

Abstract

**Purpose:** To explore the role and meaning of music in adolescents' lives and the adolescents' ways of understanding how music listening can impact hearing-health.  
**Methods:** Interviews and Interpretative Phenomenological Analysis (IPA).  
**Findings:** Music is a habitual part of the adolescents' lives, used for emotional regulation and creating a "bubble" of personal space. There is a preference for music listening in headphones for a more intense and private experience. The adolescents are aware of the potential hearing-health risks, but the profound meaning of music for their well-being overshadows any concerns.  
**Conclusions:** Despite awareness of potential hearing-health risks, the adolescents prioritize the immediate emotional and cognitive benefits of music. Technological advancements and increased social media interactions contribute to a trend towards more personalized music listening. These insights call for health promotion which accounts for the positive aspects of music listening and not only the risks.

Résultats/Results

Music is a near-constant companion in the participants' lives. Music listening provides a judgment-free space, offering therapeutic benefits like mood regulation and emotional well-being. These positive effects often outweigh concerns about potential long-term hearing risks. Risky listening behaviors should be understood not merely as impulsive actions but due to the significant emotional and mental health benefits music provides. Acknowledging these benefits alongside risks can lead to a more comprehensive approach in studying music listening habits, shaping more balanced recommendations for interventions and future research.

Superordinate themes	Music and state of mind	Music and individuality	Music enjoyment and hearing-related risks
Subordinate themes	- Emotion regulation - Cognitive enhancement	- Identity formation - Peer acceptance	- Risk awareness - Hearing-health consequences

Objectifs/Objectives

To explore the role and meaning of music in adolescents' lives and the adolescents' ways of understanding how music listening can impact hearing-health. To explore the adolescents' reasoning about the short-and long-term risks of exposure to loud music.

Conclusion

Music seems to be beneficial for adolescents' lives and well-being, often overshadowing any concerns of developing temporary or permanent hearing loss. Technological advances and social media engagement drive increasingly personalized listening habits. Current health promotion models do not fully capture all the factors potentially influencing adolescent behaviors. Future research should develop integrative models which consider personal, emotional, cognitive, and socio-cultural dynamics of music listening.

Méthodes et Matériels/Methods and Materials

Open-ended interviews with 7 participants (4 female, 3 male) aged 15-19. Interpretative Phenomenological Analysis (IPA). Both in-depth individual and group-level analyses are included.

Références

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