

Impact of Music and Wellbeing on Youngsters

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Abstract: *Music significantly impacts youth by influencing their emotions, behavior, cognitive development, and social relationships. It supports mental health, fosters identity formation and offers educational and career opportunities. As a powerful tool for self-expression and connection, music enriches young people's lives, helping them navigate challenges and grow personally. Embracing music can enhance overall wellbeing and shape a positive future. Additionally, music promotes cultural awareness, emotional resilience, and creativity among youth. It helps them cope with stress, build social bonds, and discover their passions, making it essential for holistic development. Music holds a unique power to inspire, comfort, and connect individuals, especially the youth. It often becomes a form of escape or motivation during challenging times. Beyond entertainment, music stimulates creativity and supports emotional balance. It helps young people explore their thoughts and feelings in a healthy way. Music also plays a role in shaping values, encouraging empathy, and building confidence.*

Keywords: Music and youth, emotional development, mental health, therapy, wellbeing and music, music preferences, music and personal growth

