

## THE EFFECTIVENESS OF AFFIRMATION CARDS AND MUSIC AGAINST EMOTIONS, STRESS, AND ANXIETY IN EARLY ADULT INDIVIDUALS

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### Abstract

The study aims to determine the influence or effectiveness of *affirmation cards* and music on the emotions, stress, and anxiety of early adult individuals, as a curative action to support psychological well-being, mental health, and quality of life of individuals. This study uses experimental quantitative research methods. The research design is a *mixed factorial repeated-measure design*. The participants consisted of 9 people, but 1 person resigned. The research began with a *pretest* measurement of participants' emotions, stress, and anxiety. After being given treatment, namely the provision of *affirmation cards* and music, which was carried out for a week, a posttest was also carried out. A week later, the measurement was carried out again without any previous treatment (*follow-up*). The participant group was divided into 3 groups, namely morning, noon, and night groups, with 3 participants each. The results showed no significant changes from the combined stress, anxiety, and emotions after being given music and affirmation cards, and there were no significant differences in reductions in stress, anxiety, and emotions between the morning, noon, and night groups. In addition, giving music and affirmation cards did not show a significant impact on lowering stress, anxiety, and overall negative emotions. Nevertheless, there was a significant decrease in stress and anxiety after being given music and affirmation cards; As for emotions, it is insignificant, even if there is a direction.

**Keywords:** Affirmation Cards, Music, Early Adulthood

### Abstrak

Penelitian bertujuan untuk mengetahui pengaruh atau efektivitas *affirmation cards* dan musik terhadap emosi, stres, dan kecemasan individu dewasa awal, sebagai tindakan kuratif untuk mendukung kesejahteraan psikologi, kesehatan mental, serta kualitas hidup individu. Penelitian ini menggunakan metode penelitian kuantitatif eksperimen. Desain penelitian yaitu *mixed factorial repeated measure design*. Partisipan terdiri atas 9 orang, tetapi 1 orang mengundurkan diri. Penelitian dimulai dari pengukuran di awal (*pretest*) terhadap emosi, stres, dan kecemasan partisipan. Setelah diberikan perlakuan yaitu pemberian *affirmation cards* dan musik yang dilakukan selama seminggu, juga dilakukan pengukuran kembali (*posttest*). Seminggu kemudian dilakukan pengukuran kembali tanpa adanya perlakuan sebelumnya (*follow up*). Kelompok partisipan dibagi atas 3 kelompok yaitu kelompok pagi, siang, dan malam, dengan masing-masing 3 partisipan. Hasil penelitian menunjukkan tidak ada perubahan yang signifikan dari gabungan stres, cemas, dan emosi setelah diberikan musik dan kartu afirmasi, serta tidak ada perbedaan yang signifikan dalam penurunan stres, cemas, dan emosi antara kelompok pagi, siang,

*dan malam. Selain itu, pemberian musik dan kartu afirmasi tidak menunjukkan dampak yang signifikan dalam menurunkan stres, kecemasan, dan emosi negatif secara keseluruhan. Namun demikian, terdapat penurunan yang signifikan pada stres dan kecemasan setelah diberikan musik dan kartu afirmasi; sedangkan untuk emosi tidak signifikan, walaupun ada arah.*

**Kata kunci:** *Affirmation Cards, Musik, Dewasa Awal*

## INTRODUCTION

The transition period from adolescence to adulthood is often referred to as early adulthood. During this phase, individuals are between the ages of 18 and 25, a period known for experimentation and exploration in life. Young et al., (2020) states that continuous change is a characteristic of this transition period. In early adulthood, individuals begin to adapt to new social norms and lifestyles that are different from before. Early adults are expected to take on new responsibilities, such as becoming a life partner, a parent, working to meet their needs, and becoming a role model for those around them. Furthermore, they are also required to develop new desires, attitudes, and values that are in line with their roles in society (Nelson & Garst, 2005). During this phase, emotional aspects, stress, and anxiety become important components of an individual's mental health, significantly influencing the quality of their life. The complexity of pressures faced, both internally and externally, makes individuals in early adulthood highly vulnerable to stress (Fidyawati et al., 2024; Miltner et al., 2024; Vygotsky & Cole, 1978). The expectations and aspirations that accompany this early stage of adult development can lead to physical and psychological fatigue, ultimately increasing stress levels (Kasmawati & Alam, 2021). A report from the Mental Health Foundation (2018) involving 4,619 respondents in the UK revealed that stress is more commonly experienced and has a more significant impact on individuals in early adulthood.

The age range of 20 to 40 years is the most vulnerable group to stress, anxiety, and depression in both biological and social development contexts (Situmorang et al., 2024). This vulnerability arises due to the unstable nature of development, as it is a transitional period from adolescent dependence to adult independence (Xiong et al., 2020). During this period, individuals also reach the peak of their physical development and face significant social and cultural changes, such as completing education, entering the workforce, leaving their parents' home, and seeking a life partner. Inability to complete these developmental tasks is believed to contribute to high vulnerability to stress and anxiety (Habsy et al., 2025), including the emergence of prolonged negative emotions. Despair and anxiety often arise from uncertainty about the future, especially when individuals feel they have no control over their lives. Feelings of confusion and unpreparedness for the future can exacerbate ongoing anxiety (Reddy et al., 2020). One therapy known to help individuals cope with anxiety is positive affirmation. Positive affirmation is a relaxation technique that involves repeating words or short sentences containing positive thoughts to the subconscious mind to foster a more positive outlook (King et al., 2023). These sentences are usually short and encouraging, such as “I am

strong” or “I am capable of making the best decisions for myself.” These affirmative statements, when spoken and repeated regularly, can replace negative thoughts and actions and strengthen a person's potential. The use of affirmation cards as a medium for affirmation has also been shown to have a significant psychological effect, helping individuals change for the better through positive language, praise, and attractive visuals (Arsuffi, 2022)

Studer & Oberman, (2020) in their study on the effect of affirmation relaxation techniques on the stress levels of final-year university students, they showed that the group given the affirmation relaxation technique intervention experienced a significant decrease in stress levels, from an average of 19.2 to 10.9, with 80% of students falling into the normal stress category post-intervention. This indicates the effectiveness of positive affirmations in reducing stress levels in individuals under academic pressure. In addition to affirmations, music is also an effective medium in influencing mood, emotions, and stress levels. Gani et al. (2022) explain that music therapy has been proven to improve psychological well-being and reduce stress. These findings align with the research of Hernandez Ruiz & Braden, (2021), which indicates that music therapy can reduce anxiety, especially when the music used aligns with an individual's personal experiences. Music can evoke positive memories that provide pleasant feelings in individuals with anxiety disorders. Music can also create a controlled environment and stimulate deep thinking, thereby helping individuals in cognitive recovery and controlling stress and anxiety symptoms more effectively (Aune et al., 2021).

Based on the above, this study aims to examine the influence or effectiveness of affirmation cards and music on emotions, stress, and anxiety in young adults. The research problem focuses on whether there is an influence or how effective affirmation cards and music are in managing emotions, stress, and anxiety in young adults. Previous studies support this theoretical framework. Aydın & Aydın, (2020) in their study titled “Positive Affirmations Reduce Anxiety Facing the Future in Students,” found that positive affirmations significantly helped reduce anxiety among students. The experimental group that received affirmations showed significant changes compared to the control group. Meanwhile, the study by Budianto, (2024) demonstrated that positive affirmations were effective in reducing depression, anxiety, and stress levels among drug abuse offenders, with a significance level of  $p = 0.000$  using the DASS42 scale.

In the context of music's effectiveness, Sungurtekin, (2021) study conducted on young adults with a background of parental divorce showed that music therapy is effective in reducing stress and improving subjective well-being. This study used an experimental quantitative design with a control group and yielded significant results ( $p < 0.05$ ). Other studies by Qalbyna et al., (2025) also reinforce that music can reduce stress and anxiety levels, both in college students and adolescents. However, previous studies only focused on one type of intervention, namely affirmation or music separately. No study has combined these two interventions, affirmations and music, in a single treatment simultaneously. Additionally, the affirmations used in previous studies were mostly

conducted before bedtime or after waking up, not during the daytime, which is physiologically the highest activity period.

Emotions, stress, and anxiety themselves have complex meanings and interconnections. Emotions are individual responses to specific situations characterized by changes in bodily mechanisms (Verrastro et al., 2020). According to Goleman, emotions encompass mental activities, feelings, and intense drives that arise in certain mental states (Goleman, 1998). Emotions can include anger, fear, sadness, joy, love, shame, and others. (Skinner et al., 2023) emphasizes that emotions arise when individuals face specific situations accompanied by behavior. Skinner et al., (2023) refer to emotions as strong responses to events or people that trigger affective reactions. Stress and anxiety are two conditions that often arise as a consequence of an inability to manage pressure. Stress is an adaptive response of individuals to internal and external demands that exceed their capacity (Ashcraft & Kirk, 2001). Although mild stress can be beneficial, prolonged stress can have an impact on psychological and physical health, including fatigue, high blood pressure, and concentration disorders (Astari & Nastiti, 2024). Atkinson states that stress arises when demands exceed an individual's capacity, which often occurs in the process of achieving life goals (Bina et al., 2020).

Anxiety is the result of unmanaged stress. According to Stuart, anxiety is a feeling of fear without a clear cause and is accompanied by feelings of helplessness (Reddy et al., 2020). Aziz et al., (2023) explain that anxiety involves emotional reactions to threats, whether real or perceived, and is characterized by feelings of worry, fear, and insecurity. Anxiety affects physiological aspects (such as increased heart rate), psychological aspects (such as feelings of discomfort), and behavioral aspects (such as avoiding challenges). Stress triggers, negative emotions, and anxiety can stem from life pressures, interpersonal conflicts, or social pressures and norms in the environment (Adhiyaman et al., 2007). If left unchecked, anxiety can reduce quality of life, create negative meanings about life, and even trigger psychotic disorders (Barkowski et al., 2020). Affirmation cards and music have proven effective in improving an individual's psychological condition. Affirmation cards contain positive statements designed to boost self-confidence and stimulate positive thinking (Creswell et al., 2020). Meanwhile, music, with its tempo, melody, harmony, and appropriate lyrics, can significantly alter mood. Calm music with a slow tempo is suitable for relaxation, while fast-paced music can energize. However, music selection must be tailored to an individual's emotional state, as aggressive or melancholic music can trigger anxiety (Dolcos et al., 2004). Music therapy is a structured intervention by a certified therapist to address anxiety and improve psychological well-being, which can help individuals cope with trauma and emotional challenges in a healthier way.

## **METHOD**

This study used a quantitative experimental method with a mixed factorial repeated measures design. This design is a combination of between-subjects factors, namely

grouping based on the time of implementation (morning, afternoon, and evening), and within-subjects factors, namely repeated measurements on each participant (pretest, posttest, and follow-up) (Djaali, 2021). The study began with initial measurements of participants' emotions, stress, and anxiety, followed by treatment in the form of affirmation cards and music for one week. After treatment, measurements were taken again, followed by follow-up measurements without treatment one week later. Participants consisted of three time groups, namely morning, afternoon, and evening, with a total of eight participants completing the entire series. The control technique used was randomization, with the requirement that participants had at least moderate levels of stress and anxiety, as well as higher levels of negative emotions than positive emotions.

The measurement tools used included the PANAS emotion scale and the DASS-42 for stress and anxiety. Additionally, data was collected through semi-structured interviews and participants' daily journals. The sample was selected purposively from individuals aged 20–40 years who met the study criteria. Statistical analysis used Mixed Repeated Measures MANOVA because the study involved more than one dependent variable (emotions, stress, and anxiety) that were intercorrelated and measured at three time points in different groups. This analysis was chosen to evaluate the main effects of time and group, as well as their interaction, on the dependent variables simultaneously. This approach is considered appropriate as it avoids Type I errors resulting from separate analyses and captures the combined effects of the affirmation card and music interventions on participants' psychological well-being.

## RESULTS AND DISCUSSION

### Gender of Participants

**Figure 1.** Gender of Participants



The participants in this study were all women. There was no deliberate selection of the participants' genders, and the selection was based on the number of scores sorted from the top at the beginning of the measurement and willingness to be participants in the study.

## Data Analysis Results

Based on the data analysis carried out, several proofs were found for several hypotheses:

Hypothesis 1 (H1): There is an effect of music and affirmation cards on the reduction of stress, anxiety, and emotions in early adulthood.

Since all participants received the same treatment (music + affirmation card) tested here is the effect of time on the change in score over time (pretest, posttest, follow-up). To test hypothesis 1, a multivariate and univariate test was carried out over time. A multivariate test is a combined test of all variables bound simultaneously. In this study, a multivariate test was conducted to see the effectiveness of giving music and affirmation cards in reducing levels of stress + anxiety + emotions simultaneously or together. MANOVA analysis of the *multivariate test* for time, the results showed Wilks' Lambda values = 0.906,  $F = 2.698$ ,  $\text{Sig} = 0.053$  ( $p > 0.05$ ),  $\text{Partial Eta}^2 = 0.503$ . Although it is close, the results are not significant. This shows that there was no significant change from the combination of stress, anxiety, and emotions after being given music and affirmation cards.

These near-significant results were then further analyzed using the univariate test. *The univariate test* is to test each bound variable separately. In this study, we wanted to see the effectiveness of music and affirmation cards in reducing the levels of stress, anxiety, and emotions (separately). When the *univariate test analysis was carried out, results* were obtained as shown in Table 2, which showed that there was a significant reduction in stress and anxiety after being given music and affirmation cards. As for emotions, they are insignificant, even if there is a direction. For this reason, H1 is partially accepted, i.e. only for stress and anxiety levels. Based on these results, it can also be seen that the results of the analysis of the total effect of VB on VT are only close to significant due to the effect on insignificant emotional variables, so that when combined with other variables, it has not shown significant results.

**Table 2.** Univariate Test Analysis Was Carried Out

| VARIABEL | F     | SIG   | PARTIAL ETA2 |
|----------|-------|-------|--------------|
| STRESS   | 7.667 | 0.010 | 0.605        |
| ANXIOUS  | 4.348 | 0.044 | 0.465        |
| EMOTION  | 2.508 | 0.131 | 0.334        |

Hypothesis 2 (H2): There was a significant difference in the decrease in negative emotions, stress, and anxiety between the groups given music and affirmation cards in the morning, day, and night.

To test the second hypothesis, multivariate and univariate tests were performed. The results of the multivariate test, namely looking at the interaction between time and group, showed Wilks' Lambda values = 0.562,  $F(12, 21.458) = 436$ ,  $\text{Sig} = 0.930$  ( $p > 0.05$ ) and  $\text{Partial Eta}^2 = 0.175$ . This showed that there was no significant difference in combined



test scores, anxiety, and emotions between the morning, noon, and night groups. Based on the Partial Eta<sup>2</sup> value, it can also be seen that the effect is small. Then the analysis was continued with a univariate test on each dependent variable. A significance of  $p > 0.05$  was found for each dependent variable. These results showed that there was no significant difference in decreased stress, anxiety, and emotions between the morning, noon, and night groups. This means that the time of implementation does not affect the effectiveness of treatment. Further explanation for the results of the univariate test of each of these bound variables can be seen in Table 3.

**Table 3.** Multivariate test

| VARIABEL | F     | SIG   | PARTIAL ETA2 |
|----------|-------|-------|--------------|
| STRESS   | 0,247 | 0,905 | 0.090        |
| ANXIOUS  | 0,361 | 0,831 | 0.126        |
| EMOTION  | 0,429 | 0,785 | 0.146        |

To find out if the pattern of scoring decline from pretest→posttest→follow-up differs between time groups, you can look at the Roy's Largest Root value. It was found that the value of  $F(4.10) = 1.398$ ,  $p = 0.303$  ( $p > 0.05$ ), Partial Eta<sup>2</sup> = 0.359, which indicates that there is a moderate, but not significant, effect. These results showed that the change in scores over time did not differ significantly between the morning, noon, and night groups. This means that the pattern of treatment effectiveness is relatively uniform at all times.

### Changes for Each Participant

#### 1. SS Participants

SS participants using *affirmation cards* and music in the morning from 8:00–12:00 experience significant changes after treatment, especially in scores of stress, anxiety, positive emotions, and negative emotions. In the results of *the pretest*, SS participants showed a stress level of 33, anxiety 26, positive emotions 15, and negative emotions 36. After being given treatment, the results of *the posttest* of SS participants showed that stress decreased to 2, anxiety decreased to 3, positive emotions increased to 27, and negative emotions decreased to 7. The *follow-up* results of SS participants showed that stress levels increased to 4, anxiety increased to 4, positive emotions increased to 28, and negative emotions decreased to 4.

The conclusion of the diary results of the SS participants showed the suitability of the affirmation card with the circumstances experienced by the SS participants. This suitability provides a sense of calmness, confidence, and motivation to face the situation at hand. The changes felt by SS participants include feeling more confident and able to accept the surrounding circumstances. He also consistently applies affirmations, especially in the morning, which helps to form a positive mindset from the beginning of the day. Regarding the influence of music, SS participants routinely listened to music

repeatedly for 7 days in the morning, helping to reinforce the positive effects and provide emotional boost to SS participants. Some songs that have positive lyrics contribute to improving the spirit and mood of SS participants. A memorable song for the SS participants was "Thank You for Survival". He felt more excited and often played the song over and over again because he liked the lyrics, which made him more motivated.

The above results showed that the SS participants experienced positive changes after using *affirmation cards* and music. In line with the findings of Hernandez-Ruiz, (2023) Those who say that affirmations can strengthen confidence in overcoming situations and produce something positive by repeating affirmation sentences, so that it can give rise to individual tendencies to create positive things. Research by Qalbyna et al., (2025) shows that music therapy is proven to reduce stress, both physiologically, such as blood pressure, heart rate, and hormone levels, and psychologically, such as anxiety and stress.

## 2. DAL Participants

DAL participants using *affirmation cards* and music in the morning from 8:00–12:00 experience significant changes after treatment, especially in stress, anxiety, positive emotions, and negative emotions scores. In the pretest results, DAL participants showed a stress level of 27, anxiety 28, positive emotions 12, and negative emotions 30. After being given treatment, the posttest results of DAL participants showed that the stress level decreased to 11, anxiety decreased to 14, positive emotions increased to 29, and negative emotions decreased to 16. The *follow-up* results of DAL participants showed that stress levels increased to 18, anxiety increased to 21, positive emotions decreased to 21, and negative emotions decreased to 12.

The conclusion of the results of the DAL participants' diaries as a whole showed that the use of *affirmation cards* and music helped to reduce stress and anxiety and significantly increase positive emotions. However, the effects of the intervention tended to decrease after treatment was stopped, as seen from the re-increase in stress and anxiety as well as a decrease in positive emotions at *follow-up*. Although there was a slight downward trend during the *follow-up* period, the positive effects were felt during the treatment period, where DAL participants felt increased relaxation and motivation, especially with the highly motivating favorite song "Mantra Uang". In addition, *randomly drawn affirmation cards* are considered relevant to daily conditions, helping to control emotions and deal with work pressures more calmly.

The results above show that DAL participants experienced positive changes after using *affirmation cards* and music. In line with the findings of Situmorang et al., (2024) who stated that affirmation can reduce negative emotions by improving the ability of individuals to manage their negative emotions. Then Jiang, et al., (2016) found that music can reduce stress and anxiety by manipulating an individual's perception of the surrounding environment and changing an individual's mindset through a calming experience of listening to music.



### 3. ABW Participants

ABW participants used *affirmation cards* and music in the morning from 8:00 a.m. to 12:00 p.m. regularly for 7 days, showing diverse changes in stress, anxiety, positive emotions, and negative emotions scores. In the results of *the pretest*, ABW participants showed a level of stress of 28, anxiety of 24, positive emotions of 19, and negative emotions of 26. After being given treatment, the results of the posttest of ABW participants showed that the stress level remained at 28, anxiety increased to 25, positive emotions decreased to 17, and negative emotions increased to 30. The *follow-up results* of ABW participants showed that stress levels decreased to 18, anxiety decreased to 20, positive emotions increased to 20, and negative emotions decreased to 25.

However, the results obtained from the measurements are different from those reported through the diary. The conclusion of the results of the ABW participants' records showed that ABW participants experienced a gradual decrease in anxiety, even though there were still several factors that triggered it, such as the condition of the sick mother or waking up early. However, compared to before, the anxiety felt is less and more controlled. Over time, ABW participants began to feel calmer, more confident, and motivated, showing an improvement in the ability to manage emotions. Music and affirmation cards have been shown to have a positive impact in helping to reduce anxiety and increase calmness and motivation in ABW participants.

These results showed that ABW participants did not experience positive changes after using *affirmation cards* and music. However, after treatment at the *follow-up period*, the scores of ABW participants began to improve. Thus, although the effects of the indirect intervention were maximised during treatment to ABW participants, the benefits were still felt and even more noticeable after treatment was stopped. In other words, *affirmation cards* and music provide a positive impact that lasts for a certain period of time for ABW participants so that they can help ABW participants manage their emotions and improve their psychological well-being sustainably.

Previous research conducted by Nelson & Garst, (2005) shows that affirmation techniques can have a positive impact on physical and psychological well-being due to the presence of anti-stress hormones, thereby making feelings of calm and then forming positive thought responders. Then, music also can affect a person's psychological state, depending on the type of music (Sungurtekin, 2021). As the findings of Boursier et al., (2020) suggest that the most influential factor in music in reducing stress and anxiety is the music preferences of the individual themselves. The choice of music that individuals like will be more significant in reducing stress and anxiety; on the other hand, the choice of music that individuals do not like can increase stress and anxiety. In addition, music chosen when you are sad or stressed can amplify an individual's negative emotions, while music chosen when happy or calm can increase an individual's positive emotions.

#### 4. WM Participants

WM participants using *affirmation cards* and music during the day from 12:00–18:00 experienced positive changes in their stress, anxiety, positive emotions, and negative emotions scores. The results of the pretest subject WM showed a level of stress of 36, anxiety 37, positive emotions 11, and negative emotions 22. After being given treatment, the results of the posttest of WM participants showed that the stress level decreased to 28, anxiety decreased to 27, positive emotions increased to 22, and negative emotions decreased to 17. The *follow-up results* of WM participants showed that stress levels decreased to 13, anxiety decreased to 16, positive emotions decreased to 15, and negative emotions increased to 16. The conclusion of the WM participants' notes showed that the use of *affirmation cards* and music provided a reflective space that supported self-acceptance. In WM participants, the affirmation "I love myself unconditionally" and the song "Mantra Jiwa" from Aviwkila contributed to lowering anxiety, as well as increasing emotional regulation, gratitude, and confidence.

The above results show that WM participants experienced positive changes after using *affirmation cards* and music. One of the important factors in achieving this positive effect is consistency in carrying out interventions during the treatment period. Affirmations can be managed according to each person's needs or desires, so that they can be aimed at changing attitudes and behaviors, and can increase confidence and positive feelings of happiness (Susanti, et al., 2023). Then, regarding music, Lu, et al., (2021) stated that music can reduce stress and anxiety at all ages, both young, adult, and elderly. However, according to Lu, et al., (2021) the effectiveness of music therapy needs to be carried out continuously or periodically, considering that its effects do not last long, so consistency in interventions is indeed necessary.

#### 5. ATA Participants

ATA participants using *affirmation cards* and music during the day from 12:00–18:00 experienced significant changes in their scores of stress, anxiety, positive emotions, and negative emotions. In the results of the pretest, ATA participants showed a level of stress of 28, anxiety of 24, positive emotions of 20, and negative emotions of 31. After being given treatment, the results of the *ATA participants' posttest* showed that the stress level decreased to 7, anxiety decreased to 8, positive emotions increased to 31, and negative emotions decreased to 12. The *follow-up results* of SS participants showed that stress levels increased to 17, anxiety increased to 15, positive emotions decreased to 15, and negative emotions increased to 29.

Changes in scores showed that during the intervention period, ATA participants experienced a significant reduction in stress and anxiety as well as an increase in positive emotions. However, at *follow-up*, there was a re-increase in stress, anxiety, and negative emotions, as well as a decrease in positive emotions, indicating that the effects of the intervention were not long-lasting. The conclusion of the ATA participants' diaries revealed that the use of *affirmation cards* and music had a positive impact on emotional

management, increased energy, and readiness to face daily activities. Affirmations such as "Everything will be fine, and I am able to get it done one by one" especially provide emotional reinforcement.

The targeted use of music and understanding of the interaction between music and *affirmation cards* have the potential to increase the effectiveness of psychological interventions and support music-based mental health maintenance efforts (Fitri, 2024). Although the effect decreased at *follow-up*, the intervention still contributed to helping participants cope with challenges more calmly and better self-acceptance. In order for the results of the intervention to be felt continuously, the intervention needs to be carried out continuously or periodically, considering its effects that do not last long (Lu, et al., 2021).

## 6. VJP Participants

VJP participants using *affirmation cards* and music during the day from 12:00–18:00 experienced quite diverse changes in their stress, anxiety, positive emotions, and negative emotions scores. In the results of *the pretest*, VJP participants showed a level of stress of 27, anxiety of 26, positive emotions of 15, and negative emotions of 22. After being given treatment, the posttest results of VJP participants showed that their stress levels decreased to 18, anxiety increased to 28, positive emotions increased to 16, and negative emotions increased to 24. The *follow-up results* of SS participants showed that stress levels increased to 19, anxiety decreased to 24, positive emotions decreased to 14, and negative emotions decreased to 16. The conclusion of the VJP participants' diaries showed that although there were changes in the scores that went up and down after being given treatment and discontinued, the use of *affirmation cards* and music could help VJP participants manage stress and anxiety. In addition, the use of *affirmation cards* and music can provide support that helps increase calmness and enthusiasm in the face of daily stress. As he says on the *randomly taken affirmation cards*, "It's okay if it's wrong," it makes his mood better and serves as a reminder that he's valuable.

The above results showed that VJP participants experienced positive changes after using *affirmation cards* and music. Positive statements that are continuously and loudly spoken by individuals can "reprogram" attitudes, mental patterns, and everything that is already in their subconscious mind by using positive words (Ismarahmadianti, 2024). In addition, music is said to provide support because music can manipulate an individual's perception of the surrounding environment and change mindset through a calming experience of listening to music, so that this can slowly relieve the stress and anxiety experienced by individuals (Khadijah, 2023).

## 7. AFB Participants

AFB participants using *affirmation cards* and music from 6:00 to 11:59 p.m. experienced a considerable change in their increase in positive emotions, and a decrease in their anxiety and negative emotions was observed. In the results of *the pretest*, AFB participants showed a level of stress of 29, anxiety of 37, positive emotions of 15, and negative emotions of 29. After being given treatment, the posttest results of AFB

participants showed that stress levels decreased to 24, anxiety increased to 38, positive emotions increased to 21, and negative emotions increased to 31. The *follow-up* results of AFB participants showed that stress levels increased to 27, anxiety increased to 40, positive emotions decreased to 12, and negative emotions increased to 32. The conclusion of the results of the AFB participants' diaries showed that the use of *affirmation cards* and music had a positive impact and space for AFB participants to feel calmer, motivated, help manage the sadness and *overthinking* experienced, so that it could help AFB participants to start accepting the situation. However, after the treatment was discontinued, the positive effects of the interventions also decreased, resulting in increased anxiety and negative emotions for AFB participants.

The above results showed that the SS participants experienced positive changes after using *affirmation cards* and music. As the findings of Ismarahmadianti (2024) which states that continuous and loud positive sentences spoken by individuals can form attitudes, mental patterns, and everything that is already in their subconscious mind to be more positive. Then music is also able to provide calmness that makes the brain able to accept new things and can regulate hormones related to stress, anxiety, and emotions felt by individuals (Yuliana, et al., 2023). However, the positive effects of interventions after treatment sometimes do not last long, resulting in increased anxiety and negative emotions. This is related to the consistency of the intervention after the treatment period. Affirmation and music can be managed according to their respective needs or desires consistently after the treatment period because their effectiveness requires continuous or periodic action (Lu, et al., 2021).

#### 8. TAM Participants

TAM participants using *affirmation cards* and music from 18:00–23:59 experienced mixed changes in their scores of stress, anxiety, positive emotions, and negative emotions. The results of the TAM participants showed a level of stress of 29, anxiety 32, positive emotions 12, and negative emotions of 35. After being given treatment, the results of the *posttest* of TAM participants showed that the stress level decreased to 18, anxiety decreased to 22, positive emotions increased to 14, and negative emotions decreased to 30. The *follow-up results* of the SS participants showed that the stress level decreased to 15, anxiety remained at 22, positive emotions decreased to 11, and negative emotions decreased to 21. The conclusion of the results of the daily diaries of TAM participants showed that the use of *affirmation cards* and music had quite diverse effects for TAM participants. Despite progress in reducing stress and anxiety levels, some days participants still experienced considerable emotional difficulties. *Affirmation cards* and music also help TAM participants in opening up space for emotional expression, but external conditions and heavy mental burdens affect the effectiveness of interventions performed for TAM participants.

Changes in scores showed that TAM participants experienced a gradual decrease in stress, anxiety, and negative emotions, although the increase in positive emotions was not

significant. The diary indicated that interventions using *affirmation cards* and music had varying positive impacts. These interventions help to open up space for emotional expression and reduce psychological burden, but their effectiveness is affected by external factors and high emotional distress. Positive affirmations can facilitate an individual's mindset in making psychological adaptations so that individuals can manage their thoughts and form more positive behaviors (Putri, et al., 2024). Then, music also has a psychological impact because it is often used in the context of treating psychological problems, where music can help increase confidence, reduce levels of depression and anxiety, and increase feelings of independence in individuals (Nalendra, et al., 2023)

## CONCLUSION

The conclusion of this study was that there was no significant change in the combined stress, anxiety, and emotion after being given music and affirmation cards, and there was no significant difference in reductions in stress, anxiety, and emotions between the morning, noon, and night groups. In addition, the change in scores over time did not differ significantly between morning, noon, and night groups. This means that the pattern of treatment effectiveness is relatively uniform at all times. This suggests that giving music and affirmation cards did not show a significant impact on lowering stress, anxiety, and overall negative emotions. In addition, the timing of the intervention (whether done in the morning, afternoon, or night) also did not cause a significant difference in effectiveness. In other words, the treatment gives relatively the same results, without striking differences, at all times of its implementation. However, the study also showed a significant reduction in stress and anxiety after being given music and affirmation cards; As for emotions, it is insignificant, even if there is a direction.

The suggestions for this research include:

1. **Strengthening Intervention Variables.** Although there were generally no significant changes in the combined stress, anxiety, and negative emotions, the results (quantitative and qualitative) showed that individual stress and anxiety in some participants decreased significantly. Therefore, it is recommended to strengthen the quality and consistency of the implementation of interventions, for example by extending the duration, increasing the frequency, or combining it with other relaxation approaches (such as breathing techniques or mindfulness).
2. **Evaluation of Measurement Instruments and Methods.** An evaluation of the sensitivity of the measuring tool used in detecting changes in negative emotions is needed. It could be that the measuring tool is less sensitive to short-term changes or needs to be combined with observation or other qualitative methods.
3. **Consideration of Context and Participant Conditions.** Variations in an individual's psychological condition, personal background, or expectations of an intervention can affect the outcome. It is necessary to note the context of activities before and after the intervention, or control for external variables that may be influencing.

### Suggestions for Further Researchers

1. Expansion of the duration of the intervention. Follow-up research can explore the long-term effects of music interventions and affirmation cards by increasing the duration and consistency of implementation (e.g. conducted over two weeks to one month) to see cumulative impacts.
2. Addition of control groups. Researchers were then advised to add a control group (who did not get the intervention) in order to clarify the effect of the intervention compared to no treatment at all.

Modification of Affirmation and Music Formats. Subsequent research can try variations of music types (classical, instrumental, natural, and so on) and affirmative forms (written, audio, visual) to find out the most effective combinations for reducing stress, anxiety, and negative emotions.

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