	68.39	6.839	150
SB	12.69	3.470	150
ACCEPT	14.78	3.456	150
RUMIN	14.15	3.110	150
POSREFO	13.33	3.193	150
REFOP	15.23	3.118	150
POSREAP	15.53	3.423	150
PP	14.37	3.581	150
CATAS	10.76	3.383	150
OB	11.76	2.982	150
HAPPINESS	3.973	.7300	150

Note: *RC: Reflective and complex; IR: Intense and Rebellious; UC: Upbeat and Conventional; ER: Energetic and Rhythmic; SC: Social Connectedness; SB: Self Blame, PP: Putting into perspective; CATAS Catastrophizing; OB: Other Blame*

Table 2

Correlation analysis

		RC	IR	UC	ER	SC	SB	ACCEPT	RUMIN	POSREFO	REFOP	POSREAP	PP	CATAS	OB	HAPPINESS
RC	Pearson Correlation	1														
IR	Pearson Correlation	.005	1													
UC	Pearson Correlation	.334**	.080	1												
ER	Pearson Correlation	.293**	.208*	.315**	1											
SC	Pearson Correlation	.121	.008	.056	.114	1										
SB	Pearson Correlation	.131	.097	.076	-.040	-.251**	1									

ACCEPT	Pearson Correlation	-.050	-.001	-.111	-.103	-.064	.306**	1								
RUMIN	Pearson Correlation	.126	.047	.088	-.035	.103	.401**	.450**	1							
POSREFO	Pearson Correlation	-.066	-.152	.113	.010	.303**	-.133	.227**	.326**	1						
REFOP	Pearson Correlation	.067	-.192*	.005	-.019	.170*	-.176*	.076	.174*	.319**	1					
POSREAP	Pearson Correlation	-.089	-.060	.104	.108	.167*	-.217**	.035	.079	.299**	.592**	1				
PP	Pearson Correlation	-.049	-.052	-.141	.024	.139	-.119	-.026	.212**	.302**	.226**	.377**	1			
CATAS	Pearson Correlation	.180*	.046	.056	.155	-.097	.231**	.032	.377**	.144	.005	.011	.172*	1		
OB	Pearson Correlation	.059	.156	-.141	-.128	-.065	.422**	.116	.060	-.117	-.128	-.070	-.077	.118	1	
HAPPINESS	Pearson Correlation	-.038	-.061	.182*	.203*	.176*	-.490**	-.184*	-.189*	.169*	.294**	.370**	.186*	-.035	-.192*	1

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

DISCUSSION

Rumination: Positive correlation (r=0.126), indicating that listening to "reflection and complex" music is associated with slightly higher levels of rumination. Positive correlation (r=0.047), indicating a weak positive relationship, but it's not statistically significant. Positive correlation (r=0.088), indicating a weak positive relationship, but it's not statistically significant. Negative correlation (r=-0.035), suggesting a weak negative relationship, but it's not statistically significant.

Positive Refocusing: Negative correlation (r=-0.066), indicating a weak negative relationship, but it's not statistically significant. Negative correlation (r=-0.105), suggesting a weak negative relationship between "intense and rebellious" music and positive refocusing, but it's not statistically significant. Positive correlation (r=0.113), indicating a weak positive relationship, but it's not statistically significant. Negative correlation (r=-0.025), suggesting a weak negative relationship, but it's not statistically significant.

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Refocusing on Planning: Positive correlation (r=0.067), suggesting a weak positive relationship, but it's not statistically significant. Negative correlation (r=-0.192), indicating a moderate negative relationship between "intense and rebellious" music and refocusing on planning, and it's statistically significant. Weak correlation (r=0.005), suggesting no significant relationship between "upbeat and conventional" music and refocusing on planning. Negative correlation (r=-0.019), suggesting a weak negative relationship, but it's not statistically significant.

Positive Reappraisal: Negative correlation (r=-0.089), indicating a weak negative relationship, but it's not statistically significant. Negative correlation (r=-0.060), suggesting a weak negative relationship, but it's not statistically significant. Positive correlation (r=0.104), indicating a weak positive relationship, but it's not statistically significant. Positive correlation (r=0.108), indicating a moderate positive relationship between "Energetic and rhythmic" music and positive reappraisal, and it's statistically significant.

Putting into Perspective: Negative correlation (r=-0.049), suggesting a weak negative relationship, but it's not statistically significant. Negative correlation (r=-0.244), indicating a strong negative relationship between "intense and rebellious" music and putting into perspective, and it's statistically significant. Negative correlation (r=-0.141), indicating a moderate negative relationship between "upbeat and conventional" music and putting into perspective, and it's statistically significant. Positive correlation (r=0.024), suggesting a weak positive relationship, but it's not statistically significant.

Catastrophizing: Positive correlation (r=0.180), indicating that listening to "reflection and complex" music is associated with slightly higher levels of catastrophizing. Positive correlation

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(r=0.046), suggesting a weak positive relationship, but it's not statistically significant. Positive correlation (r=0.056), suggesting a weak positive relationship, but it's not statistically significant. Positive correlation (r=0.155), indicating a moderate positive relationship between "Energetic and rhythmic" music and catastrophizing, and it's statistically significant.

Other Blame: Positive correlation (r=0.059), suggesting a weak positive relationship, but it's not statistically significant. Positive correlation (r=0.156), indicating a moderate positive relationship between "intense and rebellious" music and other blame, and it's statistically significant. Negative correlation (r=-0.141), indicating a moderate negative relationship between "upbeat and conventional" music and other blame, and it's statistically significant. Negative correlation (r=-0.128), indicating a moderate negative relationship between "Energetic and rhythmic" music and other blame, and it's statistically significant.

Correlation efficiency between the music categories and happiness

A very weak negative correlation (r=-0.038) between music that is reflective and complex and happiness. However, this value is close to zero, indicating that there is almost no linear relationship between these two variables. A very weak negative correlation (r=-0.061) between intense and rebellious music and happiness. Again, the correlation is quite small and not practically significant. The positive correlation coefficient (r=0.182) indicates a weak positive relationship between upbeat and conventional music and happiness. This suggests that individuals tend to associate higher levels of happiness with music that is upbeat and conforms to conventional norms. The correlation coefficient (r=0.203) suggests a slightly stronger positive relationship between music that is energetic and rhythmic and happiness. This indicates that there may be a modest tendency for people to feel happier when listening to music that is lively and rhythmically engaging.

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Correlation efficiency between social connected with emotion regulation and happiness

- Social connectedness is positively associated with happiness but negatively associated with self-blame.
- Positive emotion regulation strategies (e.g., positive refocusing, refocusing on planning, positive reappraisal) are linked with higher social connectedness.
- Negative emotion regulation strategies (e.g., self-blame, catastrophizing, attributing blame to others) are generally associated with lower social connectedness.

Correlation efficiency between emotion regulation with happiness

- Negative emotion regulation strategies such as self-blame, lack of acceptance, and rumination are associated with lower levels of happiness.
- Positive emotion regulation strategies including positive refocusing, refocusing on planning, positive reappraisal, and putting situations into perspective are linked with higher levels of happiness.

The positive correlation coefficient (r=0.121) suggests a weak positive relationship between music that is reflective and complex and social connectedness. This implies that individuals who prefer reflective and complex music might slightly tend to have higher levels of social connectedness, but the correlation is not very strong. The correlation coefficient (r=0.008) indicates an extremely weak positive relationship between intense and rebellious music and social connectedness. This value is very close to zero, suggesting that there is essentially no meaningful correlation between these variables. Similarly, the correlation coefficient (r=0.056) suggests a weak positive relationship between upbeat and conventional music and social connectedness. Again, this correlation is quite small and not very significant. The correlation

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coefficient (r=0.114) indicates a weak positive relationship between music that is energetic and rhythmic and social connectedness. This implies that individuals who enjoy energetic and rhythmic music might slightly tend to have higher levels of social connectedness, but the effect size is modest.

Positive correlation (r=0.131), indicating that listening to music categorized as "reflection and complex" is associated with slightly higher levels of self-blame. Positive correlation (r=0.097), indicating a weak positive relationship between "intense and rebellious" music and self-blame, but it's not statistically significant. Positive correlation (r=0.076), indicating a weak positive relationship between "upbeat and conventional" music and self-blame, but it's not statistically significant. Negative correlation (r=-0.040), suggesting a weak negative relationship between "Energetic and rhythmic" music and self-blame, but it's not statistically significant.

Negative correlation (r=-0.050), suggesting a weak negative relationship between "reflection and complex" music and acceptance, but it's not statistically significant. Weak correlation (r=-0.001), suggesting no significant relationship between "intense and rebellious" music and acceptance. Negative correlation (r=-0.111), suggesting a moderate negative relationship between "upbeat and conventional" music and acceptance, and it's statistically significant. Negative correlation (r=-0.103), indicating a moderate negative relationship between "Energetic and rhythmic" music and acceptance, and it's statistically significant.

Analysis and interpretation of the results leads to the following findings:

Social Connectivity

- **Reflective & Complex (RC)**: Shows a weak positive relationship with social connectedness (r=0.121), suggesting that individuals who prefer reflective and complex

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music might slightly tend to have higher levels of social connectedness. However, this correlation is not very strong.

- **Intense & Rebellious (IR)** and **Upbeat & Conventional (UC)**: Both exhibit very weak and statistically insignificant positive relationships with social connectedness (r=0.008 and r=0.056, respectively), indicating that there is essentially no meaningful correlation between these music types and social connectivity.

- **Energetic & Rhythmic (ER)**: Demonstrates a modest positive relationship with social connectedness (r=0.114), suggesting that individuals who enjoy energetic and rhythmic music might slightly tend to have higher levels of social connectedness. However, the effect size is modest.

Overall, the effects of music choice on social connectivity appear to be subtle and generally weak across different music categories.

Emotion Regulation

- Music categories show varying associations with different aspects of emotion regulation:

- **Self-Blame**: Reflective & complex and intense & rebellious music show positive associations with self-blame.

- **Acceptance**: Upbeat & conventional and energetic & rhythmic music are negatively correlated with acceptance, suggesting lower levels of acceptance among listeners of these music types.

- **Rumination**: Reflective & complex music is positively associated with rumination.

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- **Positive Reappraisal**: Energetic & rhythmic music shows a positive association with positive reappraisal.
- **Putting into Perspective**: Intense & rebellious and upbeat & conventional music exhibit negative associations with putting situations into perspective.

Happiness

- **Reflective & Complex (RC)** and **Intense & Rebellious (IR)**: Show very weak and practically insignificant negative correlations with happiness.
- **Upbeat & Conventional (UC)**: Demonstrates a weak positive relationship with happiness (r=0.182), suggesting that individuals tend to associate higher levels of happiness with this music category.
- **Energetic & Rhythmic (ER)**: Shows a slightly stronger positive relationship with happiness (r=0.203), indicating a modest tendency for people to feel happier when listening to energetic and rhythmic music.
- Social connectivity is positively significant to happiness and Positive emotion regulation strategies (e.g., positive refocusing, refocusing on planning, positive reappraisal) and negatively significant to Negative emotion regulation strategies (e.g., self-blame, catastrophizing, attributing blame to others).
- Emotion regulation is significantly related to happiness.

CONCLUSION

Happiness and social connectivity are positively correlated, indicating that those who are more socially connected also typically report being happier. Happiness is strongly correlated with

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emotional regulation as negative emotion regulation techniques, such as self-blame, catastrophizing, and assigning blame to others, are negatively correlated with happiness. Positive emotion regulation techniques include positive refocusing, refocusing on planning, and positive reappraisal. Though the impacts on pleasure, mood control, and social connectivity that certain music genres may have been often mild and small. In conclusion, the results demonstrate the intricate relationships that exist between social connectedness, emotion regulation, subjective well-being, and musical preferences. Regardless of personal musical choices, they contend that cultivating good emotion management techniques and social interactions may lead to increased happiness. Further research is warranted to explore these relationships in more depth and to elucidate potential mechanisms underlying the observed associations.

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