

# The Role of Music in Acculturation processes: Music from home and positive adaptation

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# Overview

- Background of Music and Emotion
- Current Study: Music of Home and Emotions
- Method
- Results
- Summary and Discussion

# Background:

## Music, Emotion & Culture

- **Music and Emotion** (Major fast vs. Minor slow)  
Beginning with Pythagoras Zentner et al. (2008)
- **Music and Culture** (Experience tunes & emotions)  
Laukka, Erola, Thingujam, Yamasaki, and Beller (2013)
- **Immigration and Acculturation Research**
  - interest in the role of music to help with adjustment

# Method

- 261 Participants gathered through word of mouth and introductory psychology classes
- Asked to Complete **Music and Cultural Identity Questionnaire**
  - list 5 home songs & 5 Recent songs
  - Rate one of each song on 30 emotion terms ratings: 1 (Not at all) to 5 (Completely)

# Results

- Participants organized into one of 8 regions:  
Can, USA, Latin America, West Europe,  
East Europe, China (Asia), India/Mid-East/Africa
- Ages 13 -59 (mean=21.97)
- Average time in Canada 16.69 years
- 163 Women & 94 Men

# Top Home Songs

- **Canada:** 14-“Home” (4-Ed Sharpe, LCD, Kid Ink, Michael Buble, Chantal Kreviazuk); “Coming Home”; “Take me home”; Back Home, Sweet Home Alabama; 4-“Christmas”; 4-“Pink Floyd” 3-“Bob Marley”; 3-“Eagles” 3-“Classical”; The Northwest Passage; 2-“O Canada”; 2“Hello”
- **West Europe:** “Jerusalem”; “Galway Girl”; “Sweet Love”
- **East Europe:** “ne zabivai svikorli”; “eto vse”; “four seasons”; “Stop and Stare”, “Red Wood”; “Menswear”
- **China (Asia):** 4-“Home”; “Let me go Home”; 2-“National Song of China; “Hong Kong Place”; “Heikei Juugo no Kimi e”; “Nada sou sou”; “Talking to the Moon”; Mozart Sonata K 448; Closer.

# Top Home Songs

- **USA:**

“Hotel California” ; “It is you”; “I’m a Believer”;  
“If You’re Gone”; “Rocky Mountain High”

- **Latin America:**

“darle la vuelta al mundo”; “Mexico lindo y quendo”; “One Love”; “Beautiful Soul”; “Umbrella”

- **India/ME/Africa:**

“Faghti miyao”; “Home (Phillips)”; “Coming Home”; “Bohemiam Rhapsody”; “Feelings are weapons”; “Unwritten”; “You and I”;

# Home Song Emotions

Which emotions do we see reported *most* & *least* often?

Most	Nostalgic	Happy	Joyful	Passionate	Longing	Touched
Mean	3.89	3.61	3.55	3.35	3.32	3.25
Least	Anxious	Agitated	Upset	Despair	Depressed	Sensual
Mean	1.28	1.39	1.47	1.45	1.52	2.15

\*Most and least reported emotions looking at total mean scores



# Home Song Emotions

## Canadian vs International

What differences do we see in emotional experience across Canadians vs individuals from other cultures?

Emotion Terms Sig.	Nostalgic	Spiritual	Sensual	Touched	Agitated	Anxious	Upset	Sad
	.004	.003	.001	.002	.000	.008	.001	.014
Cndn Mean	4.11	2.30	1.96	3.10	1.19	1.19	1.32	2.04
Intl Mean	3.67	2.83	2.50	3.67	1.66	1.43	1.67	2.43

# Current Song Emotions

## Canadian vs International

What differences do we see in emotional experience across Canadians vs individuals from other cultures?

Emotion Terms Sig.		Shivers .010	Spiritual .026	Agitated .000	Anxious .003	Despair .018
Cndn Mean	N=133	3.26	2.11	1.25	1.28	1.36
Intl Mean	N=82	2.79	2.51	1.85	1.71	1.62

# Home Song Emotions by 8 Regions

Region	Happy	Passionate	Shivers/ Thrilled	Spiritual	Touched	Agitated	Upset
Canada	3.75 (165)	3.43 (164)	2.90 (163)	2.30 (164)	3.10 (163)	1.20 (164)	1.32 (164)
West Europe	3.80 (10)	4.30 (10)	4.10 (10)	3.20 (10)	3.90 (10)	1.20 (10)	1.40 (10)
East Europe	3.67 (12)	3.92 (12)	3.25 (12)	3.00 (12)	4.33 (12)	2.17 (12)	1.42 (12)
Latin Am/ USA	4.20 (5) 4.67 (6)	3.40 (5) 3.50 (6)	3.60 (5) 2.67 (6)	1.60 (5) 2.80 (6)	2.60 (5) 3.50 (6)	1.40 (5) 1.17 (6)	1.20 (5) 1.33 (6)
India -Mid- East	3.44 (9)	4.11 (9)	2.78 (9)	2.00 (9)	4.00 (9)	1.22 (9)	1.89 (9)
Asia	3.09 (46)	2.79 (47)	2.00 (45)	3.00 (46)	3.60 (47)	1.82 (44)	1.87 (47)
Africa	5.00 (2)	3.00 (2)	4.50 (2)	1.50 (2)	1.00 (2)	1.00 (2)	1.00 (2)
Mean / F / <i>alpha</i>	3.66 / 2.973 / .005	3.39 / 3.122 / .004	2.82 / 4.573 / .000	2.48 / 2.797 / .008	3.30 / 3.404 / .002	1.35 / 5.956 / .000	1.44 / 2.958 / .005

\*Most significant emotions when examined by region

# Home Song Emotions

Regions compiled into 6 groups

Region	Nostalgic	Touched	Happy	Joyful	Passionate	Shivers/ Thrilled
Canada	4.11 (164)	3.10 (163)	3.75 (165)	3.62 (165)	3.43 (164)	2.90(163)
West Europe	4.20 (10)	3.90 (10)	3.80 (10)	4.10 (10)	4.30 (10)	4.10 (10)
East Europe	3.83 (12)	4.33 (12)	3.67 (12)	3.75 (12)	3.92 (12)	3.25 (12)
Americas	4.18 (11)	3.09 (11)	4.45 (11)	4.09 (11)	3.45 (11)	3.09 (11)
Mid-East/India/ Africa	3.80 (10)	3.45 (11)	3.73 (10)	3.82 (11)	3.91 (11)	3.09 (11)
Asia	3.40 (45)	3.60 (47)	3.09 (46)	2.94 (47)	2.79 (47)	2.00 (45)
<b>Mean / F / alpha</b>	3.96 / 3.098 / .010	3.30 / 2.868 / .015	3.66 / 3.472 / .005	3.55 / 3.498 / .004	3.39 / 4.120 / .001	2.82 / 5.569 / .000

\*ALL significant emotions when examined according to Region

# Home Song Emotions

Regions compiled into 6 groups cont'd

Region	Proud	Spiritual	Sensual	Melancholic	Agitated	Anxious	Upset
Canada	2.54 (164)	2.30 (164)	1.97 (163)	2.278(163)	1.20 (164)	1.19 (164)	1.32 (164)
West Europe	3.30 (10)	3.20 (10)	2.40 (10)	3.20 (10)	1.20 (10)	1.20 (10)	1.40 (10)
East Europe	3.75 (12)	3.00 (12)	3.00 (12)	3.17 (12)	2.17 (12)	1.83 (12)	1.42 (12)
Americas	3.00 (11)	2.20 (11)	2.09 (11)	2.09 (11)	1.27 (11)	1.18 (11)	1.27 (11)
Mid-East/India/Africa	2.91 (11)	1.91 (11)	2.45 (11)	2.00 (11)	1.18 (11)	1.18 (11)	1.73 (11)
Asia	2.49 (47)	3.00 (46)	2.43 (46)	2.39 (46)	1.82 (44)	1.47 (47)	1.87 (47)
<b>Mean / F / alpha</b>	2.65 / 2.786 / .018	2.48 / 3.454 / .005	2.15 / 2.521 / .030	2.36 / 2.405 / .037	1.35 / 8.306 / .000	1.27 / 3.052 / .011	1.44 / 3.740 / .003

\*ALL significant emotions when examined according to Region

# Gender and Emotion

Do we see a marked difference in emotional experience across gender?

Gender	Sad	Sense of Longing	Nostalgic	Spiritual	Enthused	Agitated
<b>Males</b>	1.93 (91)	3.00 (91)	3.71 (89)	<b>2.80</b> (91)	<b>2.99</b> (90)	<b>1.49</b> (90)
<b>Females</b>	<b>2.31</b> (161)	<b>3.44</b> (161)	<b>4.10</b> (162)	2.30 (161)	2.60 (163)	1.27 (161)
<b>Mean / F / alpha</b>	2.17 / 5.628 / .018	3.28 / 7.329 / .007	3.96 / 7.100 / .008	2.48 / 8.068 / .005	2.74 / 5.495 / .020	1.35 / 4.441 / .036

## Part II: Stress & Musical Emotions

- 123 of these participants also completed the **BPSHI-r**  
(Stress measure designed for international students)
- **Provides several scores:**  
Total Stress, Biological Stress, Psychological stress, Social Stress, Current Stress & Positive Adjustment.
- Compared Stress and Emotion ratings for Home songs

# Home Music Emotion & Stress\*

	Happy	Joyful	Electrified	Agitated	Shivers	Sad	Upset	Anxious	Melancholic
Belong	.154 .091	<b>.178</b> <b>.050</b>	<b>.193</b> <b>.033</b>	<b>-.195</b> <b>.032</b>	<b>.226</b> <b>.013</b>	-.147 .109	-.139 .125	-.105 .250	<b>-.300</b> <b>.000</b>
PsyStr	<b>-.255</b> <b>.004</b>	<b>-.183</b> <b>.043</b>	<b>-.215</b> <b>.017</b>	<b>.250</b> <b>.006</b>	<b>-.266</b> <b>.003</b>	<b>.313</b> <b>.000</b>	<b>.320</b> <b>.000</b>	<b>.254</b> <b>.005</b>	<b>.369</b> <b>.000</b>
SocStr*	-.139 .129	-.101 .269	-.075 .416	<b>.270</b> <b>.003</b>	<b>-.207</b> <b>.024</b>	<b>.255</b> <b>.005</b>	<b>.222</b> <b>.015</b>	<b>.228</b> <b>.012</b>	<b>.220</b> <b>.016</b>
TotStr*	<b>-.207</b> <b>.023</b>	-.161 .077	-.140 .125	<b>.295</b> <b>.001</b>	<b>-.221</b> <b>.016</b>	<b>.299</b> <b>.001</b>	<b>.269</b> <b>.003</b>	<b>.267</b> <b>.003</b>	<b>.254</b> <b>.005</b>
Current	-.167 .067	-.153 .094	-.137 .134	-.115 .212	-.169 .067	.086 .352	.111 .224	<b>.212</b> <b>.019</b>	.137 .135
PosAdj	.118 .194	.045 .619	.111 .223	-.041 .653	.019 .840	.005 .954	-.035 .705	-.019 .833	<b>-.185</b> <b>.041</b>
N=123	* Sig	Difs	For	Canadi an	(74)	vs	Intrn'tnl	(48)	



# Discussion & Summary

- A great diversity of music gives us a sense of home
- In general songs of “Home” make us feel **nostalgic, happy, joyful** and **passionate** and not despair, anxious, upset or agitated.
- Some cultural differences observed in **Nostalgia, Pride, Spiritual & Shivers/Thrilled** as well as **Upset, Agitated, Anxious & Melancholic**.
- Some gender differences were also found with Males more **energized**, Females more **longing** and **nostalgic**.
- Those rating home music more negatively also appear to experience more **psychological and social stress**.

# Future Directions

- Continue to enlarge sample making it a **more global assessment** of emotions of music of home.
- **Play musical selections** from “Home” and measure physiological and subjective emotional reactions.
- **Use music in therapeutic fashion** for helping to deal with acculturation and stress.



**Thank-you!**

# References

- Laukka, P., Eerola, T., Thingujam, N.S., Yamaski, T. & Beller, G. (2013) Universal and Culture-Specific Factors in the Recognition and performance of Musical Affect Expressions. *Emotion*, 13 (3), 434-449.
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