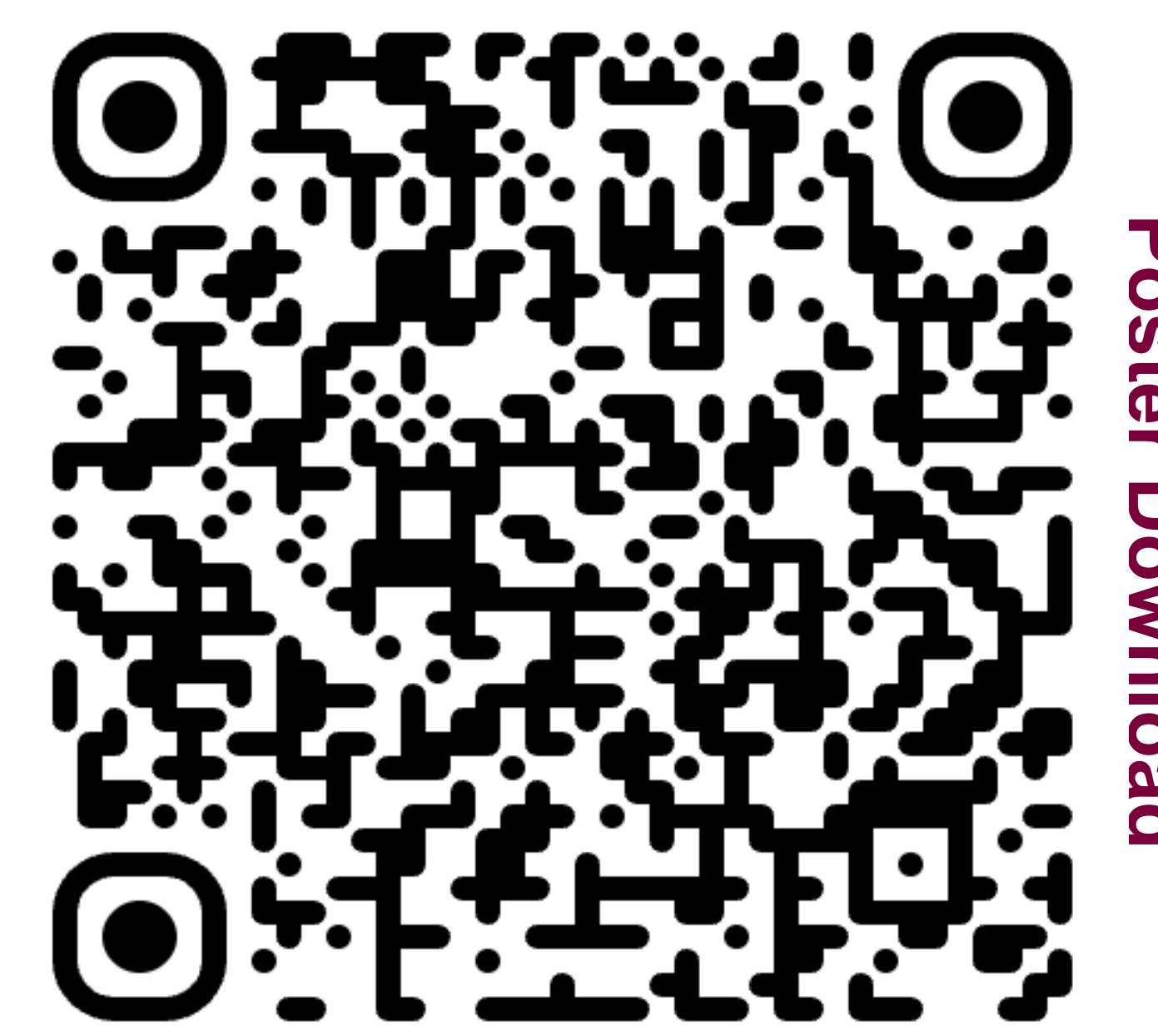


The connection between maladaptive music listening and adolescence: Foundational or questionable?

Kyra Bonus, Maya Flannery, & Dr. Lauren Fink

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON, Canada



Poster Download

Background

Music is important to emotional and cognitive development.

Recent research has begun to focus on the concept of maladaptive/unhealthy music listening, particularly during sensitive developmental periods.

HOWEVER, there is inconsistency in definitions and measures of maladaptive music listening and its relationship to personality and developmental framing.

Objectives

Determine:

1. a valid **definition** of maladaptive music listening.
2. the most frequently employed **measures** of maladaptive music listening.
3. the robustness of currently proposed **associations** between maladaptive music listening and Big Five personality traits.

Overarching goal:
synthesize existing literature and create useful guidelines for future research.

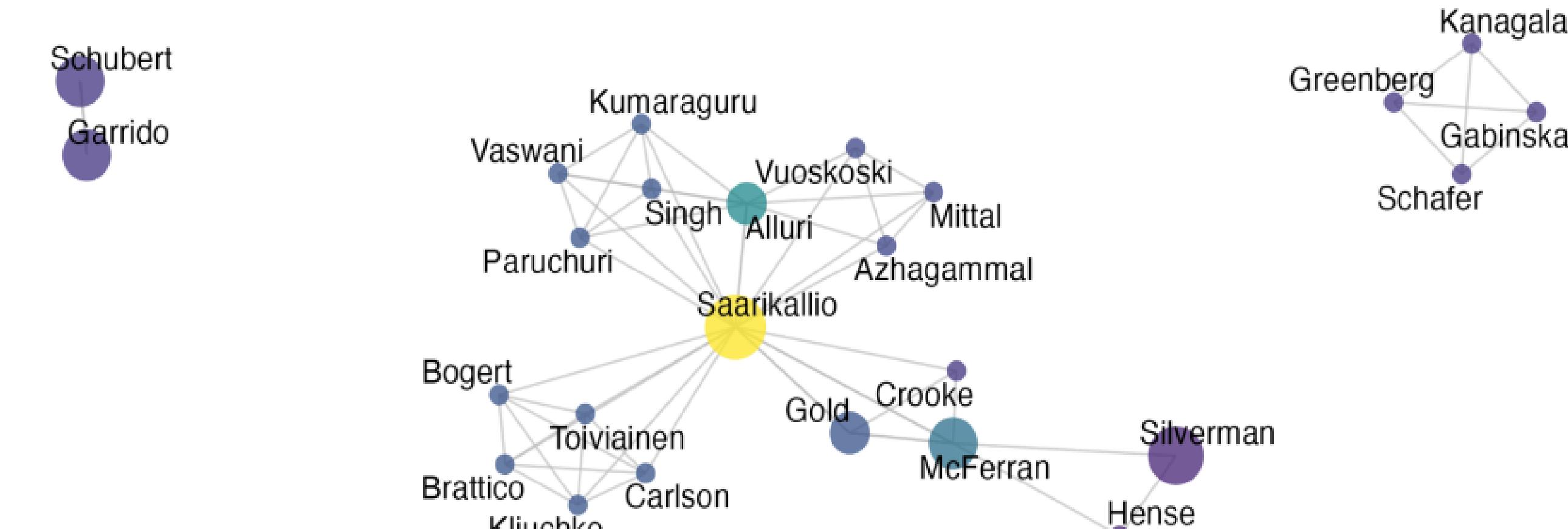
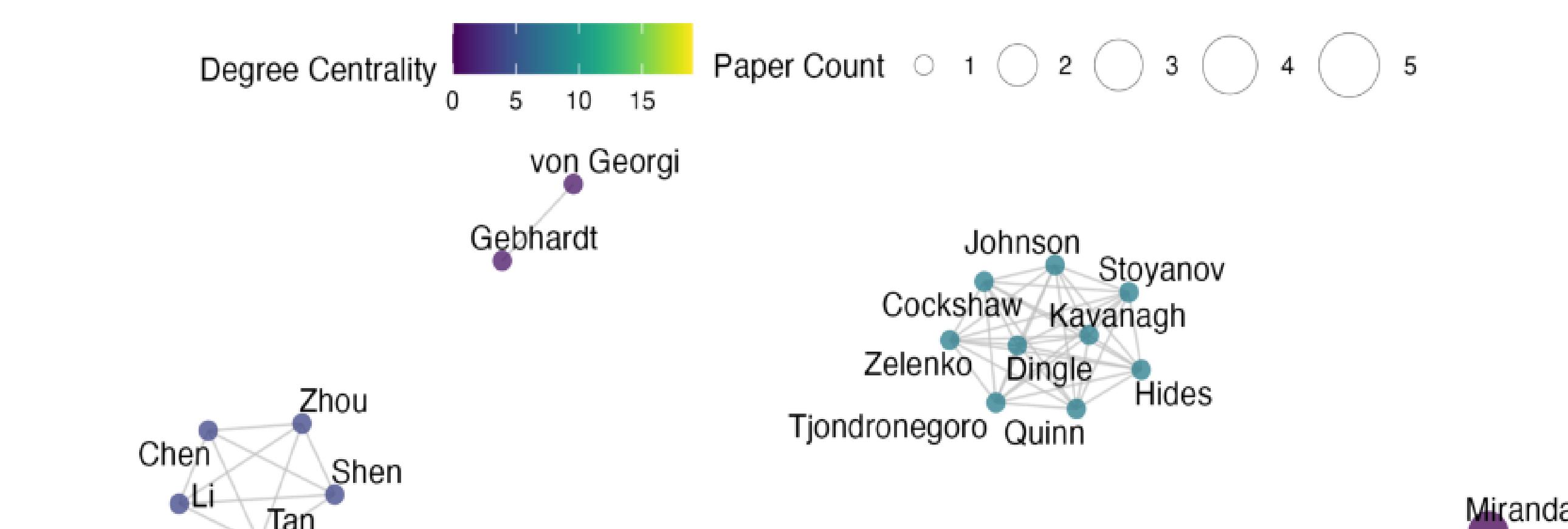
Methods

Guided by PRISMA (Page et al., 2021).

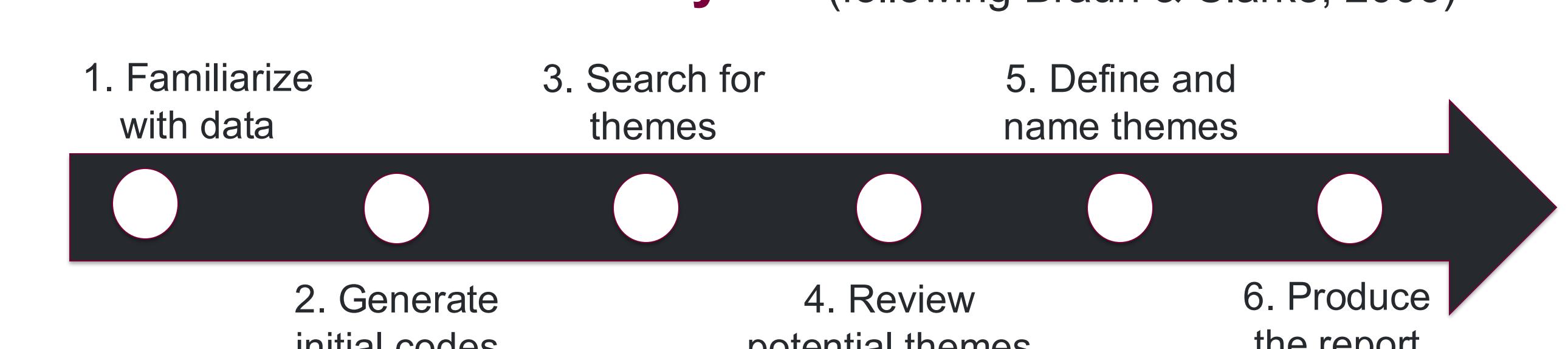
Inclusion criteria

- Peer-reviewed original research, published after 2000, in English
- A definition and measure of maladaptive music listening (**thematic analyses; 18 studies**)
- And an effect size measure of big five personality trait(s) (**meta-analysis; 4 studies; 2,225 participants**)

Co-authorship network of included papers



Phases of thematic analyses

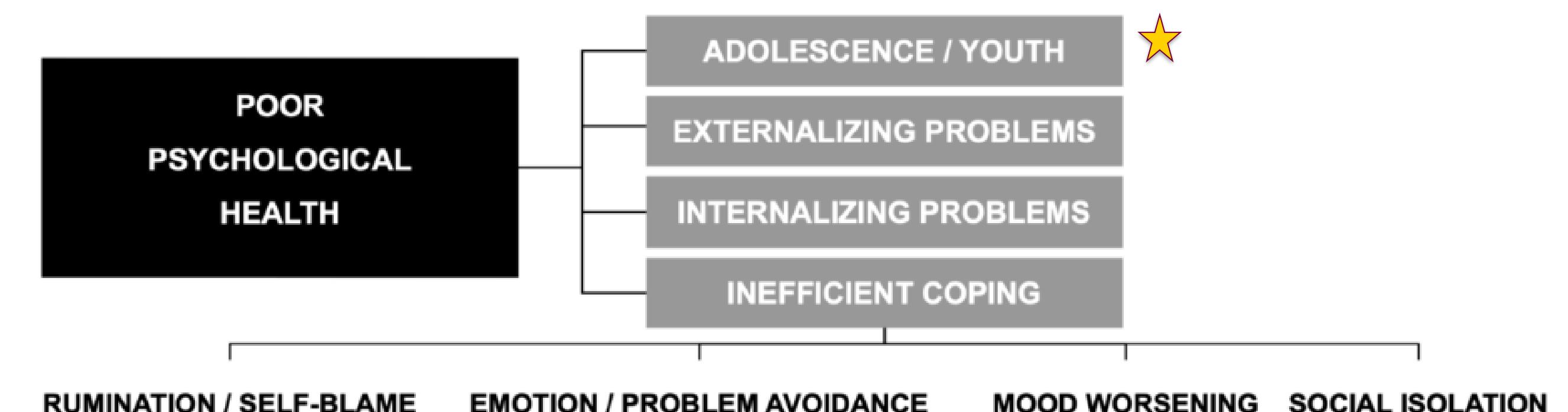


Meta-analysis: Big Five personality traits and MML

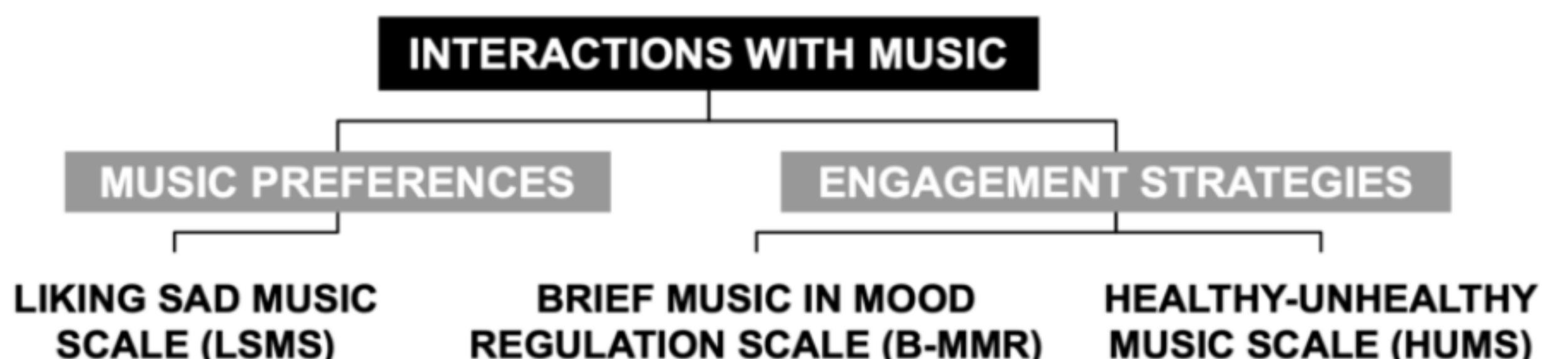
- Only analyze neuroticism, since few results for other traits.
- Convert r values to Fisher's Z.
- Random-effects meta-analysis model (MML effect size ~ neuroticism + random effect for study) and Fisher's Z for effect measurement.

Results

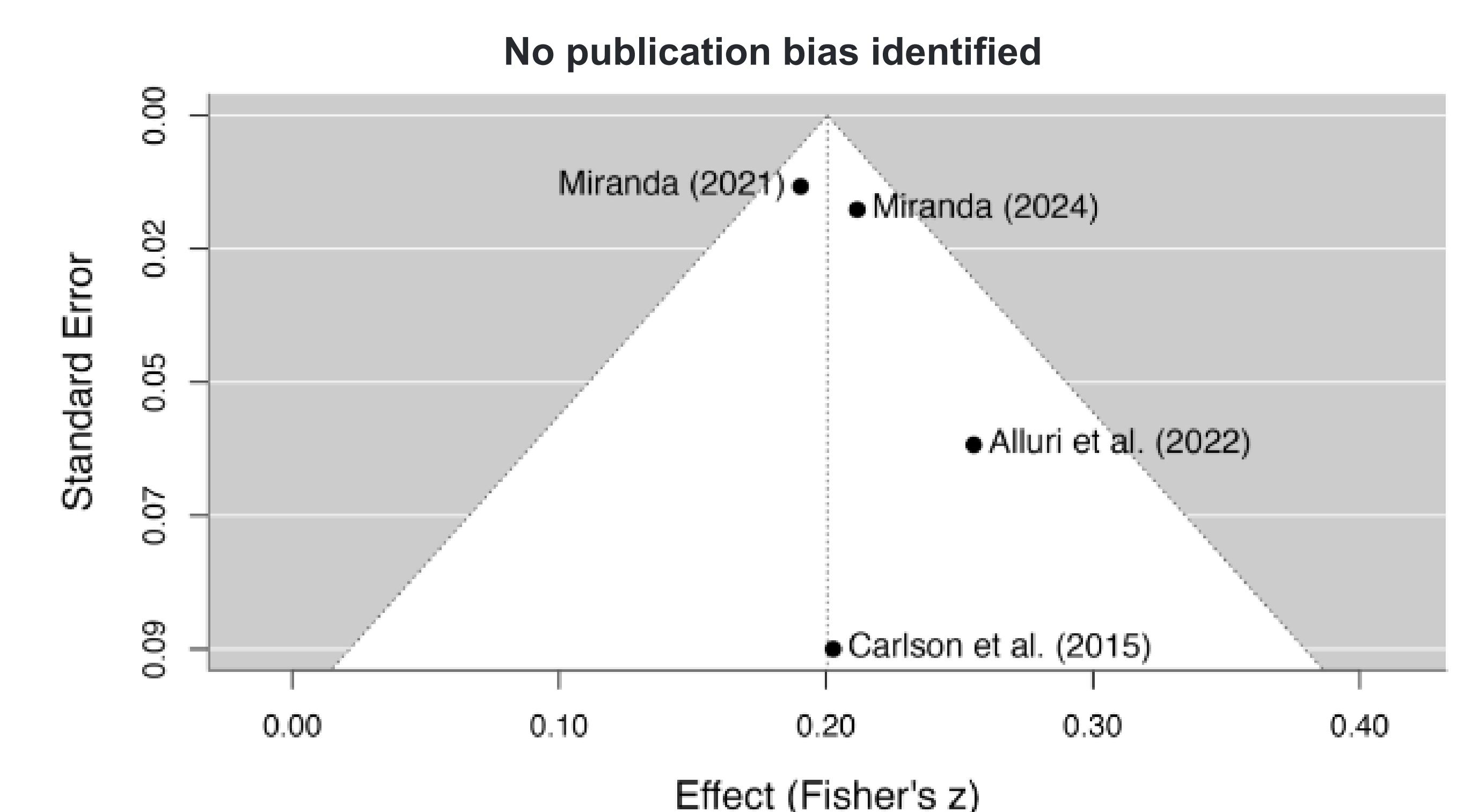
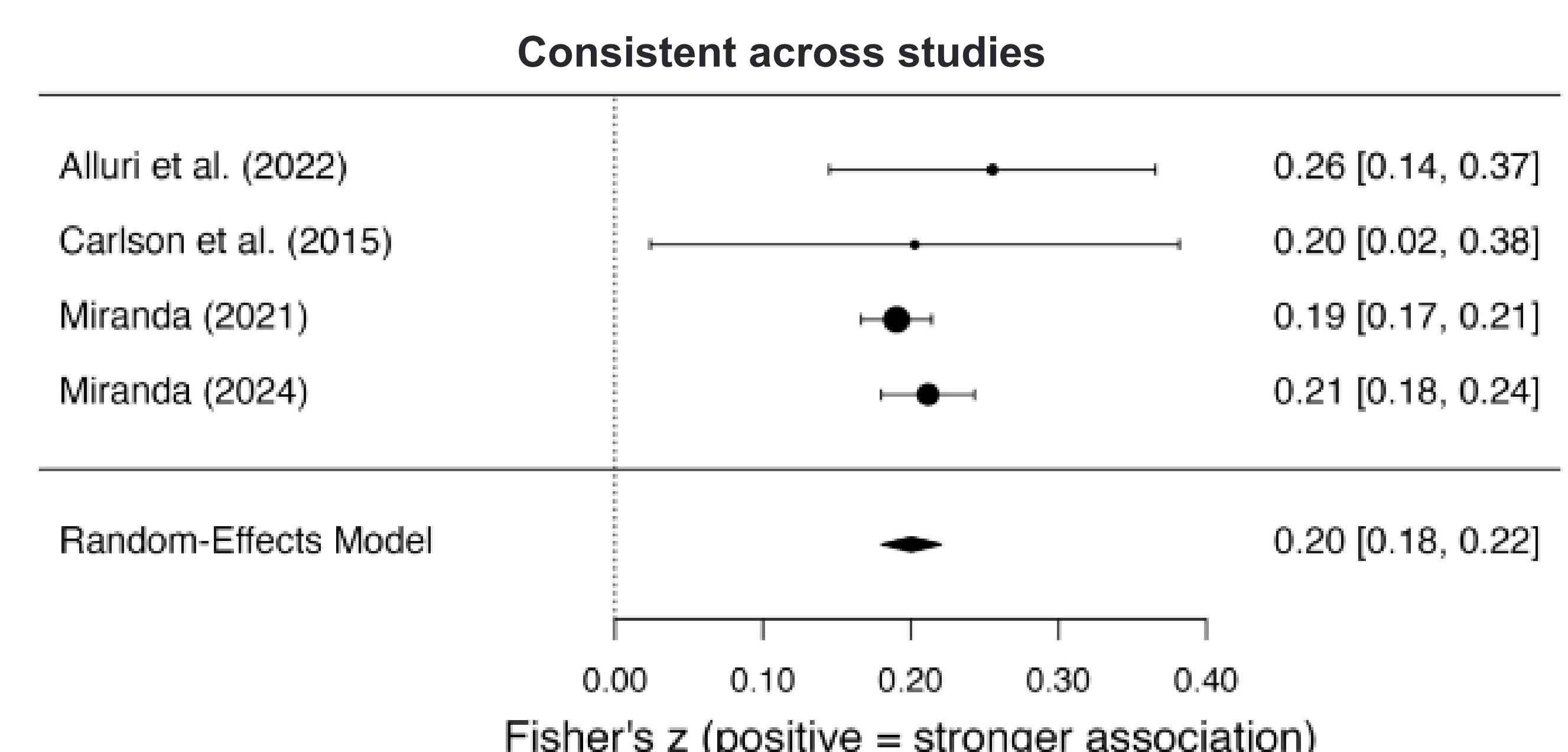
1. Definitions of MML involve poor psychological health and adolescence



2. Measures of MML target interactions with music through preferences and engagement



3. Positive relationship between neuroticism and MML



Conclusions

1. A valid definition of maladaptive music listening should reference poor psychological health and its subthemes.
2. MML is most frequently measured using three scales, two of which were developed by Saarikallio et al. (2012; 2015).
3. The relationship between MML and adolescence is questionable (scale validation/construction, authorship network, access).
4. There is a consistent positive correlation between neuroticism and maladaptive music listening.

Future directions

Investigate:

- if adolescence is a risk factor for MML (or explained by HUMS development or ease of population access).
- MML in adults.
- directionality between themes.
- relationship between MML and other personality traits
- relationships between the various MML measurement scales.

References

- Braun & Clarke (2006). *Qual Res in Psych*.
Garrido & Schubert (2013). *Musicae Scientiae*.
Page et al. (2021). *BMJ*.
Saarikallio (2012). *Music Perception*.
Saarikallio et al. (2015). *Child & Adolescent Mental Health*.



Kyra Bonus
BEATLab, McMaster University
Dept. of Psychology, Neuroscience & Behaviour
Email: bonusk@mcmaster.ca

BRIGHTER WORLD