Abstract

The bachelor thesis deals with the topic of maladaptive use of music. This phenomenon is discussed in the broader context of emotion regulation, depression, musical emotions and musical preferences. The aim of the theoretical part is to provide a comprehensive overview of the current knowledge on maladaptive music use and to explain the constructs and the most important theories that emerge in the empirical part. The aim of the empirical part is to test what associations exist between adaptive and maladaptive music use patterns and depression levels in the Czech student population. According to our results, maladaptive use of music has a significant positive relationship with the level of depression, while adaptive use has no significant relationship with the level of depression. Furthermore, it is examined how the degree of depression through maladaptive music use affects the perception of musical emotions. In our sample, neither the degree of depression nor maladaptive music use predicts the perception of musical emotions, which was contrary to our expectation. The effect of music genre group preferences on maladaptive music use is investigated exploratively. In terms of music preferences and their influence on maladaptive music use, we found no association between specific genre groups and a greater prevalence of maladaptive music use. A sub-objective of the empirical part is to translate and assess the psychometric properties of the Healthy Unhealthy Music Scale. The resulting version has a two-component structure of Healthy and Unhealthy, which is similar to that of the original version, except that one item from the Healthy subscale had to be removed. Our version of the questionnaire shows acceptable reliability and its psychometric properties are comparable to the original version. The findings may be used in the future to better understand emotion regulation in people with depression and also to examine the possibility for the HUMS being used as a screening tool or in a therapeutic context.

Key words: maladaptive music use; emotions in music; depression