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## **THE IMPACT OF MUSIC ON THE PSYCHOLOGICAL WELL-BEING OF MODERN YOUTH IN CONDITIONS OF UNCERTAINTY**

Стаття висвітлює роль музики як багатовимірного ресурсу у сприянні психологічному благополуччю, емоційній регуляції та розвитку стійкості серед сучасної молоді в умовах невизначеності. Метою роботи є визначення теоретичних основ і практичних механізмів впливу музики на задоволення базових психологічних потреб автономії, компетентності та зв'язку з іншими в соціумі, а також її потенціалу в зниженні стресу, формуванні адаптивних стратегій та сприянні самореалізації.

Теоретична база статті охоплює концепцію "евдемонічного благополуччя" та теорію самодетермінації (Self-Determination Theory, Ryan & Deci, 2017)[1], які підкреслюють ключову роль автономії, компетентності та соціальних зв'язків у забезпеченні психологічного благополуччя. Методологія дослідження базується на аналізі сучасних теоретичних та емпіричних досліджень у галузях психології, нейробиології та соціальних наук, з акцентом на систематизацію даних щодо впливу музики на психологічну стійкість і адаптацію молоді до умов невизначеності.

Наукова новизна роботи полягає в інтеграції нейробиологічних, соціальних та когнітивних аспектів впливу музики для створення цілісного розуміння її адаптивного потенціалу в умовах невизначеності. Аналіз базується на роботах Chanda та Levitin (2013) [2], які висвітлюють нейробиологічні механізми впливу музики, зокрема стимуляцію виділення дофаміну, що підвищує мотивацію та оптимізм, зниження рівня кортизолу, активацію окситоцину, що сприяє соціальній взаємодії, та ендогенних опіоїдів, які зменшують тривожність і емоційний дискомфорт. Ці нейрохімічні процеси пояснюють здатність музики регулювати емоційні стани та сприяти фізіологічному відновленню.

Стаття також розглядає роль музики у формуванні самоусвідомлення, життєвих цінностей, цілей та особистої ідентичності. *DeNora, T (2000)* [3] відзначає здатність музики сприяти рефлексії та адаптації до життєвих викликів, тоді як *Schäfer et al. (2013)* [4] акцентують увагу на її ролі як джерела натхнення й креативності. Крім цього, аналізується використання музики для зниження рівня стресу та поліпшення адаптації до нових умов через спільну діяльність і створення стабільного соціального контексту (*Granot et al., 2021*) [6].

Згідно з *Carleton (2016)*[5], невизначеність є потужним когнітивним та емоційним викликом для молоді. У цьому контексті музика виявляється ефективним засобом для зниження тривожності, покращення когнітивної гнучкості та формування стратегії адаптації до умов, які змінюються. Вона також забезпечує соціальну підтримку через спільні заняття музикою, що сприяє відчуттю приналежності та емоційного комфорту.

Таким чином, музика виступає універсальним інструментом, який сприяє зниженню стресу, розвитку стійкості, адаптації до умов невизначеності та забезпеченню самореалізації молоді. Результати дослідження підкреслюють потенціал музики як ресурсу для формування психологічної стійкості, інтеграції в соціальне середовище та особистісного зростання в умовах сучасного світу.

**Ключові слова:** музика, психологічне благополуччя, невизначеність, теорія самодетермінації, молодь, емоційна регуляція.

The article examines the role of music as a multidimensional resource in promoting psychological well-being, emotional regulation, and resistance among modern youth in conditions of uncertainty. The study aims to define the theoretical foundations and practical mechanisms of music's influence on satisfying the basic psychological needs of autonomy, competence, and relatedness, as well as its potential for stress reduction, the development of adaptive strategies, and support for self-realization.

The theoretical framework of the article encompasses the concept of "eudaimonic well-being" and *Self-Determination Theory* (Ryan & Deci, 2017)[1], which emphasize the central role of autonomy, competence, and social connections in achieving psychological well-being. The research methodology is based on an analysis of contemporary theoretical and empirical studies in psychology, neuroscience, and social sciences, with a focus on systematizing data on music's impact on psychological resistance and youth adaptation to uncertainty. The scientific novelty of the work lies in the integration of neurobiological, social, and cognitive aspects of music's influence, providing a holistic understanding of its adaptive potential under conditions of uncertainty.

The analysis is based on studies by *Chanda and Levitin (2013)*[2] which highlight the neurobiological mechanisms of music's influence, including the stimulation of dopamine release that enhances motivation and optimism, cortisol reduction, oxytocin activation fostering social interaction, and endogenous opioids reducing anxiety and emotional discomfort. These neurochemical processes explain music's ability to regulate emotional states and promote physiological recovery.

The study also addresses the role of music in shaping self-awareness, life values, goals, and personal identity. *DeNora (2000)* [3] emphasizes music's capacity to foster reflection and adaptation to life challenges, while *Schäfer et al. (2013)* [4] highlight its role as a source of inspiration and creativity. Additionally, the use of music to reduce stress and improve adaptation to new conditions through collective activities and the creation of a stable social context is analyzed (*Granot et al., 2021*) [6].

According to *Carleton (2016)* [5], uncertainty represents a significant cognitive and emotional challenge for youth. In this context, music proves to be an effective tool for reducing anxiety, enhancing cognitive flexibility, and developing strategies for adapting to changing conditions. It also provides social support through collective music-making, fostering a sense of belonging and emotional comfort. Thus, music serves as a universal tool that promotes stress reduction, resistance development, adaptation to uncertain conditions, and support for the self-realization of youth. The findings highlight the potential of music as a resource for building psychological resistance, integrating into social environments, and fostering personal growth in the modern world.

**Keywords:** music, psychological well-being, uncertainty, self-determination theory, youth, emotional regulation.

**Formulation of the problem .** Modern conditions of uncertainty, characterized by instability and high levels of stress factors, pose significant challenges to the psychological well-being of youth, who are at the stage of identity formation, socialization, and professional integration. Under such circumstances, identifying resources capable of supporting adaptability, resistance, and facilitating self-actualization becomes particularly important.

Music, as a multidimensional tool, demonstrates significant potential in maintaining emotional stability, reducing anxiety, and strengthening social connections, which are critically important during periods of uncertainty. Theoretical and empirical studies indicate that music contributes to the satisfaction of basic psychological needs for autonomy, competence, and relatedness, which are the foundation of psychological well-being according to the *self-determination theory* (Ryan & Deci, 2017)[1]. Additionally, music serves cognitive and emotional regulatory functions, fostering resilience and adaptation to complex life circumstances.

The significance of music is particularly evident in its ability to create conditions for self-awareness, reflection, and the formation of life goals, which is especially relevant in the context of instability. Research by *Chanda and Levitin (2013)*[2] demonstrates that music positively affects neurobiological processes, helping to reduce stress levels and enhance motivation. *Granot et al. (2021)* [6] highlight that music can foster a sense of stability and control, which are critical for youth in the context of professional integration and personal development.

The relevance of this study is determined by the need for a systematic analysis of the impact of music on the psychological well-being, emotional regulation, and resilience of youth in conditions of uncertainty. A deeper understanding of these mechanisms enables the identification of effective adaptation strategies aimed at improving the mental health and personal potential of young people in today's world.

**The aim** of the study is to explore the impact of music as a resource for the psychological well-being of modern youth in conditions of uncertainty, characterized by external challenges and the need for internal tools for emotional regulation, self-actualization, and the development of personal potential.

**Analysis of recent research and publications.** Music is increasingly being considered not only as a form of art but also as a powerful tool for psychological support, helping to regulate emotions, reduce

stress levels, and promote adaptation to the fast-paced and unstable world (Granot et al., 2021; [6]. Linnemann et al., 2015 [11]) Its universality lies in its ability to simultaneously influence cognitive, emotional, and social aspects of life, which is particularly important under conditions of heightened uncertainty in the modern world.

Through its multidimensional impacts, music contributes to modulating stress responses in the body, ensuring emotional stability, and fostering the development of personal potential. In this context, music is analyzed as a resource capable of enhancing motivation, supporting self-actualization processes, and shaping life goals (Chanda & Levitin, 2013[2]; Weth et al., 2020[7]). For instance, Weth et al. (2020)[7] emphasize that music activates neurochemical systems that help reduce anxiety levels and foster a positive emotional state. Its social role is also examined, focusing on strengthening interpersonal connections, reducing feelings of social isolation, and facilitating integration into social communities (Fancourt & Finn, 2019 [20]; Livesey et al., 2022 [19]).

Researchers pay particular attention to music's ability to mitigate the negative impact of stressors and enhance personal resilience in conditions of uncertainty, which have become an integral part of contemporary life. For example, during the COVID-19 pandemic, music demonstrated its effectiveness in reducing anxiety and maintaining psychological comfort, both through individual listening and participation in online musical activities (Granot et al., 2021; Fink et al., 2021) [6]. Moreover, music promotes deep self-awareness, allowing individuals to reassess their values, find sources of inspiration, and develop a positive attitude toward change (DeNora, 2000; Schäfer et al., 2013) [3]. According to Saarikallio (2019)[17], music also plays a significant role in emotional regulation, helping individuals refine their stress management skills.

Thus, modern research confirms the importance of music as a multidimensional tool for ensuring psychological well-being, emotional regulation, and social support. Its impact encompasses both individual and collective aspects of life, making it a universal resource for overcoming challenges, particularly under conditions of uncertainty and stress in the modern world.

**Outline of the main material.** *The impact of music on the psychological well-being of modern youth* encompasses a combination of emotional, cognitive, social, and neurobiological effects that music exerts on the mental state of young people. These effects contribute to reducing stress levels, regulating emotions, shaping life goals and values, and improving social interactions and adaptability in the dynamic modern world. Research by Chanda and Levitin (2013)[2] indicates that music stimulates the release of dopamine, which induces feelings of satisfaction and motivation; reduces cortisol levels associated with stress responses; activates oxytocin, which enhances social bonding; and triggers endogenous opioids, which alleviate emotional discomfort.

Beyond its neurobiological effects, music plays an important role in personal development. As DeNora (2000) [3] notes, music facilitates self-awareness, helping individuals reflect on life goals and priorities. Schäfer et al. (2013) [4] emphasize that music inspires youth to pursue ambitious goals through associations with success and achievement. In the context of modern uncertainty, music also strengthens the sense of social support and belonging, which are critically important for psychological well-being (Dingle et al., 2015) [18].

Thus, music serves as a universal resource that promotes emotional stability, reduces stress levels, and supports the development of personality and social identity, especially within the context of unstable social and economic environments.

*The conceptualization of well-being* is presented through the model of "eudaimonic well-being," which emphasizes achieving life meaning, self-actualization, and the development of an individual's internal potential.

Within this model, well-being is not seen as a state of satisfaction or the absence of stress, but rather as a process of profound self-discovery and striving for harmonious growth. The foundation of the eudaimonic approach lies in the idea that psychological well-being is achieved through awareness of life's meaning, alignment of values and actions, and the realization of personal potential, even under challenging or uncertain conditions.

One of the critical elements of eudaimonic well-being is the ability to self-actualize, which involves expressing one's abilities, talents, and life goals. This approach emphasizes the development of competence, autonomy, and relatedness, which represent fundamental psychological needs (Ryan & Deci, 2017)[1]. Psychological well-being is not only a result of adapting to the environment but also a key indicator of personal growth and successful integration into the social context.

The origins of this concept can be traced to the philosophical ideas of antiquity, particularly in the works of Aristotle, who defined eudaimonia as the highest state of human happiness achieved through the cultivation of internal virtues and the pursuit of harmonious self-expression. Thus, the model of eudaimonic well-being combines the philosophical understanding of happiness as the pursuit of inner excellence with contemporary empirical research on the fundamental needs of the individual.

*Uncertainty* is defined as a cognitive and emotional state arising from a lack of or ambiguous information necessary for decision-making or predicting future events. According to *Carleton (2016)* [5], intolerance of uncertainty (IU) is a critical individual trait that determines a person's ability to adapt to ambiguous conditions. IU includes a cognitive component that reflects a desire for clear and predictable information and an emotional component characterized by intense stress in uncertain situations. Youth with high levels of IU are more likely to experience anxiety, depressive states, and emotional exhaustion, which hinder adaptation to life challenges.

Intolerance of uncertainty affects the ability to make decisions, orient in time, and develop life strategies, particularly during periods of change. At the same time, fostering tolerance of uncertainty, especially through the development of cognitive flexibility and emotional regulation, promotes youth adaptation and resistance.

**Music** possesses a unique ability to influence neurobiological processes underlying emotional regulation, stress reduction, and the maintenance of psychological well-being, particularly in dynamic and unpredictable environments. The study by *Chanda and Levitin (2013)*[2] identifies four key neurochemical mechanisms through which music affects the brain and body

– **Reward and Motivation System (Dopamine):** music stimulates the release of dopamine, a neurotransmitter associated with feelings of satisfaction, motivation, and optimism. This promotes emotional uplift and helps young people maintain inner balance when faced with challenges and instability.

– **Stress-Response System (Cortisol):** Listening to calming or familiar music reduces cortisol levels, alleviating physical and emotional tension caused by uncertainty.

– **Social Interaction System (Oxytocin):** Music activates the release of oxytocin, which fosters trust, empathy, and emotional support. This is particularly important during difficult periods when a sense of belonging and support is essential.

– **Emotional Regulation (Endogenous Opioids):** Music stimulates the production of endogenous opioids, natural substances that reduce feelings of anxiety and emotional discomfort.

In addition to these mechanisms, *Chanda and Levitin (2013)*[2]note that music activates the limbic system, including the amygdala and hippocampus, which play a role in the formation of emotions and memories. As a result, music not only evokes emotions but also creates long-lasting positive memories, further enhancing its therapeutic impact.

Thus, music influences various neurobiological systems of the body, providing a comprehensive impact on a person's mental state. It is capable of not only regulating emotions and reducing stress levels but also serving as a powerful tool for improving social interactions and overall well-being.

Music significantly impacts not only neurobiological processes but also aspects of personality development, such as life goals, ideas, values, and worldview. This influence is particularly notable in the ever-changing modern world, where external reference points can often be unclear or shifting. Music serves as a tool for self-awareness, reflection, and transformation, helping young people maintain psychological stability and adapt to challenging life circumstances.

**Music as a Means of Self-Awareness:** according to DeNora (2000) [3] in her work *"Music in Everyday Life"*, music acts as a "life script" modeling tool, enabling individuals to envision themselves in various life situations and establish their life goals and priorities. It creates a space for reflection and stimulates the search for meaning in life. For example, deeply lyrical texts or emotionally rich compositions help individuals process their experiences, form new life orientations, and understand what holds value for them.

**Impact on Values and Social Consciousness:** music can shape values and facilitate the identification of an individual with a specific social group or culture. According to *Frith (1996)* in his work *"Performing Rites: On the Value of Popular Music"*[12], music serves as a "bridge" between an individual's inner world and the external social context. It helps people adapt to societal changes by fostering collective consciousness and nurturing a sense of belonging. For example, protest music, such as compositions by Bob Dylan or the band U2, inspires social activism, promotes change, and strengthens moral responsibility. This, in turn, creates conditions for the development of value systems that support both individual well-being and positive social behavior.

**Music as a Tool for Setting Life Goals and Ideas:** Music can expand perceptions of personal potential and aid in the formation of ambitious life goals. Research by Schäfer *et al.* (2013) [4] highlights that music is often perceived as a source of inspiration, enabling people to project their ideas and plans. For instance, heroic soundtracks or epic orchestral works are associated with achievements, victories, and motivation, helping individuals believe in their capabilities and define strategic steps for achieving their goals.

**Fostering Creativity and the Ability for Self-Realization:** Music also influences creativity, an essential component of self-realization. Csikszentmihalyi (1996), in his work "*Creativity: Flow and the Psychology of Discovery and Invention*" [13], notes that music can induce a state of "flow" – a state of deep immersion in a task of great personal importance. During such moments, music not only reduces anxiety but also enables individuals to discover new pathways for achieving their life goals.

**Formation of Identity and Worldview in Youth:** Music plays a significant role in shaping the identity and worldview of young people by fostering value comprehension, self-expression, and social integration. Rentfrow and Gosling (2003), in their study "*The Do Re Mi's of Everyday Life: The Structure and Personality Correlates of Music Preferences*" [14], demonstrated that musical preferences reflect personal traits, life priorities, and value systems. At this stage of life, music is often used as a tool for reflecting on global and personal issues, promoting worldview formation by aligning the content of compositions with individual life experiences (Schäfer *et al.*, 2013). [4]

Within the framework of SDT (*Self-Determination Theory*, developed by Edward L. Deci and Richard M. Ryan) [1], modern researchers emphasize the satisfaction of three basic needs that form the foundation of psychological well-being:

– **Autonomy:** the ability to make independent decisions and follow one's own values, resonating with Aristotle's concept of a life guided by reason and moral principles.

– **Competence:** a sense of confidence in one's abilities and the achievement of set goals, which correlates with the ancient idea of developing personal virtues through continuous self-improvement.

– **Relatedness:** a sense of integration and emotional support, reflecting the importance of community and social relationships, which were key aspects of the ancient concept of a harmonious life.

In this context, music can be considered a tool that facilitates the attainment of *eudaimonic well-being*. Similar to philosophical traditions where art was deemed a critical component of internal harmony, contemporary research highlights that music contributes to satisfying basic needs:

– **Autonomy:** research by Granot *et al.* (2021) [6] further confirms that the independent selection of musical genres and styles provides individuals with the ability to define their emotional experiences, reduce anxiety, and increase motivation to act. In this sense, autonomy through music not only promotes emotional regulation but also helps young people maintain a sense of control in uncertain conditions.

– **Competence:** participating in music – from learning musical instruments to improving vocal skills – fosters confidence in one's strengths and abilities, directly influencing the development of competence. Competence in this context manifests as the ability to successfully acquire new skills, achieve set goals, and gain satisfaction from one's accomplishments. Musical activities stimulate cognitive and motor skills, promoting discipline, focus, and goal orientation. As Chanda and Levitin (2013) [2], note, this process activates neurochemical systems (including dopaminergic pathways) associated with motivation, satisfaction, and the successful completion of tasks, thereby enhancing the sense of competence and confidence in one's abilities.

– **Relatedness:** music creates a powerful platform for social integration, empathy, and support, providing young people with opportunities to build emotional and social connections. As highlighted by Fancourt and Finn (2019), participation in collective musical activities such as choir singing, ensemble playing, or attending concerts strengthens the sense of belonging to a community. These activities allow individuals to interact in a safe emotional space, where music serves as a universal language for expressing emotions and identifying with a social group.

Thus, the modern model of *eudaimonic well-being*, enriched by ancient ideas, emphasizes the importance of music as a resource for achieving life meaning, self-realization, and social harmony.

Carleton (2016) [5] emphasizes that uncertainty is a fundamental factor provoking anxiety, particularly among individuals with high intolerance to uncertainty. For youth, this factor plays a significant role, as they constantly face important decisions and unpredictable circumstances. Research by Granot *et al.* (2021) [6] demonstrated that music creates a sense of stability and predictability, even in situations that provoke anxiety. Young people who listened to calming music or participated in musical activities during the COVID-19 pandemic reported a significant reduction in anxiety and an

increased sense of control. This indicates that music can serve as a source of psychological support in conditions of uncertainty.

**Intolerance of Uncertainty as a Cognitive Trigger:** Carleton asserts that a high level of intolerance to uncertainty leads to catastrophic thinking, rumination, and avoidance of decision-making. Young people with this cognitive style often experience chronic stress due to constant worries about the unknown future. **The Positive Impact of Music:** music helps redirect attention from rumination to pleasant sensory experiences. According to the study by *Linnemann et al. (2015)*[11], listening to favorite or relaxing music reduces the tendency for “overthinking.” For instance, young people who listened to music before important events (exams, interviews) reported reduced anxiety and improved cognitive clarity.

**The Ability to Adapt to Uncertainty:** Carleton highlights that adaptation to uncertainty requires cognitive flexibility, emotional regulation skills, and stress resilience. Youth, who are still developing these skills, may require additional resources for effective adaptation. **The Positive Impact of Music:** research by *Van den Bosch et al. (2013)*[15] shows that music can train adaptation to uncertainty by allowing individuals to experience controlled moments of “musical uncertainty” (e.g., harmonic delays or unexpected transitions), activating the same neural systems responsible for adapting to life challenges. This approach trains the brain to cope more effectively with unpredictable circumstances.

**Physiological Manifestations of Stress Due to Uncertainty:** Carleton notes that uncertainty is often accompanied by physiological symptoms of anxiety, such as increased heart rate, elevated cortisol levels, and difficulty concentrating. **The Positive Impact of Music:** research by *Thoma et al. (2013)* [15] proves that relaxing music significantly reduces cortisol levels, normalizes heart rate, and promotes overall bodily relaxation. For young people, this can be especially useful in situations of acute stress (e.g., before exams) when uncertainty causes severe anxiety. Intolerance to uncertainty is a fundamental factor affecting the mental health of young people, as they are more likely to face situations requiring adaptation to change.

**Social Support as a Buffer in Situations of Uncertainty:** Carleton emphasizes that social connections are an important factor in helping individuals cope with anxiety caused by uncertainty. **The Positive Impact of Music:** music also serves as a means of social support. Research by *Granot et al. (2021)* [6] revealed that shared music listening, attending concerts, or participating in online musical activities during the pandemic helped young people feel more integrated into society. This reduced the sense of isolation that often accompanies uncertainty.

Music can serve as a powerful tool for overcoming the negative consequences of uncertainty for young people. It helps to: reduce stress and anxiety, redirect attention from rumination, train adaptation to challenging conditions, provide physiological relaxation, create social support.

The connection between *Carleton's (2016)* [5] ideas and empirical research on music (*Granot et al., 2021*:[6] *Thoma et al., 2013*:[6] *Van den Bosch et al., 2013*)[16] demonstrates that music is an accessible and universal resource for youth. It can help them better cope with the challenges of the modern world associated with uncertainty.

In the article by Ukrainian authors *Palamarchuk, O., & Gaba, I. (2023), The impact of uncertain conditions on the self-realization of modern individuals* [9], it is emphasized that uncertainty, depending on how it is perceived, can serve not only as a barrier but also as a powerful stimulus for personal growth. From this perspective, music can influence these processes, acting as a means of activating creativity and developing new skills. It has the potential to create conditions for concentration, emotional adjustment, and fostering an optimistic perception of uncertainty, transforming it into an opportunity for self-realization. Positive perceptions of uncertainty, under conditions of a supportive social environment and the use of music as an emotional regulator, can promote self-awareness, value development, and the improvement of adaptive skills. For instance, listening to music that induces relaxation or inspires can provide young people with the opportunity to recognize their abilities, talents, and life goals, as well as foster reflective thinking that enables them to make informed decisions in challenging circumstances.

The researchers also note that the ability of youth to adapt to uncertainty is critical for building resistance and life strategies. In this context, music can serve as an effective tool to reduce stress and promote psychological balance during decision-making processes in complex situations. For example, music associated with positive personal memories or motivational elements can become a catalyst for the process of life self-determination. It aids in making decisions about life's meaning through reflection and value-based interpretation, which contributes to the formation of a unique system of life motivations, values, and goals — the foundation for self-realization.

Moreover, one of the key factors in achieving psychological well-being among modern youth is psychological resilience in the context of successful professional integration, which is critical in today's

fast-paced world with its high work demands and increasing need for adaptability. According to Palamarchuk, O., & Gaba, I. (2024), *Psychological resistance as a component of the professional integration of the personality in the conditions of modern challenges* [8], psychological resilience allows individuals to maintain emotional stability, adaptability, and productivity in adverse conditions, ensuring effective use of professional knowledge and skills. Psychological resilience aids in overcoming challenges, maintaining motivation, and developing long-term career strategies.

As a tool for strengthening psychological resilience, music can create "psychological anchors" (Koelsch, S) [10] — emotionally charged sounds that allow individuals to return to a state of internal balance in situations of uncertainty. It also provides a safe space for reflection, where a person can rethink life's challenges and transform stress into a source of creativity and self-development. Thus, music not only helps individuals cope with external influences but also creates conditions for actively shaping psychological resilience and life strategies.

The study analyzed the multidimensional impact of music on the psychological well-being, emotional regulation, and resilience development of youth in conditions of uncertainty. The main achievement of this work lies in the theoretical substantiation and systematization of data regarding the ability of music to satisfy basic psychological needs for autonomy, competence, and relatedness within the frameworks of self-determination theory and eudaimonic well-being. The scientific significance of the research is reflected in the integration of neurobiological, cognitive, and social aspects that reveal the adaptive potential of music in challenging socio-economic conditions.

Based on an analysis of contemporary studies, it was found that music reduces stress levels by activating neurobiological mechanisms such as stimulating dopamine release, lowering cortisol levels, and activating oxytocin and endogenous opioids. This contributes to emotional regulation and physiological recovery, which are critically important during periods of uncertainty. Music also promotes the development of cognitive flexibility, essential for adapting to unpredictable conditions, and supports motivation, which is crucial for the self-realization of youth.

The findings of the study demonstrate that music serves as an effective tool for social support, strengthening interpersonal connections, reducing feelings of social isolation, and facilitating integration into social communities. Collective musical activities, such as choral singing and participation in online musical events, increase emotional comfort and create opportunities for social interaction, even during times of crisis.

The practical applications of the findings cover several areas:

1. Psychological support: Implementation of musical interventions in psychotherapy programs for emotional regulation, anxiety reduction, and stress resilience development.
2. Education: Integration of music-based activities into educational programs to develop cognitive and emotional skills, enhancing youth adaptability to changing conditions.
3. Work with youth in crisis situations: Use of music to alleviate stress and support psychological well-being during times of uncertainty, such as pandemics or social crises.
4. Social integration: Utilization of collective musical activities to reduce social isolation and increase social engagement.

**Conclusions and Prospects for Further Research.** Thus, the results deepen the understanding of the role of music as a universal resource for supporting psychological well-being, adapting to conditions of uncertainty, and fostering youth self-realization. They also open up prospects for its practical application in various social and educational contexts.

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Review received 02.09.2024