

Second International Conference

# Psychology and Music – Interdisciplinary Encounters

October 26–29, 2022 | Belgrade



**Psychology & Music**  
Interdisciplinary Encounters

**BELGRADE 2022**

# Abstract Booklet

Editors:

Blanka Bogunović and Sanela Nikolić



Faculty of Music, University of Arts in Belgrade  
Institute of Psychology, Faculty of Philosophy, University of Belgrade  
Psychology of Music Section, Serbian Psychological Society  
Regional Network Psychology and Music

Second International Conference  
Psychology and Music – Interdisciplinary Encounters  
PAM-IE Belgrade 2022

Main Conference Program, October 26–29, 2022  
Parallel Conference Program, October 27, 2022

*Main Organizer*

Faculty of Music, University of Arts in Belgrade

*Co-organizers*

Institute of Psychology, Faculty of Philosophy, University of Belgrade  
Psychology of Music Section, Serbian Psychological Society  
Regional Network Psychology and Music (RNPAM)

Abstract Booklet of the Second International Conference  
Psychology and Music – Interdisciplinary Encounters, Belgrade, 2022

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*Publisher*

Faculty of Music, University of Arts in Belgrade, Kralja Milana 50, Belgrade

*For publisher*

Dean of the Faculty of Music, Ljiljana Nestorovska

*Editor-in-Chief of the Faculty of Music Publications*

Gordana Karan

*Cover design*

Stefan Ignjatović

*Technical Editor and Pre-Press*

Dušan Ćasić

ISBN 978-86-81340-51-6

This publication is supported by the Ministry of Education, Science and Technological  
Development of the Republic of Serbia, No. 451-03-36/2022-14/21

## Reconsidering the role of music in mood regulation and its relation to age and gender differences in Serbian adolescents

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### Background

Adolescents spend a lot of time listening to music. Music has various functions in their development, and one of the most important is the regulation of emotions (McFerran et al., 2012; Miranda, 2019; Saarikallio & Erkkilä, 2007). A theoretical model that describes mood regulation thru seven regulatory strategies (Diversion, Revival, Mental work, Discharge, Solace, Strong sensation and Entertainment) was developed by Saarikallio and associates (2008). Adolescents who spend more time listening to music and consider it important use these strategies more often than those who appreciate music less (Saarikallio, 2008). It has also been shown that girls use these strategies more frequently than boys, as well as older adolescents than younger. These differences are not found in adulthood, which implies that regulation increases during adolescence and stabilizes at its end (Saarikallio, 2008).

### Aims

The main goal was to examine the factor structure of the Brief Music in Mood Regulation scale (B-MMR; Saarikallio, 2012) in Serbian adolescents and to relate obtained factors to music appreciation and time spent on music listening. Also, we investigated gender and age differences since it hasn't been done in our milieu yet.

### Method

The convenient sample consisted of 445 primary and secondary school students aged from 12 to 18 years. The online survey included demographic data, questions about the importance and frequency of listening to music, and, finally, B-MMR (Saarikallio, 2012) – a shorter version of a scale measuring the seven strategies for mood regulation by music.

### Results

Factor analysis (PAF, Promax rotation) is conducted on B-MMR items regarding music function in mood regulation. Firstly, PAF extracted 3 factors explaining 63.5% of variance ( $KMO = .944$ ,  $\chi^2(120) = 3822$ ,  $p < .001$ ): Regulation of emotions (composed of five out of seven originally conceptualized strategies), Strong sensation of music and Entertainment. Since the correlation between the first two factors was high (above .70), a number of factors was fixed on two. Strong sensation factor merged with the Regulation of emotions – explaining 48.8% of variance, and Entertainment, as the second factor, explains 8.4% of the variance. T-tests showed that adolescents who spend more time listening to music and consider it more important use music to regulate their mood more often than their peers who don't appreciate music that much. It is shown that girls use Regulation of emotions ( $t(214) = 5.264$ ,  $p = .000$ ,  $d = 0.568$ ) and Entertainment

( $t(167) = 4.918, p = .000, d = 0.564$ ) more often than boys. Also, older adolescents use both strategies more frequently than younger ( $t(154) = -2.192, p = .030, d = 0.336; t(129) = -2.173, p = .032, d = 0.337$ ).

## Conclusions

The results confirm age and sex differences from the previous studies and the relation between music appreciation and its usage in mood regulation (Saarikallio, 2008). However, the factor structure of B-MMR is different, which questions the original model conceptualization. Namely, the Entertainment dimension seems to be qualitatively different from the others. The implications of the findings are further discussed, and suggestions for future research will be given.

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**Keywords:** adolescence, mood regulation, music.

CIP – Каталогизација у публикацији  
Народна библиотека Србије, Београд

78:159.9(048)  
792:159.9(048)

INTERNATIONAL conference Psychology and Music – Interdisciplinary Encounters (2 ; 2022 ; Beograd)

Abstract booklet / Second International Conference Psychology and Music – Interdisciplinary Encounters (PAM-IE Belgrade 2022), [October 26–29, 2022, Belgrade] ; editors Blanka Bogunović and Sanela Nikolić. – Belgrade : University of Arts, Faculty of Music, 2022 (Beograd : Ton plus). – 233 str. : ilustr. ; 24 cm

Tiraž 30. – Str. 7–8:Editors' Note / Blanka Bogunović, Sanela Nikolić. – Bibliografija uz pojedine apstrakte. – Sadrži biobibliografske beleške o autorima.

ISBN 978-86-81340-51-6

а) Психологија музике – Апстракти б) Извођачке уметности – Психолошки аспект – Апстракти

COBISS.SR-ID 77469705