

# The Influence of Music on Adolescent Psychology under Construction at Corpus Christi Lawang, Malang, East Java

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**Abstract:** This research aims to determine the influence of music on the psychological aspects of teenagers involved in coaching at Corpus Christi Lawang in Malang District, East Java, Indonesia. The research method used is a qualitative approach using observation, interview, and literature study data collection techniques. The findings of this study highlight that music influences various psychological aspects of adolescents, including mood, behavior, self-identity, and social interactions. The results of this research provide an in-depth understanding of the role of music in the development of the young generation in Corpus Christi Lawang. The practical implications of this research can help foundation administrators design more effective coaching programs by utilizing music's power to influence adolescent psychology positively. Music's influence on adolescent psychology at Corpus Christi Lawang aims to influence a person's emotions and provide calm to the subconscious (id) which can be controlled and build emotional, spiritual, and social structures in the rhythm of music when listening and expressing it.

**Keywords:** adolescent psychology, musical instrument, youth training

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## Introduction

Adolescence is an important stage in individual development, where they experience various physical, social and emotional changes. Adolescence is the development of adolescents from stage to stage which can influence a teenager's thought patterns, behavior and actions (Artha & Supriyadi, 2013). It is during this period that teenagers begin to form their own identities and face various challenges that can affect their mental health. They face questions about who they are, what they want, and how they want to be seen by the world. Adolescents also face various social challenges such as peer pressure, expectations from parents, academic problems, and questions about the future. Yosephine, Satiadarma, & Theresia (2019) said that one of the signs of adolescent development is the emergence of emotional instability. Thus, emotions and self-confidence play an important role in dealing with various problems, especially adolescent self-adjustment. This is why there is a need for youth development that pays attention to their mental health. Factors such as anxiety, depression and stress often affect teenagers, and proper support in

these areas can help them develop mental resilience and healthy emotional management strategies. Thus, future youth development provides positive encouragement, provides emotional understanding, and provides guidance that suits their needs and potential.

Corpus Christi Lawang in Malang District, East Java, Indonesia is a rehabilitation foundation that is also committed to the holistic development of adolescents, recognizing the complexity of this challenge and looking for ways to support the psychological development of adolescents. Corpus Christi Lawang handles the problem of juvenile delinquency resulting from bad relationships such as drugs, fighting, selling their parents' things, truancy and lying.

Music is a branch of art in the form of sound, which expresses thoughts and feelings through the main elements of music, namely rhythm, melody, harmony, tempo, dynamic timbre (Raharjo, 2007). Each element of music has a different influence on our mind and body (Wijarnako, 2010). Rhythm is a series of uniform movements that are carried out continuously and regularly (Jamalus, 1988). Meanwhile, melody is a series of notes that sound sequentially and rhythmically and express an idea, thoughts and feelings (Jamalus, 1988). Harmony is the sound of a combination of two or more notes that differ in height and functions as harmony in music (Afdhal, 2019). Tempo is the level of speed and slowness in music (Ardimansyah, 2022). Timbre is the color or character of a musical instrument (Raharjo, 2007). Dynamics is the level of hardness and softness changing from one to another. According to Wijarnako (2010) there are three important parts of musical elements that influence the emotional lives of teenagers, namely tempo, rhythm and harmony. This is because these three elements provide a therapeutic effect; provides a feeling of comfort, calming, relaxing, structured and universal which is closely related to the process of human life which must be orderly (Wijarnako, 2010). Effective music therapy is using music with the right composition in terms of tempo, rhythm and harmony that is adapted to the purpose of music therapy (Wijarnako, 2010).

Music is one of the human needs which is classified as integrative, namely enjoying beauty, appreciating and expressing feelings of beauty (Ratnasari, 2016). Music has long been recognized as having a powerful influence on the lives of teenagers. As a universal form of artistic expression, music has the ability to stimulate emotions, change moods, and influence behavior, especially in the lives of teenagers (Suryana, 2018). In fact, Djohan (2020) emphasizes that human behavior is also a portrait of their musical life. Music can be a dynamic component that can influence both psychological and physiological influences on listeners (Yuniantari et al., 2021). Physiologically, music is related to the sense of hearing, but psychologically music is related to various human psychological functions such as expression, mood and emotions (Khoiriyah & Sinaga, 2017). This is what is seen especially in teenagers, listening to music to express their thoughts and emotional feelings (Yosephine et al., 2019).

Previous research has shown that music can play an important role in developing teenagers, especially in providing a medium for their expression (Sinaga & Winangsit, 2023). As emphasized by (Ratnasari, 2016) that music has a role in teenagers' lives, such as healing feelings of anxiety, fear,

disappointment, happiness, pleasure, sadness, and even anger. Even music can cure depression (Ratnasari, 2016). Music is very effective for teenagers in facilitating positive self-concept and increasing self-esteem (Suryana, 2018). Carefully selected and thoughtfully presented music can be an effective tool in managing stress, improving mental well-being, and facilitating healthy self-expression (Djohan, 2020). According to Djohan (2020) there are several musical activities that are effective for use in music therapy, such as listening to music, reading musical notes, responding to music with movement, singing, and also improvising. However, the effects of music therapy can vary depending on factors such as music genre, cultural background, and personal experiences.

Therefore, the author is interested in conducting a more in-depth study of how music influences adolescent psychology in the context of coaching in Corpus Christi Lawang. Through a better understanding of teenagers' musical preferences, listening patterns, re-expressing them, and their impact on psychological development, this institution hopes to be able to design more effective and efficient development programs. This study will not only provide insight into the relationship between music and adolescent psychology, but can also help Corpus Christi Lawang identify appropriate intervention strategies to support holistic adolescent psychological development. Thus, it is hoped that this research can make a significant contribution to efforts to guide teenagers towards optimal welfare.

## **Methodology**

The method used in this research is a qualitative method with a literature study approach (Munib & Wulandari, 2021). Literature study is a study of data from various references and previous research results that are relevant to the research to obtain a new theoretical basis for the problem to be researched. Data collection focuses on observation, interviews and literature study. The resource person for this research is the Supervisor of the Corpus Christi Lawang Foundation who is also an expert in educational psychology. The data that has been collected will be triangulated to validate the data. The results of data validation will then go through data analysis through three stages proposed by Miles and Huberman (1992), namely: data reduction, data presentation, and drawing conclusions.

## **Results and discussion**

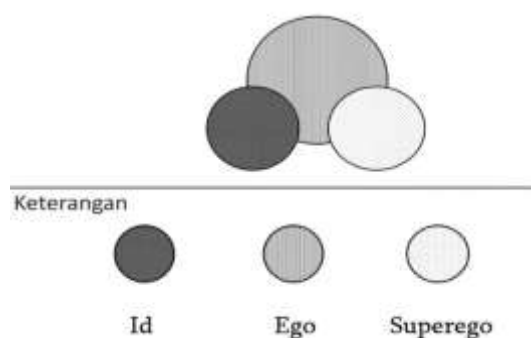
Adolescent development cannot be separated from the personality of the adolescent himself. Personality talks about a pattern of traits that differentiates one individual from another individual which describes that individual's behavior. Fatwikiningsih (2020) added that personality is also what determines an individual's adaptation to the environment. Thus, adolescent development is also influenced by the environment around them, which responds in the same way and repeatedly, causing the emergence of a habitual pattern.

The problem that arises in adolescent development is a personality that is less resilient, easily carried away by social conditions around them in a negative direction. In fact, people closest to the family can be a factor in this problem

(Artha & Supriyadi, 2013). This is what makes the psychology of teenagers very vulnerable to facing challenges, difficulties and pressure in life. As a result, quite a few teenagers fall into juvenile delinquency, even reaching the criminal stage (against the law) and become victims of narcotics. This is because many teenagers are unable to find the right solution to the problems they face, so they take paths such as committing suicide, committing crimes, and even taking out their anger by using illegal drugs. Artha & Supriyadi (2013) explains that to face these problems, you need inner ability or self-confidence to decide on every action you take to find a solution and find a way out. Thus, adolescent independence is very much needed in adolescent development.

Therefore, the aim of youth development is to build strong individuals who have good emotional knowledge and motivation, so that they will have psychological (mental) strength to face the challenges, difficulties and pressures of life. In the concept of coaching, the main thing concerns mental health, which specifically refers to aspects of a strong personality. Sinaga & Winangsit (2023) explains that mental health is an important factor in human life that influences a person's quality of life. Youth development is needed as an alternative medium to help individuals express and regulate teenage emotions. Good youth development will instill knowledge, emotions and good will in the teenager's personality.

Sigmund Freud explained the personality structure called psychoanalytic theory including: id, ego, superego (Fatwikiningsih, 2020). Id is an unconscious personality that provides an instinctive sense of satisfaction, pleasure, strength (Bertens, 2016). In the id, there is no conflict, in the sense that contradictions and opposites coexist. The ego is a conscious personality that functions as a mediator between the demands of the id and balances the basic needs of the id with social demands and reality (Bertens, 2016). The ego will control the id's impulses by replacing the pleasure principle with the reality principle (Bertens, 2016). Sometimes the ego can control the id, but at other times it loses control (Fatwikiningsih, 2020). Meanwhile, the superego is an aspect of personality which consists of morality and reality values (Fatwikiningsih, 2020). The superego is between the id and ego, which aims to suppress the id's desires which are considered wrong or unacceptable in society's social life (norms) (Bertens, 2016). Psychoanalytic theory explains that when the id, ego, superego are not controlled, an individual will experience anxiety (Sinaga & Winangsit, 2023). Anxiety is the impact of conflict which is a part of life which functions to warn individuals about the possibility of impending danger, and ultimately a feeling of anxiety or fear arises (Fatwikiningsih, 2020).



[Source: Fatwikiningsih, 2020]

Figure 1. Relationship between Id, Ego, Superego by Sigmund Freud

This is the focus in coaching, where knowledge will become the benchmark principle or superego (moral) in a person's life. As emphasized by Fatwikiningsih (2020), the superego regulates the ego in fulfilling the id according to values, rules, ideal standards. Through this knowledge, a person's ego and id (subconscious) will be controlled. This is where the most important coaching process is the formation of a strong personality.

The process of forming a strong personality cannot be separated from a person's emotional condition. Djohan (2020) stated that emotions are a practical aspect that influences the character of human behavior. Emotional conditions will influence a person's concentration and sincerity in accepting or ignoring the guidance given. This means that a person's emotional condition greatly influences passion, which refers to enthusiasm, interest and participation in the coaching process.

Talking about the influence of music on adolescent psychology in coaching at Corpus Christi Lawang, basically music is an important support in the coaching process at Corpus Christi Lawang. Music has types and characteristics known as genres. Music genre is a grouping of music according to technique, style, and musical themes. As stated by Giri (2017), the same musical genre usually has similar characteristic elements in the structure of rhythm, tone and harmony. Music genres characterize and identify the forms and characteristics of various music. This genre of music will be played according to the situation and conditions when training is carried out and controlling the emotions of someone who hears it. This is supported by Djohan (2006) that a person's emotions will be visible from the background of the song or form of music they listen to. Therefore, a person's behavioral personality is a portrait of his musical life (Djohan, 2020).

An example of the application of musical influence in Corpus Christi Lawang is that when he wakes up in the morning, he is given music with a spiritual nuance (genre), so that his soul can be involved in giving thanks to God. When exercising, music is given with enthusiastic characteristics, with a regular rhythm (beat), which aims to encourage a person's subconscious mind to follow movements based on the beat of the music heard. Likewise, during leisure hours, music with a motivational nuance is provided, either through the selection of song lyrics, words of motivation and wisdom accompanied by soft instruments. This is because music has several elements that can provide a sense of stimulation or

relaxation such as rhythm, timbre, pitch, harmony, dynamics (Djohan, 2006). Stimulative music often tends to increase the body's energy, causing the body to react, increasing heart rate and blood pressure (Djohan, 2006). Then, relaxation music provides calm stimulation to the body by reducing heart rate and blood pressure (Djohan, 2006).



[Source: Sabath, 2024]

Figure 2. Activities Influenced by Corpus Christi Lawang Music

By giving influence and expressing music to someone, a musical emotional response will arise. This musical emotional response is an emotional expression expressed by someone to describe their feelings (Djohan, 2006). In psychology, emotion is a specific process that is oriented towards responding to an action, and is very inherent in human behavior (Djohan, 2020). By giving teenagers a space to express their feelings (emotions), motivation, a sense of calm, a sense of self-confidence arises in these teenagers which is closely related to their behavior (Suryana, 2018). Teenagers will be more motivated, more social, more able to complete their life tasks, make choices and solutions more focused and correct (Suryana, 2018). Therefore, music has a function as a catalyst or stimulus for the emergence of an emotional experience, especially in adolescent behavior (Djohan, 2020).



[Source: Sabath, 2024]

Figure 3. Emotional expression on the influence of music in the forms of singing and dancing

So, the essence of music therapy carried out at Corpus Christi Lawang is to influence a person's emotions and provide inner peace to the soul. It is from the influence of emotions that provide calm that the subconscious mind (id) can be controlled and carried away by the regularity of the rhythm (beat) of the music it listens to.

## Conclusion

Adolescent development cannot be separated from the personality of the adolescent himself. Teenagers' personalities are definitely influenced by their surrounding environment. A bad environmental situation will have a negative influence on a teenager's personality. Youth development is needed to help teenagers express and regulate their emotions. One form of youth development is providing music therapy which has an effect on adolescent psychology. The influence of music on teenagers in Corpus Christi Lawang provides a musical emotional response, giving teenagers space to express their feelings (emotions). By giving teenagers space to express their emotions, it will have a big impact on their behavior, such as being more motivated, being more social, and making more focused and correct choices and solutions. So, the essence of the influence of music on adolescent psychology carried out at Corpus Christi Lawang aims to influence a person's emotions and provide calm to the subconscious (id) which can be controlled and build emotional, spiritual and social structures in the rhythm of music, when listening and expressing it.

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