

# IMPACT OF MUSIC IN REDUCING STRESS

Dr. Arun Balakrishnan. M .B

Assistant Professor, Dept. of Commerce, Christ College, Thrissur, Kerala.

## ABSTRACT

*Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. Stress management is a process for controlling an individual's level of stress. Stress management may include practicing daily meditation, identifying relaxing activities (which may be different for every individual), or a combination of multiple techniques. Stress management is important because chronic stress can wreak havoc on your body's immune system and contribute to health problems such as tension headaches, migraine headaches, insomnia, weight gain, depression, anxiety, digestive problems, and even heart disease. Both acute and chronic stress impact memory and concentration, making effective stress management crucial for optimal day-to-day functioning. So there are quite a lot of stress management techniques and In this study the researcher has thrown some light on how people manage their stress and overcome it using music.*

## INTRODUCTION

An organization is made up of four resources, namely, men, material, money and machinery. Of these, the first one is living one, i.e., human and the other three are non-human. It is the human/people that make use of non-human resources. Hence, people are the most significant resources in an organization. It is man who makes all the differences in the organization. **L.f.Urwick** had remarked that “business house are made or broken in the long-run not by markets or capital, patents, or equipment's, but by men”. According to **Peter F. Drucker**, “man, of all the resources available to man, can grow and develop. Human resources is used to describe both the people who work for a company or organization and the department responsible for managing resources related to employees. The term *human resources* was first coined in the 1960s when the

value of labor relations began to garner attention and when notions such as motivation, organizational behavior, and selection assessments began to take shape.

Human Resource Management is the management of human resources. Commonly referred to as the HR Department, is designed to maximize employee performance in service of an employer's strategic objectives. HR is primarily concerned with the management of people within organizations, focusing on policies and on systems. HR departments are responsible for overseeing employee-benefits design, employee recruitment, training and development, performance appraisal, and rewarding (e.g., managing pay and benefit systems). HR also concerns itself with organizational change and industrial relations, that is, the balancing of organizational practices with requirements arising from collective bargaining and from governmental laws. HR is a product of the human relations movement of the early 20th century, when researchers began documenting ways of creating business value through the strategic management of the workforce. It was initially dominated by transactional work, such as payroll and benefits administration, but due to globalization, company consolidation, technological advances, and further research, HR as of 2015 focuses on strategic initiatives like mergers and acquisitions, talent management, succession planning, industrial and labor relations, and diversity and inclusion. Human resources focus on maximizing employee productivity. HR professionals manage the human capital of an organization and focus on implementing policies and processes. They can specialize on recruiting, training, employee-relations or benefits. Recruiting specialists find and hire top talent. Training and development professionals ensure that employees are trained and have continuous development. This is done through training programs, performance evaluations and reward programs. Employee relations deal with concerns of employees when policies are broken, such as in cases involving harassment or discrimination. Someone in benefits develops compensation structures, family-leave programs, discounts and other benefits that employees can get. On the other side of the field are Human Resources Generalists or business partners. These human-resources professionals could work in all areas or be labor-relations representatives working with unionized employees.

**Stress** can be defined as ‘any challenge to homeostasis’, or to the body’s internal sense of balance. It can manifest itself either as *eustress* or as *distress*. *Eustress*, literally translated as ‘good stress’, is a positive form of stress that motivates an individual to continue working. It is

when this stress is no longer tolerable and/or manageable that distress manifests. *Distress*, or 'bad stress', is the point at which the good stress becomes too much to bear or cope with. Some signals that this change has occurred are when tension begins to build, and there is no longer any fun in the challenge or there seems to be no relief or end in sight. This kind of stress is well-known, and may lead to poor decision-making. The general characteristics of a person in distress are: being over-aroused; tense or unable to relax; touchy, easily upset or irritable; easily startled or fidgety, and demonstrating intolerance of any interruption or delay. Excessive stress results in an increased prevalence of psychological problems like depression, anxiety, substance abuse and suicide ideation.

**Stress** is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action. This causes a number of reactions; from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion.

Stress Management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning. In this context, the term 'stress' refers only to a stress with significant negative consequences, or distress in the terminology advocated by Hans Selye, rather than what he calls eustress, a stress whose consequences are helpful or otherwise. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being. Despite stress often being thought of as a subjective experience, levels of stress are readily measurable, using various physiological tests, similar to those used in polygraphs. Many practical stress management techniques are available, some for use by health professionals and others, for self-help, which may help an individual reduce their levels of stress, provide positive feelings of control over one's life and promote general well-being.

Evaluating the effectiveness of various stress management techniques can be difficult, as limited research currently exists. Consequently, the amount and quality of evidence for the various techniques varies widely. Some are accepted as effective treatments for use in psychotherapy, while others with less evidence favoring them are considered alternative therapies. Many professional organizations exist to promote and provide training in conventional or alternative therapies. There are several models of stress management, each with distinctive explanations of mechanisms for controlling stress. Much more research is necessary to provide a better understanding of which mechanisms actually operate and are effective in practice.

Students face different types of stress in their day to day life. This project is about identifying their stress and finding solutions to reduce their stress

### **STATEMENT OF PROBLEM**

Stress is your body's way of responding to any kind of Demand. It is an inner feeling. A College student faces different kinds of stress like financial stress, poor eating habits, work load relationships, social stress etc. Music is an art, entertainment, pleasure and medicine for the body and soul. Playing music is one of the few activities that involve using the whole brain. There are different types of music people hear. Few use music to reduce stress. Hearing Melodious songs or tunes will give a soothing effect to our mind, body and soul. Here the researcher is interested to study the influence of music in reducing the stress among college students.

### **OBJECTIVES OF STUDY**

1. To identify the sources of stress among students.
2. To study whether music reduces the stress among college students.
3. To know which type of music or songs reduce the stress.

### **SCOPE OF STUDY**

Scope is the extent of the area or subject matter that something deals with or to which it is relevant. My study is confined to the students of Christ College, Irinjalakuda.

## RESEARCH METHODOLOGY

**DATA COLLECTION:** Data required for the study was obtained through primary and secondary sources.

- The study is based on **primary data**. Questionnaires are used to collect the data.
- **Secondary data** are collected with the help of internet, books. Journals, magazines and television reports.

## SAMPLING DESIGN

**Sample population:** Population is the group from which samples are selected. For the purpose of conducting this study the population is the students of 1st, 2nd and 3<sup>rd</sup> year classes of department of Commerce (aided stream).

**Sample size:** The study is conducted with the help of using 60 samples from various classes of department of commerce (aided stream).

**Sampling technique:** Disproportional stratified sampling is used to draw the samples.

## Hypotheses

1.  $H_1 =$  the population is not normal
2.  $H_1 =$  There is significant relationship between gender and stress.

## Review of Literature

1. Jinliang wang (2011) studied on the topic "*Impact of group music therapy on the depression mode of college students*". The results showed that after the group music therapy, for the experimental group, the depression scores have reduced significantly and the mental health scores have improved, while for the control group, no significant difference was obtained on the depression and mental health scores. This reaches the conclusion that group music therapy can effectively reduce depression and improve mental health.
2. Meltemvizelidogan (2012) studies on the topic "*Effect of music therapy on the level of anxiety in the patients undergoing coronary angiography*". It was concluded that the music listened to during the coronary angiography process had an impact on the intraoperative anxiety levels of the patients.
3. Takeharuseno (2013) studies on the topic "*Music modulates the strength of vection*". Results showed that vection was facilitated by two fast tempo types and one slow tempo type of music in

lieu of a no-music condition. They speculated that fast tempo, active music might induce higher arousal levels in participants compared with a no-music condition, and that higher arousal levels might induce strongervection.

4. Myriam V Thoma(2013) studies on the topic “*The effect of music on human stress response*”.Music listening has been suggested to beneficially impact health via stress-reducing effects. This study reaches the conclusion that music listening impacted the psychobiological stress system. Listening to music prior to a standardized stressor predominantly affected the autonomic nervous system (in terms of a faster recovery), and to a lesser degree the endocrine and psychological stress response. These findings may help better understanding the beneficial effects of music on the human body.
5. Linnemann A (2015)“*Studies the relation between music listening and stress*”, findings suggest that music listening can be considered a means of stress reduction in daily life, especially if it is listened to for the reason of relaxation. Furthermore, these results shed light on the physiological mechanisms underlying the stress-reducing effect of music, with music listening differentially affecting the physiological stress systems.
6. Bratdt J (2013)in his systematic review indicates that *listening to music may have a beneficial effect on anxiety in persons with CHD*, especially those with a myocardial infarction. Listening to music may have a beneficial effect on systolic blood pressure, heart rate, respiratory rate, quality of sleep and pain in persons with CHD.
7. Strahler J (2017)explores *Musiclistening is associated with stress-reducing effects*. The representative results provide evidence for a stress-reducing effect of music listening in daily life. Particularly, specific reasons for listening to music (especially relaxation), as well as the presence of others while doing so, and increase this stress-reducing effect. At the same time, music listening in daily life differentially affects the HPA axis and ANS functioning.
8. Nater U M (2016)Given that *music listening often occurs in a social context*, Solitary music listening was stress-reducing when relaxation was stated as the reason for music listening. Thus, in daily life, music listening can be used for stress reduction purposes, with the greatest success when it occurs in the presence of others or when it is deliberately listened to for the reason of relaxation.
9. Scholz U (2012) in his write up “*listening to music psychological and psychological functioning: the mediating role of emotion regulation and stress reactivity*” explains that Music listening has

been suggested to have short-term beneficial effects. The aim of this study was to investigate the association and potential mediating mechanisms between various aspects of habitual music-listening behaviour and physiological and psychological functioning.

10. Dileo C (2009) in his paper "*Music for stress and anxiety reduction in coronary heart disease patients*" It reaches the conclusion that Music listening may have a beneficial effect on blood pressure, heart rate, respiratory rate, anxiety, and pain in persons with CHD. Most studies examined the effects of listening to pre-recorded music. More research is needed on the effects of music offered by a trained music therapist.
11. Celestine ChukwemekaMbaegbu (2005) studies on the topic "*The effective power of music in Africa*" The study is primarily motivated by the fact that music plays an indispensable role in the being of Africans at work, in politics, in their socio-economic engagements, in religious worship, integral development, in their moral life, etc. Africans are music lovers and that music features as an indispensable handmaid of any meaningful behavior and sustainability of the being of any African person whether young or old.
12. Alrjandro De La Torre Luque (2015) on his study "*acute stress recovery through listening to melomics relaxing music: a randomized control trial*" To analyze the effects of listening to relaxing music on the cardiovascular recovery and subjective feelings of anxiety after undergoing an acute-stress episode, a double-blind randomized controlled trial was conducted in healthy adults. Regarding the effect of listening to music, participants who listened to relaxing music during the recovery stage showed higher levels of sample entropy than controls, highlighting a large effect size on this difference. Relaxing music promotes more adaptive emotional regulation after coping with an acutely stressful event.
13. Emily Apierceall&Merybelle C Keim (2007) studies on the topic "*stress and coping strategies among community students in college*". Women students were more stressed than men; there were no statistically significant differences between traditional and nontraditional students. The most often used activities to cope with stress included talking to family and friends, leisure activities, and exercising. Less desirable coping strategies were drinking alcohol, smoking, and using illegal drugs. Suggestions for community college personnel to use in assisting students cope with stress are discussed.
14. Gregory M Broekemier& Kay A Hodge (2007) studies on the topic "*stressors for college bound high school students based on sex of respondents*". Specific stressors are identified and

significant sex differences are discussed. Higher education marketers, guidance counselors, and even parents should find these results useful in reducing perceived risk by communicating relevant information about key stressors to deciding students.

15. Barbara M Morgan (2017) in his dissertation "*stress management for college students: an experimental multimodal approach*", Experiential approaches included yoga, mindfulness hiking, and equine-assisted stress management activities.
16. Varvara Pasioli (2013) studies "*music therapy and attachment relationships the lifespan*". In music therapy, a growing body of clinical work focusing on attachment is emerging. Because participation in music therapy can promote positive and meaningful interactions over time, it creates a context for developing healthy relationships.

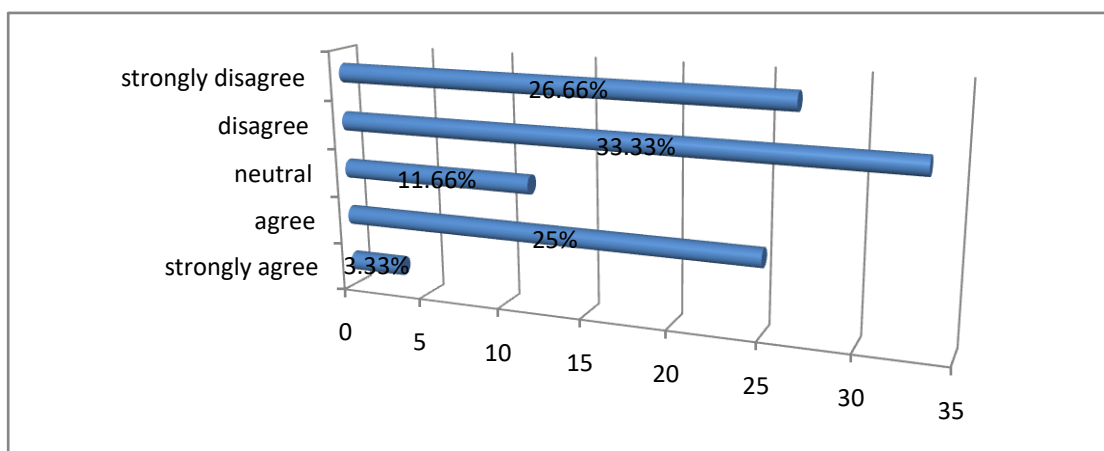
### Data Analysis and Interpretations

Sl.No	STATEMENTS	SDA	DA	NA	A	SA
1	I am interested in hearing music	49	7	1	2	1
2	I agree that I reduce my stress by hearing music	24	26	3	7	0
3	The impact of music lasts for a long time	11	35	6	8	0
4	I prefer the music according to my mood	32	24	2	2	0
5	I get relieved when I sing along with the song	11	32	9	5	3
6	I use to sing when I am in bathroom	20	25	7	5	3
7	Listening to music is definitely something that I would recommend to others to reduce their stress	12	29	14	4	1
8	Music helps to relax body and mind	19	33	4	4	0
9	Classical music is really uplifting and empowering	9	19	25	3	4
10	Listening to my favourite tune will reduce my stress in short term	19	25	7	5	0
11	.As a teen I listen to lot of rock and blasting songs	8	19	10	20	3
12	The lyric has a great impact on me more than anything	11	23	12	10	4
13	I am suffering from stress	4	12	19	15	10
14	My stress is because of late night studies	7	7	17	9	19
15	My stress is because of anxiety of exam results	11	8	18	11	12
16	I am facing financial stress	8	7	21	14	10

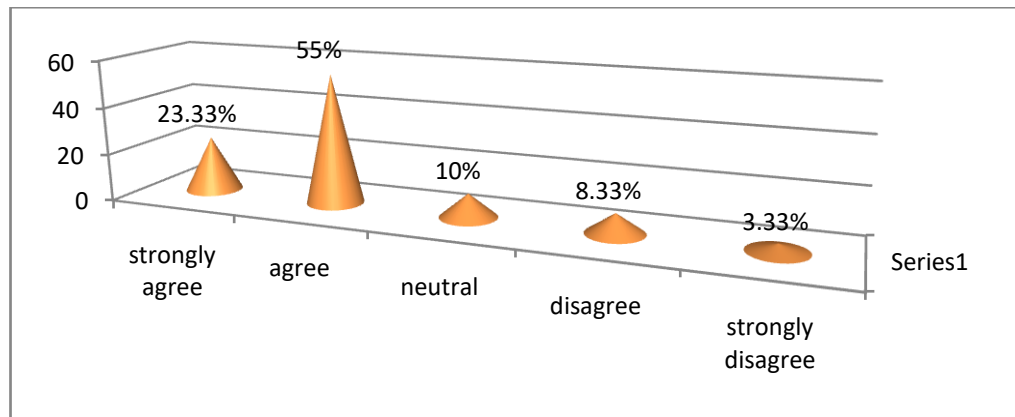


17	Peer performance pressure is an important cause of my stress	5	11	23	11	10
18	Increased responsibility is an important cause of my stress	7	11	15	17	10
19	Academic performance is an important cause of my stress	7	18	13	14	8
20	Thoughts about my future is an important cause of my stress	8	23	11	9	9
21	Hearing music impact the psychobiological stress system.	9	18	26	5	2
22	Music can have a profound effect on both emotion and body.	11	31	14	2	2
23	Faster music can make me feel more alert and concentrate better.	5	13	22	14	6
24	Upbeat music can make me more optimistic and positive about life.	7	28	17	4	4
25	Music is effective for relaxation and stress management.	14	33	6	5	2
26	Sometimes faster music can make me feel uncomfortable.	8	22	17	9	4
27	Headset is an unavoidable thing in hearing music.	10	15	18	8	9
28	When I'm stressed I put on my headphone and just ignore the world.	9	19	21	5	6
29	My one and only stress reliever is music.	2	15	7	20	16
30	With the right music I either forget everything or remember everything.	9	25	11	9	5

**Stress reliever - music**



**Music is effective for relaxation and stress management.**



**Reliability Analysis:**

Cronbach's alpha	Internal consistency
$0.9 \leq \alpha$	Excellent
$0.8 \leq \alpha < 0.9$	Good
$0.7 \leq \alpha < 0.8$	Acceptable
$0.6 \leq \alpha < 0.7$	Questionable
$0.5 \leq \alpha < 0.6$	Poor
$\alpha < 0.5$	Unacceptable

**Reliability Statistics**

Cronbach's Alpha	N of Items
.820	10

Source: SPSS output

In the above output we see that alpha is above 0.8 and hence the scales taken as 'good' for studying the concept.

### Mann Whitney U Test

H0: There is no significant relationship between gender and stress.

H1: There is significant relationship between gender and stress.

#### Gender and stress level

	Q3	Q4	Q10
Mann-Whitney U	246.000	228.000	173.000
Wilcoxon W	366.000	348.000	293.000
Z	-1.672	-2.070	-2.901
Asymp. Sig. (2-tailed)	.095	.038	.004

Here the variables are below 0.05, so reject null hypothesis. This implies that there is significant relationship between gender and stress.

### One Sample Kolmogorov-Smirnov Normality Test

For the above test hypothesis is set as follows:-

Hypothesis 1

- H0= the population is normal
- H1= the population is not normal

**Kolmogorov-smirnov normality table**

		Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
N		6	6	6	6	6	6	6	6	6	6
Normal Parameters <sup>a,b</sup>	Mean	4.1	3.7	3.7	4.1	4.0	3.4	3.7	2.9	3.4	2.4
	Std. Deviation	.91	1.01	.89	.81	.88	.94	.91	1.08	1.03	1.22
Most Extreme Differences	Absolute	.28	.31	.26	.30	.28	.21	.27	.20	.27	.21
	Positive	.17	.20	.20	.23	.20	.21	.20	.19	.19	.21
	Negative	-.28	-.31	-.26	-.30	-.28	-.20	-.27	-.20	-.27	-.16
Kolmogorov-Smirnov Z		2.20	2.40	2.06	2.33	2.19	1.66	2.12	1.56	2.12	1.62
Asymp. Sig. (2-tailed)		.00	.00	.00	.00	.00	.00	.00	.01	.00	.01

Here all the values are below 0.05 thus reject  $H_0$ . There is no significant relationship between the variables. So no parametric tests can be used.

## Findings

- Music is an integral part in student's life. Majority of the students are interested in hearing music.
- Students agree that they can reduce their level of stress by hearing music.
- Students agree that they would recommend hearing music to others to reduce stress level.
- Hearing music is very helpful in relaxing body and mind and is also affects the psychobiological system.
- From the study we find that the stress among the college students is less compared to other people. The factors affecting stress among students are their academic performance and thought about future.
- Students agree that music helps them to concentrate better.
- Majority of students agree that music is effective for relaxation and stress management.
- When we hear a music, its impact lasts for a long time.
- Students highly prefer music according to their mood.
- Singing along with the song is helpful in reducing stress. Students agree that they get relieved when they sing along with the song.
- Singing in bathroom is common thing which seen among students.
- As classical music is not much interesting and preferred by many, it does not make any upliftment in the mind of students.
- Listening to the favourite tune reduces the stress level.
- Students disagrees that they listen to a lot of rock and blasting songs.
- The lyric of the song has a great impact in the minds of the students.
- Students have a neutral opinion that they have stress or not.
- Late night studies are not at all the cause of a student's stress.
- Anxiety of exam results can be a cause of stress depends upon the mentality of students.
- Students do not face any financial stress.
- Peer performance does not have any impact on stress.
- Increased responsibility is not a cause of stress among students.
- Students are stressed about their academic performance.

- Students are highly creative and have lot of expectations in their future. Thus, it is cause of stress among students.
- Hearing music have a profound impact on emotion and body.
- Upbeat & slow music helps the students to be alert and concentrate better.
- Faster music can make students feel uncomfortable.
- Headset is an unavoidable thing in hearing music. But it is avoidable depends upon the situations.
- Students say that it is better to ignore the world & unwanted things when there is stress.
- With the right music students can forget or remember something that had happened in their life before.
- Students say that music is not only the stress reliever that they use. They also prefer yoga, medicationetc

### Suggestions

- The importance of music should be inculcated educational institution and the importance of music should be taught to them.
- Students should be taught about the values and motives of music.
- The music club should be strengthened.

### Conclusions

Music is an important part of people's way of life, as it play a key role in religious rituals, ceremonies and every other functions. People may make music as a hobby. Music is treated as an important stress management tool. Hearing music has both advantages and disadvantages. Hearing music makes one's body and mind relaxed. But sometimes hearing a wrong music in a wrong mood leads to increase the level of stress. Thus, hearing the right music is very important. From my research I found that the students are more interested in hearing music and they all equally agree that music helps in reducing stress among them.

The stress level of students are very less, as they are facing studying academic pressure and thoughts about future are only the factors that affect their stress. They are not facing any kind of financial or peer performance stress as they are students. The government should implement an hour for music in every educational institution so that the students can be free and concentrate better on their studies. It also reduces their stress level.

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