

# The Effects of Music Listening on Emerging Adulthood in Dealing with Grief of Losing Parents during the COVID-19 Pandemic

Nathanael Paboa <sup>1</sup>, and Penny Handayani <sup>1,\*</sup>

<sup>1</sup> Faculty of Psychology, Atma Jaya Indonesia Catholic University

\* Email addresses of the corresponding author : penny.handayani@atmajaya.ac.id

## Abstract

*Purpose:* The COVID-19 pandemic is a difficult situation to face, especially at the emerging adulthood development stage. The death factor during the COVID-19 pandemic continues to rise and increases daily cases in Indonesia. Grief is one of the responses felt by individuals in the emerging adulthood development stage who experienced the loss of someone close to them during the COVID-19 pandemic. Music is one of the coping techniques that individuals can use throughout the time of grief during the COVID-19 pandemic. This research aims to determine the role of music in emerging adulthood in alleviating grief, and aims to obtain an overview of the condition in question after being faced with grief.

*Method:* This research was conducted using qualitative methods with semi-structured interviews. The participant criteria used in this study were individuals aged 18 to 25 years, who had experienced the death of a parent during the COVID-19 pandemic, and listened to music when they lost a loved one. The number of participants in this research was three female participants with convenience sampling as the sampling technique used. The interview was conducted in three sessions and each interview session lasted 60 to 90 minutes. The interview guide used included questions to dig deeper into participants' feelings and experiences during the COVID19 pandemic, music listening activities, and participants' experiences of grief. The integrity of the research methodology was carried out using member checking. The analysis technique for this research uses thematic analysis.

*Result:* The results of this research shows that the grief experienced by emerging adults is faced and responded into different ways. The music listened to by emerging adults has goals and benefits as a coping strategy for the three participants.

*Conclusion:* The experience of grief experienced by emerging adulthood can also be overcome with support from the closest ones or significant others.

**Keywords:** *emerging adulthood; grieving; music*

## INTRODUCTION

### Music Listening Dynamics in Dealing with Grief.

Grief is an emotional response and somatic psychological reaction to the event of loss (Stroebe in Patricia et al., 2018). When experiencing the loss of a loved one, individuals tend to give psychological reactions, namely feeling lonely, hopeless, and afraid to face life (Fitria et al., 2018). According to Granek (in Ausie & Mansoer, 2021), the emotional reactions that individuals feel when experiencing the loss of a loved one include sadness, longing, grief, despair, and suffering. The experience of losing a loved one due to death can be a traumatic experience for individuals (Nurri & Mansoer, 2021). During the COVID-19 pandemic, the loss of loved ones is one that is often experienced by individuals (Illah, 2020).

*Proceeding of International Conference on Healthy Living (INCOHELIV)*  
(Volume 1, 2024)

Grief during the COVID-19 pandemic can be overcome by getting used to or adaptation to the circumstances or situation at that time (Walsh, 2020). According to Walsh (2020), adaptation to grief does not mean complete recovery in a short period of time, but rather the recovery results of the adaptation process can be seen from how individuals are accustomed over time. This is in line with how adaptation becomes a resilience for individuals experiencing grief during the COVID-19 pandemic (Walsh, 2020). According to Fiorentino (in Morales-Rodriguez, 2021), resilience at the stage of developmental stage of emerging adulthood who is a university student can be a coping strategy that can improve the quality of life during the COVID-19 pandemic (Walsh, 2021).

According to Schwartz et al. (2018), having a good coping strategy can help individuals determine the duration of grief. Active coping can be one way to get through difficult times and grief, one of which is resilience (Schwartz et al., 2018). In addition, grief can also be overcome with two other types of coping, namely problem-focused coping and emotion-focused coping (Folkman and Lazarus in Aliyah & Darmawanti, 2022). Coping strategies can be done with music as a means of coping. According to Ramesh (2020), music that has a complex pattern and structure can help present complex patterns and structures can help bring meaning and make music a process of healing. Miranda and Claes (in Henry et al., 2021) state that music in emotion-focused coping strategies can play a role in regulating the emotions felt, while for problem-focused coping strategies, music can play a role in regulating the emotions felt. Problem-focused coping by listening to music can significantly reduce neurotic feelings that often lead to feelings of worry, fear, anxiety, and anxiety (Miranda in Henry et al., 2009). This can also be attributed to active coping, i.e. music as a direct solution to unpleasant mood problems (Carver et al. in Henry et al., 2021). Music can help a person become more relaxed, reduce stress, create a sense of security, release sadness, make a sense of security, release sadness, make individuals happier, and help release pain (Betan et al., 2021). Music as a way to express, one of which is when individuals experience grief (Viper et al., 2021). Thus, music in a funeral or grief procession can help to create a more meaningful experience, and positively affect the physical (Parkinson in Viper et al., 2022). Differences in the genre or type of music listened to can also be an influence on the well-being of individuals (Osmanoglu & Yilmaz, 2019). According to Osmanoglu and Yilmaz (2019), different genres of music such as jazz, pop, and classical as well as the resulting rhythms such as fast or slow can affect human healing.

## **METHOD**

This research method uses a qualitative method, which is a method that explores the problem and develop a detailed understanding of the central phenomenon which is the concept or process explored in qualitative research methods (Creswell, 2012). Qualitative data will be collected using semi-structured interviews after knowing the results of the quantitative data. This is done to find out and understand the reasons why participants act in a certain way and by exploring participants' perceptions, experiences, and attitudes (Harvey-Jordan, 2012). The questions that will be asked in the interview guide are done to the feelings and experiences of participants during the COVID-19 pandemic, music listening activities and the experience of grief experienced by participants.

### *Participant Selection*

The sampling technique used for qualitative methods in this study is homogeneous sampling, in which the researcher deliberately samples individuals who are in accordance with

predetermined characteristics (Creswell, 2012). Homogeneous sampling in this study can be done by selecting individuals who match the research characteristics that have been determined by the researcher (Creswell, 2012).

#### *Participant Characteristics*

1. 18-25 years old.  
Researchers specifically look at how grief is experienced in the emerging adulthood phase. This phase is interesting because one of the process of identity formation is when relating to other people, so when one of the significant others is lost in his life, this process of identity formation will change.
2. Experiencing the death of a parent during the COVID-19 pandemic  
Researchers will look at the effects that grief has on a person in a non-conductive situation. Losing a parent during a pandemic is a process of sudden loss due to illness so that participants are not prepared to take part in this grief.
3. Listening to music that began at the time of losing a loved one  
Researcher wants to see how music is used as a way of coping with grief.

#### *Data Analysis Strategy*

The data analysis strategy used is thematic analysis. Thematic analysis is a way of analyzing data to identify patterns or find themes based on the data that has been collected (Braun & Clarke, 2006). This method can be used to identify, analyze and report themes or patterns contained in the data (Junaid, 2016). In thematic analysis, the researcher reads the entire content of the interviews and tries to derive meaning from the data (Junaid, 2016). In this process, the researcher must focus on the content conveyed by students as participants and needs to pay attention to patterns or repeated ideas.

## **RESULT**

**Table 1**

*Participant Overview*

<b>Initial</b>	<b>Participant 1 (BE)</b>	<b>Participant 2 (T)</b>	<b>Participant 3 (HM)</b>
Gender	Female	Female	Female
Age	23	22	22
Birth Order	1/2	1/2	2/2
Occupation	Freelance / Collage Student	Employed	Job Seeker
Deceased	Father	Father	Father
Age at the Time of Death	21	20	20
Music Genre Listened	Pop, Lo-fi, Bossa Nova, Classic and RnB	Pop	Popo
Time Spend Daily in Listening Music	480 min	300 min	240 min
Tribe	Javanees	Tiong Hoa	Javanees
Religion	Catholic	Buddhist	Muslin
Location	Tangerang	Palembang	Jakarta
Educational Background	S1	S1	S1
Currently Living With	Mother and uncle	Mother and sister	Mother and brother

*Proceeding of International Conference on Healthy Living (INCOHELIV)  
(Volume 1, 2024)*

**Table 2**  
*Inter-participant Analysis*

Concept	Aspect	Participant 1 (BE)	Participant 2 (T)	Participant 3 (HM)	End Conclusion
Daily life during Pandemic COVID-19	Feelings that felt by participants during the pandemic COVID-19 Impressions perceived participants during the pandemic COVID-19	Stressful and bored because having to do isolation self (isoman). Loss motivation to complete an thesis (final project final project).	Tired and stressful because the transition place living arrangements. Difficulties adapting because the transition place living arrangements.	Boredom and worried members family exposed to the virus COVID-19. Feeling burdened because of the changes routine.	Feelings that felt by the three participants during the COVID-19 mostly was boredom because of the isolation regulations (isoman) Impressions that felt by the three participants during the pandemic COVID-19 mostly are impressions Less favourable. This is due to changes and transitions that must be adapted to by all three participants.
Grief Overview	Grief experienced participants during the pandemic COVID-19	Loss father in during pandemic COVID-19 Which due to disease outside outside COVID-19	Loss father during pandemic COVID-19 which due to exposure to the virus COVID-19	Loss father during pandemic COVID-19 which due to disease outside of outside of COVID-19	Two out of three participants experienced grief losing their father during the pandemic COVID-19 with illness outside of COVID-19. Meanwhile, one participant lost his father due to exposure to COVID-19 virus
	Experience and feelings participants before facing loss or grief.	Having feelings loss and have start period grieving before father declared was gone.	Sad because not being able to meet father who is exposed to the virus COVID-19.	Knowing there are Changes physical changes by father because condition has deteriorating.	The feelings experienced by participant before facing grief vary. Participant BE already had premonition about grief that will go through, participant T felt sad because he could not meet the figure of father because of difference in city residence, and participant H knows there are physical changes caused by the condition that progressively worsening.
	Experience and feelings participants when facing loss or grief.	Difficulty sleep and distancing away from people around for two week	Regret because differences city of residence caused unable to meet and witness days last days	Distancing away from the people around for one week	Feelings participants when confronted with grief most was the desire to distance from the people around surroundings with duration varying in duration. However, on the other hand other hand, participant T felt regretful because of the difference in city living with late father
Overview Effect Listening to Music	Experience and feelings participants after facing loss or grief.	Try to do the best in the future and reduce to crying.	Try accepting and continue activities that deceased father enjoyed.	Knowing that all the feelings felt when grieving is valid and felt by all people.	The feelings that felt by the three participants after facing grief were good feelings good feelings, namely trying to accept and knowing that what you felt is normal.
	Experience and feelings participants currently.	Feelings more energized and can motivate self again.	Try accepting situation.	Living life as it is as it is and not too dwelling on sadness.	The feelings of the three participants currently have reached the stage of acceptance and desire to live a better life
Music and grief	Experience participants in listening to music.	Music plays a role active in life participants, especially when there are events certain events	Music becomes one of way to vent emotions that held back.	Music becomes one of way to vent emotions that held back.	Experience participants in listening to music was mostly most of the time being one of the ways to vent emotions that are held back. However, on the other hand, music also plays an active in life participants' lives and provide meaning.
	Feelings participant In listening to music.	Music helps become calmer and become a distraction from news negative news.	Help make yourself become calmer when about to fall sleep	Helps release emotions pent-up emotions and increase motivation working on task Music help to venting emotions that are held back.	Music has impact different among the three participants. However, of the the three participants the impact of music mostly was to help calm down and an outlet to resolve difficulties experienced.

The feelings felt by the three participants when faced with the COVID-19 pandemic were mostly bored and stressful. This is due to the transition activities and routines carried out by participants. Rules for self-isolation (isoman) and limited activities outside the home triggered the three participants to experience boredom and stress. This causes a less pleasant impression

*Proceeding of International Conference on Healthy Living (INCOHELIV)*  
*(Volume 1, 2024)*

during the COVID-19 pandemic. During the COVID-19 pandemic, there has been loss of motivation or desire to complete the tasks undertaken. COVID-19 also creates difficulties in adapting to new rules or routines that will be followed by participants. The grief experienced by the three participants, namely the three participants experienced lost their father during the COVID-19 pandemic. This caused the three participants lost a father figure in their 20s. When confronted for the first time with the grief experienced, the three participants had different responses. One of the participants, namely BE already had a premonition of losing a father figure. Meanwhile, participants T and HM felt sadness at not being able to meet their father and knowing that their late father's physical condition was getting worse.

Father's physical condition is getting worse. When faced with a period of grief, the three participants had an unpleasant feeling. This is due to the difficulty in sleeping and the desire to keep crying. On the other hand, it is possible that the three participants wanted to distance themselves from their surroundings. This desire runs for different durations. Participant BE distanced herself from the surrounding environment for two weeks and participant HM distanced herself from the surrounding environment for one week. In contrast to the two participants, participant H had no desire to distance himself from the surrounding environment because he felt no reason to distance himself from the environment. When the grief period had lasted with its respective duration, the three participants tried to accept the situation that had happened. This was shown by the three participants in different ways. However, some of the activities carried out to accept the situation were carried out for the pleasure of the deceased father. Thus, the three participants have motivation again to do activities and are no longer protracted in sadness. During the grief period, the three participants were assisted with music for self-distraction from emptiness and help to release pent-up emotions. Music can also help participants to make it easier for participants when they want to fall asleep. This can help participants become calmer and more relaxed. Thus, music has a significant role in significant role in dealing with grief.

## **DISCUSSION**

This study aims to look at the role of music in emerging adulthood who experiencing grief due to the death of a parent during the COVID-19 pandemic in accordance with the formulation of the problem posed. Based on the results of the qualitative analysis that has been presented, it can be concluded that the daily lives of participants during the COVID-19 pandemic are mostly bored and stressful. Music listening activities carried out by participants aim to distract themselves from feelings of self-distraction from unpleasant feelings.

On the other hand, music listening activities are also an alternative to expressing feelings that are held in participants. When faced with grief, the three participants had the experience of being in the five stages of grief, namely denial, anger, depression, bargaining, and acceptance. The three participants have now entered the acceptance stage by trying to accept and live a better life. When faced with grief, the three participants also include music as a way to fill the void and act as a memory that reminds participants of their late father who has passed away.#

This research proves that the stages of grief possessed by individuals who grief during the COVID-19 pandemic are different from individuals who experience grief during the end of the pandemic. This study found that individuals who were able to attend a formal funeral can trigger an acceptance and resolution process that is difficult for grieving individuals to face.

*Proceeding of International Conference on Healthy Living (INCOHELIV)*  
*(Volume 1, 2024)*

This is in accordance with the explanation of Wallace et al. (in Mortazavi et al., 2020) about individuals who have difficulty resolving grief can be caused by the inability of individuals to accept and resolve grief. This study also found that individuals will be in the anger stage of grief due to the guilt that individuals have when they cannot meet and care for the departed. This is in line with the explanation of Mortazavi et al. (2020) about individuals who are in the anger stage during COVID-19 can be caused by the inability of individuals to accompany patients in their last days due to the high possibility of the spread of the disease and the possibility of spread of the disease and the possibility of transmission.

This research proves that the grief experienced by the developmental stage of emerging adulthood due to the death of a parent will feel heavier than in other stages of development. This is because the developmental stage of emerging adulthood is a stage where individuals tend to rely more on parents for emotional and material support (Johnson and Benson in Crespo & Relvas, 2020). This is in line with the findings of Arnett (in Porter & Claridge, 2020) who stated that the developmental stage of emerging adulthood is not fully confident and independent in facing independent in dealing with their lives, so that individuals who are at this stage of development tend to depend on parents for support and comfort. When faced with the death of their father, this study found that stages of grief are often about the anger and bargaining stages. This is in accordance with Bagnoli's findings (in Porter & Claridge, 2020) which state that when individuals are faced with the loss of their fathers, they tend to rely on their parents for support and comfort.

This research found that social support is quite influential for individuals to get through a period of grief. This is in line with the findings of Villaceros et al. (in Lipp & O'Brien, 2020) which states that perceived social support can be negatively correlated with sadness caused by grief. This research proves music can be an effective form of coping when faced with grief. This is in line with the findings of Gallagher (2019), who stated that most of the developmental stages of emerging adulthood who are experiencing stress often choose to listen to music as a form of coping. This research also proves that music can be a way to express the emotions felt. This is in line with the findings of Saarikallio (in Carvalho et al., 2022) which states that music is known to improve individual well-being. Saarikallio (in Carvalho et al., 2022) stated that music is known to improve individual well-being and can impact on expressing emotions and perceived intensity. This research proves that music can trigger individual focus when including music in activities that will or are being done. This is in line with the research of Shih et al. (in Özdoğan et al., 2022) who found that noise produced by music can affect human attention and behavior. Music in grief can help individuals to feel the emotions that are held within the individual. This is in line with the findings of Warrenburg (2020) which states that individuals can feel and reassess the feelings of sadness and grief felt through music.

## **CONCLUSION**

The interview guide created by the researcher was ethically tested and passed to be used in this study. The interview guide used adequately covered activities during the COVID-19 pandemic, grief, and music listening activities. However, the interview guide created by the researcher did not have a reference from the interview measurement tool, so it was difficult when researching about the COVID-19 pandemic, grief, and music listening activities. The characteristics of the participants used in this study can be further specified about their music listening activities. The

small number of participants was due to get candidates who experienced grief during the COVID-19 pandemic and listened to music during the grief period.

For researchers who are interested in researching the topic further, researcher suggestions that may be considered are to consider questions about the context of time context of grief experienced by participants. This is necessary so that future researchers can distinguish the participants' state before, during, and after the occurrence of grief. Suggestions for future researchers also add participant characteristics with when the grief experience occurred. This is necessary so that the participants who will be interviewed have passed the grief period and not the participants who are still new in dealing with grief. For future researchers, it can also be suggested that this research uses mixed methods in order to select participants well and find out the effects of music on grief.

## REFERENCE

- Arnett, J. J. (2014). The emergence of emerging adulthood: A personal history. *Emerging Adulthood*, 2(3), 155-162. Retrieved from <https://journals.sagepub.com/doi/pdf/10.1177/2167696814541096>
- Aliyah, N. A., & Darmawanti, I. (2022). Gambaran strategi coping pada perempuan yang kehilangan orang tua di masa pandemi COVID-19. *Character: Jurnal Penelitian Psikologi*, 9(1). Retrieved from <https://ejournal.unesa.ac.id/index.php/character/article/view/44823>
- Altun, Z. D., & Özdemir, M. (2018). The role of the music in coping with trauma experiences. *European Journal of Education Studies*, 4(11). Retrieved from <https://oapub.org/edu/index.php/ejes/article/view/1853>
- Arora, S., & Bhatia, S. (2023). Addressing grief and bereavement in Covid-19 pandemic. *Illness, Crisis & Loss*, 10541373221145536. Retrieved from <https://journals.sagepub.com/doi/abs/10.1177/10541373221145536>
- Ausie, R. K., & Mansoer, W. W. D. (2021). " Mengapa Tuhan mengambil mereka?" Pengalaman duka dan pemaknaan anak yang kehilangan kedua orang tua secara berurutan. *Jurnal Psikologi Ulayat*, 8(2), 153-173. Retrieved from <https://publication.kpin.org/index.php/jpu/article/view/137>
- Betan, M. O., Hamu, A. H., Kapitan, M., & Lepat, G. S. (2021). Efektifitas Terapi Musik Klasik dan Relaksasi Otot Pada Tingkat Kecemasan Ibu Hamil di Masa Pandemi Covid-19. *Flobamora Nursing Journal*, 1(1), 12-18. Retrieved from <https://jurnal.poltekeskupang.ac.id/index.php/fnj/article/view/653/377>
- Birt, L., Scott, S., Cavers, D., Campbell, C., & Walter, F. (2016). Member Checking: A Tool to Enhance Trustworthiness or Merely a Nod to Validation? *Qualitative Health Research*, 26(13). [https://www.researchgate.net/publication/304356584\\_Member\\_Checking\\_A\\_Tool\\_to\\_Enhance\\_Trustworthiness\\_or\\_Merely\\_a\\_Nod\\_to\\_Validation](https://www.researchgate.net/publication/304356584_Member_Checking_A_Tool_to_Enhance_Trustworthiness_or_Merely_a_Nod_to_Validation)
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), p.77-101. Retrieved from [http://eprints.uwe.ac.uk/11735/2/thematic\\_analysis\\_revised\\_-\\_final.pdf](http://eprints.uwe.ac.uk/11735/2/thematic_analysis_revised_-_final.pdf)
- Carver, C. S., Scheier, M. F., & Weintraub, J. K. (1989). Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology*, 56(2), 267-283. Retrieved from <https://psycnet.apa.org/doiLanding?doi=10.1037/0022-3514.56.2.267>
- Creswell, J. W. (2012). *Educational Research: Planning, conducting, and evaluating quantitative and qualitative research* (4th ed.). Boston: Pearson. 86

- Crespo, C., & Relvas, A. P. (2020). Family dynamics during emerging adulthood: Reviewing, integrating, and challenging the field. *Journal of Family Theory & Review*, 12(3), 350-367. Retrieved from <https://onlinelibrary.wiley.com/doi/abs/10.1111/jftr.12386>
- Fitryani, D. P. C., Berek, N. C., Anakaka, D. L., & Kiling, I. Y. (2021). The Dynamics of Grief in Late Adolescence After Maternal Death in Terms of The Theory of Kübler-Ross. *Journal of Health and Behavioral Science*, 3(4), 481-489. Retrieved from <https://ejurnal.undana.ac.id/index.php/CJPS/article/view/4384>
- Fuadi, T. M., & Irdalisa, I. (2020). Covid 19: antara angka kematian dan angka kelahiran. *Jurnal Sosiologi Agama Indonesia (JSAI)*, 1(3), 199-211. Retrieved from <https://journal.arraniry.ac.id/index.php/jsai/article/download/767/505>
- Gill, S. L. (2020). Qualitative sampling method. *Journal of Human Location*. 1-3. Retrieved from <https://journals.sagepub.com/doi/abs/10.1177/0890334420949218>
- Gómez-López, M., Viejo, C., & Ortega-Ruiz, R. (2019). Well-being and romantic relationships: A systematic review in adolescence and emerging adulthood. *International journal of environmental research and public health*, 16(13), 2415. Retrieved from <https://www.mdpi.com/1660-4601/16/13/2415>
- Harvey-Jordan, S., & Long, S. (2001). The process and the pitfalls of semi-structured interviews. *Community Practitioner*, 74(6), 219. Retrieved from <https://search.proquest.com/openview/d940c523c1f07359ff99ec56f93c2f57/1?pqorigsite=scholar&cbl=47216>
- Henry, N., Kayser, D., & Egermann, H. (2021). Music in mood regulation and coping orientations in response to COVID-19 lockdown measures within the United Kingdom. *Frontiers in psychology*, 12, 647879. Retrieved from <https://www.frontiersin.org/articles/10.3389/fpsyg.2021.647879/full>
- Hochberg, Z., & Konner, M. (2020). Emerging adulthood, a pre-adult life-history stage. *Frontiers in endocrinology*, 10(918). Retrieved from <https://www.frontiersin.org/articles/10.3389/fendo.2019.00918/full>
- Illah, M. N. N. (2021). Analisis pengaruh komorbid, usia, dan jenis kelamin terhadap meningkatnya angka kematian pada masa pandemi COVID-19. *Jurnal Sosial Sains*, 1(10), 1-228. Retrieved from <https://sosains.greenvest.co.id/index.php/sosains/article/view/232/469>
- Iliya, Y. A. (2015). Music therapy as grief therapy for adults with mental illness and complicated grief: a pilot study. *Death studies*, 39(3), 173-184. Retrieved from <https://www.tandfonline.com/doi/abs/10.1080/07481187.2014.946623>
- Junaedi, D., Arsyad, M. R., Salistia, F., & Romli, M. (2022). Menguji efektivitas vaksinasi Covid-19 di Indonesia. *Reslaj: Religion Education Social Laa Roiba Journal*, 4(1), 120-143. Retrieved from <https://journal.laaroiba.ac.id/index.php/reslaj/article/view/537/45587>
- Junaid, I. (2018). Analisis data Kualitatif Dalam Penelitian Pariwisata. <https://doi.org/10.31219/osf.io/npvqu>
- Kemdikbud RI. (2020). Surat Edaran Direktur Jenderal Pendidikan Tinggi Republik Indonesia Nomor 1 Tahun 2020 tentang Pencegahan Penyebaran Coronavirus Disease (COVID-19) Di Perguruan Tinggi. <https://ldikti3.kemdikbud.go.id/v6/2020/04/21/surat-edarandirektur-jenderal-pendidikan-tinggi-kementerian-pendidikan-dan-kebudayaan-nomor-1-tahun-2020-tentang-pencegahan-penyebaran-corona-virus-disiase-covid-19-diperguruan-tinggi-kementerian/>
- Lengsi, V. T., Mizawati, A., & Kurniawati, P. (2021). Progressive Muscle Relaxation, Classical Music Therapy To Reduce Stress Of End Students. *Jurnal Kebidanan Midwiferia*, 7(1), 27-40. Retrieved from <https://midwiferia.umsida.ac.id/index.php/midwiferia/article/view/673>
- Lopez, A., Caffò, A. O., Tinella, L., Di Masi, M. N., & Bosco, A. (2021). Variations in mindfulness associated with the COVID-19 outbreak: Differential effects on cognitive failures, intrusive thoughts and rumination. *Applied Psychology: Health and Well-Being*, 13(4), 761-780. Retrieved from <https://iaapjournals.onlinelibrary.wiley.com/doi/epdf/10.1111/aphw.12268>



Proceeding of International Conference on Healthy Living (INCOHELIV)  
(Volume 1, 2024)

- Malloch, S., & Trevarthen, C. (2018). The human nature of music. *Frontiers in psychology*, 9, 1680. Retrieved from <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01680/full>
- Mayland, C. R., Harding, A. J., Preston, N., & Payne, S. (2020). Supporting adults bereaved through COVID-19: a rapid review of the impact of previous pandemics on grief and bereavement. *Journal of pain and symptom management*, 60(2), e33-e39. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0885392420303882>
- Miranda, D., & Claes, M. (2009). Music listening, coping, peer affiliation and depression in adolescence. *Psychology of music*, 37(2), 215-233. Retrieved from <https://journals.sagepub.com/doi/abs/10.1177/0305735608097245>
- Morales-Rodríguez, F. M. (2021). Fear, stress, resilience and coping strategies during COVID-19 in Spanish university students. *Sustainability*, 13(11), 5824. Retrieved from <https://www.mdpi.com/2071-1050/13/11/5824>
- Mortazavi, S. S., Shahbazi, N., Taban, M., Alimohammadi, A., & Shati, M. (2021). Mourning during corona: A phenomenological study of grief experience among close relatives during COVID-19 pandemics. *OMEGA-Journal of Death and Dying*, 00302228211032736. Retrieved from <https://journals.sagepub.com/doi/epdf/10.1177/00302228211032736>
- Nurriyana, A. M., & Savira, S. I. (2021). Mengatasi kehilangan akibat kematian orang tua: Studi fenomenologi self-healing pada remaja. *Character: Jurnal Penelitian Psikologi*, 8(3). Retrieved from <https://ejournal.unesa.ac.id/index.php/character/article/view/4116988>
- Ohannessian, C. M. (2021). Introduction to special issue: The Impact of the COVID-19 pandemic on the lives of emerging adults. *Emerging adulthood*. 1-2. Retrieved from <https://journals.sagepub.com/doi/pdf/10.1177/21676968211030875>
- Osmanoglu, D. E., & Yilmaz, H. (2019). The Effect of Classical Music on Anxiety and WellBeing of University Students. *International Education Studies*, 12(11), 18-25. Retrieved from <https://eric.ed.gov/?id=EJ1232294>
- Patricia, G., Sahrani, R., & Agustina, A. (2018). Gambaran Kedukaan Pada Perempuan Dewasa Madya yang Pernah Mengalami Kegagalan Program In Vitro Fertilization. *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*, 2(1), 88-96. Retrieved from <https://www.academia.edu/download/61055944/1670-4724-1-PB20191029-47862-t8x6vv.pdf>
- Pedoman Etika Penelitian Unika Atma Jaya (2017). Tim Komisi Etika Penelitian Unika Atma Jaya.
- Pokhrel, S., & Chhetri, R. (2021). A literature review on impact of COVID-19 pandemic on teaching and learning. *Higher Education for the Future*, 8(1), 133-141. Retrieved from <https://journals.sagepub.com/doi/epdf/10.1177/2347631120983481>
- Rahmat, P. S. (2009). Jurnal Penelitian Kualitatif. *Penelitian Kualitatif*, 5(9).
- Ramadhanti, M., & Satiningsih, S. (2022). Gambaran grief pada emerging adulthood yang mengalami kematian orang tua akibat COVID-19. *Character: Jurnal Penelitian Psikologi*, 9(7). Retrieved from <https://ejournal.unesa.ac.id/index.php/character/article/view/48254/41028>
- Ramesh, B. (2020). Influence of Music as a Coping Strategy during COVID-19. *SBV Journal of Basic, Clinical and Applied Health Science*, 3(3), 128-130. Retrieved from [https://www.researchgate.net/profile/BhuvaneswariRamesh/publication/344663412\\_Influence\\_of\\_Music\\_as\\_a\\_Coping\\_Strategy\\_during\\_COVID-19/links/5f87c5ab92851c14bcc8dc0a/Influence-of-Music-as-a-Coping-Strategyduring-COVID-19.pdf](https://www.researchgate.net/profile/BhuvaneswariRamesh/publication/344663412_Influence_of_Music_as_a_Coping_Strategy_during_COVID-19/links/5f87c5ab92851c14bcc8dc0a/Influence-of-Music-as-a-Coping-Strategyduring-COVID-19.pdf)
- Reybrouck, M., Podlipniak, P., & Welch, D. (2020). Music listening as coping behavior: From reactive response to sense-making. *Behavioral Sciences*, 10(7), 119. Retrieved from <https://www.mdpi.com/774122>
- Santrock, J.W. (2019). Life-span development. (17th ed.). NY: McGraw-Hill Education

Proceeding of International Conference on Healthy Living (INCOHELIV)  
(Volume 1, 2024)

- Sari, L., & Khaira, F. (2021). The role of social support in pandemic-related stress among university students. *International Journal of Research in Counseling and Education*, 5(2), 135-142. Retrieved from <http://ppsfip.ppj.unp.ac.id/index.php/ijrice/article/view/444>
- Schwartz, L. E., Howell, K. H., & Jamison, L. E. (2018). Effect of time since loss on grief, resilience, and depression among bereaved emerging adults. *Death studies*, 42(9), 537-89, 547. Retrieved from <https://www.tandfonline.com/doi/abs/10.1080/07481187.2018.1430082>
- Sukur, M. H., Kurniadi, B., Haris., & N, R. F. (2020). Penanganan pelayanan kesehatan di masa pandemi COVID-19 dalam perspektif hukum kesehatan. *Journal Inico Legis*, 1(1).
- Sumakul, Y., & Ruata, S. (2020). Kesejahteraan psikologis dalam masa pandemi Covid-19. *Journal of Psychology "Humanlight"*, 1(1), 1-7. Retrieved from <https://doi.org/10.51667/jph.v1i1.302>
- Tang, S., & Xiang, Z. (2021). Who suffered most after deaths due to COVID-19? Prevalence and correlates of prolonged grief disorder in COVID-19 related bereaved adults. *Globalization and health*, 17(1), 1-9. Retrieved from <https://globalizationandhealth.biomedcentral.com/articles/10.1186/s12992-021-00669-5>
- Valliani, K., & Mughal, F. B. (2022). Human emotions during COVID-19: A lens through Kubler-Ross Grief theory. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(2), 247. Retrieved from <https://psycnet.apa.org/record/2021-69193-001>
- Vidas, D., Larwood, J. L., Nelson, N. L., & Dingle, G. A. (2021). Music listening as a strategy for managing COVID-19 stress in first-year university students. *Frontiers in psychology*, 12, 647065. Retrieved from <https://www.frontiersin.org/articles/10.3389/fpsyg.2021.647065/full>
- Viper, M., Thyren, D., & Horwitz, E. B. (2022). Music as consolation: The importance of music at farewells and mourning. *OMEGA-Journal of Death and Dying*, 85(1), 155-177. Retrieved from <https://journals.sagepub.com/doi/full/10.1177/0030222820942391>
- Walsh, F. (2020). Loss and resilience in the time of COVID-19: Meaning making, hope, and transcendence. *Family process*, 59(3), 898-911. Retrieved from <https://onlinelibrary.wiley.com/doi/abs/10.1111/famp.12588>
- Warrenburg, L. A. (2020). People experience different emotions from melancholic and grieving music. *Music & Science*, 3, 2059204320977384. Retrieved from <https://journals.sagepub.com/doi/full/10.1177/2059204320977384>
- Yin, R. K. (2011). *Qualitative research from start to finish*. NY: The Guilford Press