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Research Article

# The Synergistic Effects of Passive Coping Strategies and Classical Music on Mood Enhancement

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## Abstract

Technological change has diversified contemporary stressors and increased individuals' exposure to potentially stressful digital stimuli. These stimuli are inherently dynamic, continually changing in form, intensity, and patterns of exposure. In response to this evolving environment, the present study examined the roles of passive coping strategies and the perceived effects of classical music in supporting stress regulation and emotional recovery. To investigate these relationships, an online survey was administered to 236 adults. Participants reported their use of coping strategies, music-related emotional and cognitive experiences, perceived effects of classical music, and mood enhancement. Pearson correlation analysis was used to identify associations among the variables. Multiple regression analysis was conducted to determine significant predictors of mood enhancement, while structural equation modeling was employed to test hypothesized pathways linking passive coping strategies to mood enhancement, with perceived classical music effects specified as a potential mediator. Mood enhancement was positively associated with emotional diversification, executive control, emotional exploration, and perceived effects of classical music. Active relief seeking, emotional diversification, executive control, and perceived classical music effects emerged as positive predictors of mood enhancement, whereas relaxation techniques showed a negative association. Passive coping strategies were also positively associated with both perceived classical music effects and mood enhancement. Moreover, perceived classical music effects were strongly associated with mood enhancement and appeared to mediate the relationship between passive coping strategies and mood enhancement. These findings suggest that passive coping behaviors, such as spending time alone and resting, may contribute to mood improvement when combined with emotionally and cognitively engaging experiences. Classical music may therefore serve as an accessible complementary resource for everyday stress management and emotional regulation.

## Keywords

Classical Music, Passive Coping Strategies, Mood Enhancement, Stress Management, Emotional Regulation

## 1. Introduction

In this day age, people face various types of stressors. Ever increasing social demands and technological changes leave them few effective options to manage their stress successfully. Of many stress coping strategies, music remains one of the most effective and ubiquitous methods to relieve stress. When people come home from a busy day at work, they turn on their favorite music to regulate their mood and complex emotions. This is why many psychiatrists recommend their patients with depression to listen to music as an auxiliary means to manage their depression along with prescribed medicines.

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When stress is left untreated, it often exacerbates and develops into serious depression or similar psychosis. Recent studies have found that active relief strategies like physic activities or active social interact can help relief stress. However, not all people feel comfortable with those active methods. To most people, listening to music is a more accessible, approachable, and immediate way to cope with stress.

In this regard, classical music can make a big difference. Classical music is known to aid emotional regulation and cognitive processing abilities. Several physiological evidence, including brain waves, shows that classical music activates our brain's ability to regulate emotions and other cognitive functions. Additionally, the rhythmic structure of classical music can improve episodic memory. This is why many educated people prefer instrumental music to contemporary music with lyrics. One problem that makes it hard for people to use stress coping strategies is that our stressors vary, but our stress relief strategies are often limited or under-investigated. Therefore, this research aimed to uncover the mechanism of stress relief strategies, particularly passive ones compared to active ones because effects of active coping strategies are well-proven and widely accepted. This research may provide valuable empirical evidence for clinical intervention and promote the everyday use of classical music as part of effective stress relief strategies.

## 2. Literature Review

### 2.1. Effects of Classical Music on Emotional Regulation and Cognitive Processing

Various research indicates that classical music can improve emotional regulation and stabilization. This is confirmed by several empirical evidence. Baumgartner et al. [1] conducted research using electroencephalography (EEG) and found that classical music, when combined with visual stimuli, can activate frontal, occipital, and parietal lobes of the brain, thereby diversifying and intensifying emotions. Also, Chapin et al. [2] found that classical music activates the brain's reward system, emotional regulation, empathy, and cognitive abilities. Koelsch [3] further demonstrated that amygdala helps process social and emotional information, and it stimulates and maintains emotions. This means that music can strengthen communication, collaboration, and social bonding by stimulating brain activities.

Additionally, classical music and its neurological impacts have been studied. Sokhadze [4] had participants view disgusting images to increase their stress levels. Using the three types of sounds—pleasant music, sad music, and white noises—participant's physiological responses such as heart rate, spectral power of frontal and temporal EEG, skin conductance, heart period variability, facial capillary blood flow, respiration rate was recorded and measured. Based on these data, both pleasant and sad music helped people relieve their stress. Dong [5] compared classical and popular music in music therapy sessions. The results showed that the stable and structured rhythms of the classical music helped patients with their attention and emotional regulation. Lastly, Peistaraite and Clark [6] found that classical musicians' reappraisal in their music can enhance self-regulated learning. Rickard et al. [7] investigated the effects of relaxing music on memory recall. In the first experiment (N = 84), relaxing music improved content retention. However, in the second experiment (N = 159), relaxing music reduced the recall of an emotional story, highlighting its varied effects depending on auditory stimuli or the types of events. Likewise, the above research shows that classical music helps regulate emotions and affects cognitive capacities.

### 2.2. Passive Coping Strategies and Classical Music in Stress Regulation

Passive coping strategies are defined as maladaptive responses involving feelings of helplessness and reliance on external mediators to manage stress [8]. These strategies contrast with active coping, which involves adaptive efforts to directly address stressors and is generally associated with better emotional outcomes [9]. Passive coping has been linked to various negative outcomes, including poorer immune responses and a flatter cortisol diurnal slope, indicating impaired stress regulation [10]. Among patients with chronic pain (N = 76), passive coping strategies were positively correlated with psychological distress and depression, whereas active coping strategies were inversely related with these outcomes [11]. Delcea [12] found a strong positive correlation between stress levels and behavioral passive coping in adolescents, suggesting that higher stress encourages reliance on passive strategies.

However, evidence suggests that music, particularly, classical music, can transform passive coping into an effective tool for stress relief by modulating emotions through rhythmic entrainment and episodic memory. Music has been shown to activate parasympathetic nervous system, reduce stress-related physiological responses, and enhance mood regulation, offering a promising complement to passive coping strategies [13]. These findings suggest that passive coping strategies may undermine mood regulation by perpetuating maladaptive patterns. In contrast, incorporating elements of different coping strategies—such as emotional engagement and problem-solving, or integrating classical music to enhance the effectiveness of passive coping strategies—appears to be more effective for managing stress and supporting emotional health.

### 2.3. The Cognitive Benefits of Music and Limitations

The relationship between classical music and cognitive features has been studied extensively, with mixed results. According to Savanna IQ Interaction Hypothesis, intelligent individuals are more likely to prefer purely instrumental music,

a theory supported by data from American and British populations [14]. Musicians, in general, have been found to exhibit better cognitive performance than non-musicians [15]. However, other studies failed to replicate the results, finding no statistically significant cognitive differences between musicians and non-musicians [16, 17].

In response to these inconsistent findings, D'Souza et al. [18] conducted a comparative study with young adults (N = 153) and found that musically trained individuals exhibited better working memory. Similarly, Pallesen et al. [19] demonstrated that musicians outperformed non-musicians in working memory tasks, with faster reaction times, lower error rates, and heightened brain activity in regions supporting attention and cognitive control. Travis et al. [20] extended these findings by comparing professional and amateur classical musicians, showing that professional musicians had superior cognitive functions, including faster processing, lower interference effects, higher moral reasoning scores, and more frequent peak experiences. Taken together, these findings suggest that extensive exposure to music, particularly classical music, enhances cognitive functions such as working memory and attention, although the results remain context dependent.

Research Questions

1) What factors are correlated with classical music and mood enhancement?
2) What predicts the changes in mood enhancement?
3) What are the effects of passive coping strategies on mood enhancement, and does classical music mediate this relationship?

## 3. Methods

A survey questionnaire designed to measure the effects of classical music and mood enhancement. The survey was distributed via an online platform. The participants completed the survey without any external pressures, thereby satisfying the independence assumption.

***Table 1.*** *Descriptive Statistics.*

| Variable | N | Mean | SD | Min | Max |
|---|---|---|---|---|---|
| Gender | 236 | .64 | .48 | 0 | 1 |
| Married | 236 | .47 | .50 | 0 | 1 |
| Age | 236 | 37.45 | 11.25 | 21 | 73 |
| Education | 236 | 4.58 | .99 | 1 | 6 |
| SES | 236 | 4.66 | 1.79 | 1 | 10 |
| Expense Art | 236 | 8.42 | 8.86 | 0 | 60 |
| Relief Solitary | 236 | 3.79 | .78 | 1 | 5 |
| Relief Rest | 236 | 3.86 | .77 | 1 | 5 |
| Relief Digital | 236 | 3.44 | .87 | 1 | 5 |
| Seek Active Relief | 236 | 3.68 | .61 | 2 | 5 |
| Social Withdrawal | 236 | 3.65 | .86 | 1 | 5 |
| Cognitive Appraisal | 236 | 3.61 | .73 | 2 | 5 |
| Awareness Trigger | 236 | 3.49 | .72 | 2 | 5 |
| Relaxation Techniques | 236 | 3.52 | .83 | 1 | 5 |
| Emotional Discharge | 236 | 3.69 | .73 | 1 | 5 |
| Emotional Exploration | 236 | 3.63 | .81 | 1 | 5 |
| Emotional Diversification | 236 | 3.89 | .70 | 1 | 5 |
| Executive Control | 236 | 3.87 | .70 | 1 | 5 |
| Spatial Temporal | 236 | 3.69 | .83 | 1 | 5 |
| Effects of Classical Music | 236 | 3.87 | .74 | 1 | 5 |
| Mood Enhancement | 236 | 4.06 | .65 | 1 | 5 |

Table 1 displays the descriptive statistics for the sample (N = 236). Participants had a mean age of 37.45 (SD = 11.25), ranging from 21 to73 years. The sample consisted of 64% females and 47% married individuals. The average level of education was 4.58 (SD = .99) on a scale of 1 to 6, while the socioeconomic status (SES) had a mean score of 4.66 (SD = 1.79) on a scale of 1 to 10. They reported spending a n average of 8.42 percent of their income (SD = 8.86) on art-related expenses, with a range of 0 to 60.

In terms of coping strategies, participants showed relatively high engagement in solitary relief (M = 3.79, SD = .78), resting (M = 3.86, SD = .77), and digital activities (M = 3.44, SD = .87). Active relief-seeking behavior scored 3.68 (SD = .61), while social withdrawal was slightly lower at 3.65 (SD = .86). Cognitive and emotional coping strategies through music, including emotional discharge, exploration, diversification, executive control, and spatial temporal processing, ranged from 3.63 to 3.89, reflecting moderate to high engagement. Relaxation techniques (M = 3.52, SD = .83) and awareness of triggers (M = 3.49, SD = .72) showed slightly lower use.

Interestingly, participants rated the effects of classical music (M = 3.87, SD = .74) and executive control (M = .3.87, SD .70) highly. Mood enhancement had the highest mean score among other variables (M = 4.06, SD = .65).

***Table 2.*** *Cronbach's Alpha for Key Variables.*

| Variables | Sample Question Items | *Cronbach's alpha* |
|---|---|---|
| Relief Solitary | I relieve stress by spending time alone.<br>When I feel bad, I seek out a quiet place.<br>When I feel bad, I spend time in places with fewer people. | .840 |
| Relief Rest | When I feel bad, I sleep or take a break.<br>Sleeping or resting makes me feel better.<br>When I feel bad, resting or take a nap helps me recover. | .844 |
| Relief Digital | When I feel bad, I use my smartphone or computer.<br>I use social media to shift my mood.<br>I relieve stress by watching streaming videos like YouTube or Netflix. | .821 |
| Active Relief Seeking | When I feel bad, I look for ways to change my mood.<br>When my body feels tense, I look for ways to relieve it.<br>I take action to reduce stress before it gets worse. | .765 |
| Social Withdrawal | When I feel bad, I avoid people.<br>When I feel bad, I avoid interaction with others.<br>When I feel emotionally drained, I distance myself from other people. | .884 |
| Emotional Discharge via Music | I listen to music to relieve pent-up emotions.<br>I listen to music to express suppressed feelings.<br>I listen to music to let go of depressive emotions. | .842 |
| Emotional Exploration via Music | I organize my complex emotions while listening to music.<br>I reflect on my feelings and state of mind while listening to music.<br>I use music to check in with my honest emotional state. | .896 |
| Emotional Diversification via Music | Music makes my emotions more colorful.<br>Music allows me to experience a variety of emotions.<br>Music provides opportunities to experience diverse emotions. | .864 |
| Executive Control via Music | Music improves my ability to regulate emotions.<br>Music enhances my ability to organize complex thoughts.<br>Music helps me process complex thoughts and emotions. | .831 |
| Cognitive Appraisal | When I feel negative emotions, I try to find a logical solution.<br>I identify situation or condition that trigger negative emotions in time.<br>I objectively examine myself to understand negative emotions. | .849 |
| Spatial Temporal via Music | Listening to certain music enlivens meaningful places from the past.<br>Listening to certain music reminds me of places I used to live long ago.<br>Listening to certain music evokes memories of places I visited long ago. | .871 |
| Awareness Trigger | I recognize the cause of negative emotions before they arise.<br>I quickly identify factors that make me uncomfortable. | .824 |

| Variables | Sample Question Items | *Cronbach's alpha* |
|---|---|---|
| | I promptly identify events or factors that trigger stress. | |
| Relaxation Techniques | When I feel stressed, I practice meditation or deep breathing.<br>When I feel tense, I try to calm myself through meditation or breathing.<br>Meditation or breath control helps me regulate negative emotions. | .880 |
| Mood Enhancement via Music | I feel better when I listen to music while engaging in activities.<br>Engaging in activities with music makes the experience more enjoyable.<br>Listening to music during physical activity improves my mood. | .866 |

Table 2 displays the items measured in this analysis. Cronbach's alpha coefficients were calculated to examine internal consistency. According to Field [21], the alpha value of 0.7 or higher is considered acceptable, and 0.8 is recommended for psychometric measures. Except for Active Relief Seeking. the rest of the constructs had alpha coefficients of 0.8 or above, demonstrating acceptable internal consistency. As a result, these items were merged into single variables.

# 4. Results

## 4.1 Correlations

***Table 4.*** *Pearson Correlation of Key Variables.*

| | Relief Solitary | Relief Resting | Relief Digital | Active Relief Seek | Social Withdrawal | Emotional Discharge | Emotional Exploration | Emotional Diversification | Executive Control | Cognitive Appraisal | Spatial Temporal | Awareness Trigger | Relaxation Technique | Effects Classical Music |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Relief Resting | .51*** | | | | | | | | | | | | | |
| Relief Digital | .36*** | .39*** | | | | | | | | | | | | |
| Active Relief | .30*** | .27*** | .20** | | | | | | | | | | | |
| Social Withdraw | .56*** | .41*** | .32*** | .21** | | | | | | | | | | |
| Emot'l Discharg | .21** | .20** | .23*** | .34*** | .31*** | | | | | | | | | |
| Emot'l Explora. | .18** | .19** | .15* | .45*** | .21** | .68*** | | | | | | | | |
| Emot'l Diversif | .21*** | .21*** | .21** | .50*** | .14* | .57*** | .58*** | | | | | | | |
| Executive Ctrl | .29*** | .28*** | .20** | .50*** | .20** | .53*** | .59*** | .60*** | | | | | | |
| Cogn. Appraisal | .22*** | .13* | .17** | .49*** | .14* | .23*** | .18** | .33*** | .23*** | | | | | |
| Spatial Tempor. | .15* | .08 | .19** | .25*** | .12 | .38*** | .34*** | .48*** | .39*** | .16* | | | | |
| Aware. Trigger | .20** | .22*** | .34*** | .50*** | .16* | .29*** | .32*** | .31*** | .31*** | .61*** | .20** | | | |
| Relax. Techniq. | .29*** | .23*** | .16* | .51*** | .22*** | .34*** | .45*** | .30*** | .41*** | .35*** | .22*** | .35*** | | |

| | Relief Solitary | Relief Resting | Relief Digital | Active Relief Seek | Social Withdrawal | Emotional Discharge | Emotional Exploration | Emotional Diversification | Executive Control | Cognitive Appraisal | Spatial Temporal | Awareness Trigger | Relaxation Technique | Effects Classical Music |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Effects Classical | .22*** | .18** | .09 | .44*** | .22*** | .43*** | .53*** | .51*** | .62*** | .26*** | .28*** | .35*** | .36*** | |
| Mood Enhance. | .27*** | .29*** | .18** | .58*** | .13* | .50*** | .52*** | .65*** | .56*** | .33*** | .36*** | .41*** | .28*** | .53*** |

*$p < .05$ **$p < .01$ ***$p < .001$

A pairwise correlation reveals significant relationships between several coping strategies. Here, the correlations were evaluated with the focus of interconnectedness of mood enhancements and effects of classical music. First, mood enhancement shows a strong positive correlation with the effects of classical music ($r = .53$, $p < .001$). Effects of classical music are strongly correlated with executive control ($r = .62$, $p < .001$), and emotional exploration ($r = .53$, $p < .001$), and emotional diversification ($r = .51$, $p < .001$). These associations indicate that classical supports improve cognitive engagement and encourages individuals to explore and diversify their emotional experiences, which would likely contribute to mood enhancement.

Similarly, mood enhancement exhibits strong positive correlations with emotional diversification ($r = .65$, $p < .001$), executive control ($r = .56$, $p < .001$), and emotional exploration ($r = .52$, $p < .001$). These findings suggest that mood enhancement is most effective when individuals employ active strategies, such as engaging with diverse emotional experiences and maintaining cognitive focus. The positive link between mood enhancement and relaxation techniques ($r = .28$, $p < .001$) is comparatively weaker, reflecting those passive approaches may play a smaller role.

Taken together, these results show that classical music's impact on mood enhancement might be mediated through cognitive and emotional factors, such as executive control, emotional exploration, and emotional diversification.

## 4.2. Regression Model

*Table 5. Regression Model Predicting Mood Enhancement.*

| Mood Enhancement | Unstandardized Coefficient | | Standardized | t | p-value |
|---|---|---|---|---|---|
| | B | Standard Error | | | |
| Const. | .821 | .29 | . | 2.83 | .005 |
| Education | -.006 | .03 | -.01 | -.20 | .844 |
| Age | -.003 | .00 | -.05 | -1.20 | .232 |
| Expenditure Art | -.002 | .00 | -.03 | -.63 | .527 |
| Active Relief | .320 | .07 | .30 | 4.92 | .000 |
| Social Withdrawal | -.046 | .04 | -.06 | -1.28 | .202 |
| Emot'l Discharge | .103 | .06 | .12 | 1.79 | .074 |
| Emot'l Exploration | .026 | .06 | .03 | .46 | .644 |
| Emot'l Diversifi. | .248 | .06 | .27 | 3.91 | .000 |
| Executive Control | .123 | .06 | .13 | 2.03 | .044 |
| Cognitive Appraisal | -.014 | .05 | -.02 | -.26 | .796 |
| Spatial Temporal | .025 | .04 | .03 | .62 | .538 |
| Awareness Trigger | .097 | .05 | .11 | 1.82 | .070 |

| Mood Enhancement | Unstandardized Coefficient | | Standardized | t | p-value |
|---|---|---|---|---|---|
| | B | Standard Error | | | |
| Relax Technique | -.110 | .04 | -.14 | -2.54 | .012 |
| Classical Music | .124 | .05 | .14 | 2.34 | .020 |

A multiple regression model was fitted to examine the predictors of mood enhancement. The model's predictability was higher than a model only using mean values, F= 22.10 (14, 221), $p < .001$. The adjusted $R^2$ value was .557, indicating that approximately 56% of the variance in mood enhancement can be explained by the predictors included in this model.

Significant predictors in the model were active relief-seeking behavior ($\beta = .320$, $p < .001$), emotional diversification ($\beta = .248$, $p < .001$), executive control ($\beta = .123$, $p = .044$), relaxation technique ($\beta = -.110$, $p = .012$), relaxation technique ($\beta = -.109$, $p = .013$), and effects of classical music ($\beta = .124$, $p = .020$). Active relief-seeking behavior was strongest predictor of mood enhancement, highlighting the importance of proactive strategies to shift emotional states. Emotional diversification also contributed positively, suggesting that exploring diverse music or emotional experiences enhances mood. Executive control, though smaller, showed a positive effect, indicating that focused attention and cognitive engagement can improve mood. In contrast, relaxation techniques, such as mindfulness or deep breathing, were negatively associated with mood enhancement, likely due to their passive nature, which may lack the active emotional stimulation required. Most importantly, classical music was a significant positive predictor, potentially because its ability to evoke calming and engaging experiences, promoting cognitive and emotional resonance. Altogether, these findings show the role of active engagement and emotional diversity in enhancing mood, with specific benefits that one can expect from classical music, while cautioning against an over-reliance on passive relaxation strategies.

***Table 6.*** *Check for Normality Assumption.*

| Variable | Observation | Skewness | Kurtosis | Adj. Chi2 | Prob.>Chi2 |
|---|---|---|---|---|---|
| Residuals | 236 | .066 | .446 | 4.00 | .135 |

Table 6 represents the results of the normality assumption check for the residuals. The skewness value was 0.66, and the kurtosis value was 0.446, indicating minimal deviation from normality. However, the adjusted chi-square value is 4.00 with a corresponding p-value of 0.135, suggesting that the residuals are not significantly different from a normal distribution. But for the peace of mind, a closer visual inspection is conducted and provided as follows.

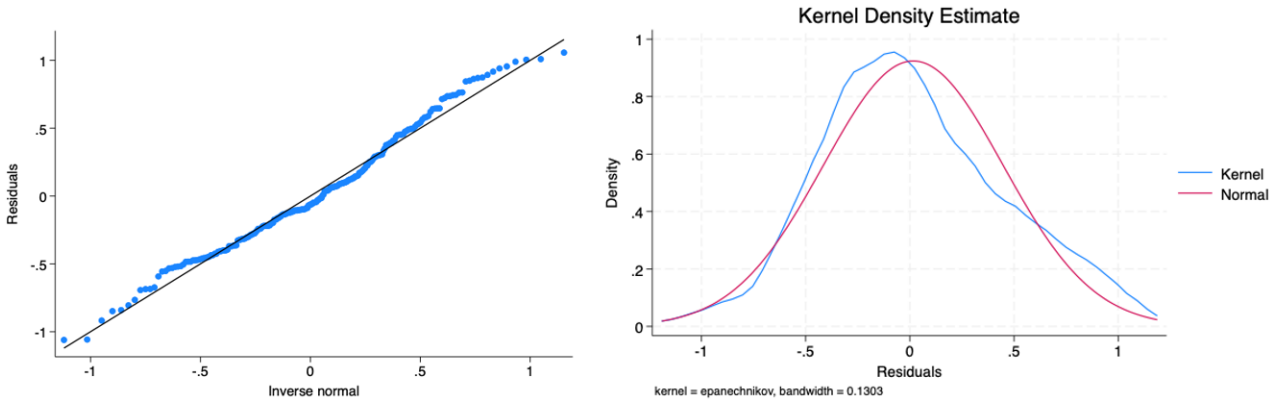


***Figure 1.*** *Quantile-Quantile (QQ) plot & Kernel Density Estimate.*

Figure 1 shows the visual representation of the check for normality assumption. In the QQ-plot, most residuals fall neatly along the line, while the kernel density estimate of the residuals display a smooth, symmetric bell-shaped curve that closely approximates the overlaid normal distribution line. Together, these results suggest that it is safe to say that the normality assumption is satisfied.

*Table 9. Variance Inflation Factor Values for Independent Variables.*

| Mood Enhancement | VIF | 1/VIF |
|---|---|---|
| Emotional Exploration | 2.60 | 38 |
| Emotional Diversification | 2.43 | 41 |
| Executive Control | 2.27 | 44 |
| Emotional Discharge | 2.23 | 45 |
| Active Relief Seeking | 2.00 | 50 |
| Effects of Classical Music | 1.92 | 52 |
| Cognitive Appraisal | 1.87 | 54 |
| Awareness Trigger | 1.84 | 54 |
| Relaxation Technique | 1.59 | 63 |
| Spatial Temporal | 1.38 | 72 |
| Social Withdrawal | 1.17 | 85 |
| Age | 1.09 | 92 |
| Expenditure on Art | 1.05 | 95 |
| Education | 1.03 | 97 |
| Mean VIF | 1.75 | |

To assess the presence of multicollinearity among the independent variables, the Variance Inflation Factor (VIF) values across all regression models were examined. The emotional exploration has the highest VIF of 2.60 and education the lowest at 1.03. The mean VIF was 1.75, indicating that multicollinearity is not a concern because all VIF values were well below the commonly accepted threshold of 10. The results indicate that independent variables do not exhibit problematic multicollinearity.

## 4.3. Structural Equation Modeling

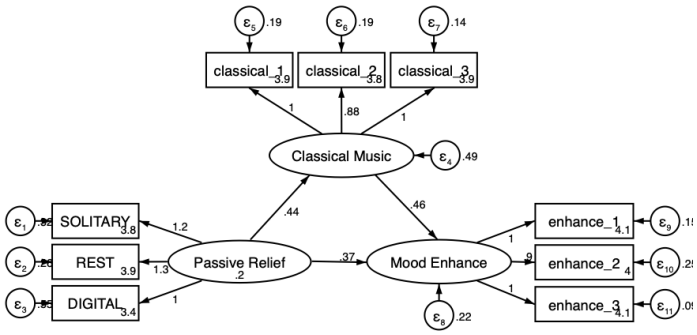


*Figure 2. Structural Equation Model for Mood Enhancement.*

Figure 2 illustrates how Passive Coping Strategies predict Mood Enhancement while mediating the effects of classical music. Passive Coping Strategies comprise three subdomains: Relief through solitary conditions, rest and sleep, and digital media content. The mean values of the question items outlined in Table 2 were used for each subdomain. For the latent variable, Effects of Classical Music and the observed variable Mood Enhancement, individual question items were used as they were.

***Table 10.*** *Fit Indices for the Structural Equation Model.*

| $\chi^2(df)$ | TLI | CFI | RMSEA (90% CI) | SRMR |
|---|---|---|---|---|
| 25.054 (24) | 998 | 999 | 014 (000~.055) | 027 |

Table 10 indicates that the structural equation model demonstrates a good fit to the data. The chi-square statistic (X2 (24) = 25.054) is not statistically significant (p = .403), indicating that the observed covariance structure does not significantly differ from the model-implied covariance structure. In other words, the model adequately represents the data. However, as the chi-square test is sensitive to sample size, it is important to examine additional fit indices, such as the Comparative Fit Index (CFI), Tucker-Lewis Index (TLI), and Root Mean Square Error of Approximation (RMSEA), and Standardized Root Mean Square (SRMR) for a comprehensive assessment of model fit.

The model's fit was also evaluated through the ratio of X2 to degrees of freedom (X2 /df), which is considered acceptable if the value is below 3. In this case, $X^2/df = 1.044$ indicates an acceptable fit. Among the additional fit indices, TLI and CFI values were 0.998 and 0.999, respectively, both exceeding the threshold of 0.90, which indicates excellent fit. The RMSEA value was 0.014 (90% CI: 0.000~0.055), which is considered excellent, as values below 0.05 indicate excellent fit, while values between 0.05 and 0.08 are acceptable. Additionally, the SRMR value was 0.027, well within the acceptable threshold of 0.06, further supporting the model's overall goodness of fit.

***Table 11.*** *Structural and Measurement Model Estimates.*

| Estimates | | | | Coefficients | |
|---|---|---|---|---|---|
| | | | | Unstandardized | Standardized |
| Structural | Passive Coping Stratrg. | → | Classical Music | .441*** | .274 |
| | Passive Coping Stratrg. | → | Mood Enhancement | .374** | .270 |
| | Classical Music | → | Mood Enhancement | .460*** | .533 |
| Measurement | Classical Music Effect | → | Relief in Solitary | 1.180*** | .686 |
| | | → | Relief in Rest & Sleep | 1.259*** | .744 |
| | | → | Relief in Digital Media | 1.000 | .522 |
| | | → | Classical Music 1 | 1.000*** | .858 |
| | | → | Classical Music 2 | .882*** | .831 |
| | | → | Classical Music 3 | 1.000 | .891 |
| | Mood Enhancement | → | Mood Enhancement 1 | .996*** | .849 |
| | | → | Mood Enhancement 2 | .897*** | .745 |
| | | → | Mood Enhancement 3 | 1.000*** | .895 |

Classical Music Effect ($R^2$ = .075) Mood Enhancement ($R^2$ = .436) **p < .01 ***p < .001

Table 11 shows the structural and measurement model estimates. In the model, the Passive Coping Strategy significant predicted Classical Music Effects ($\beta = .274$, $p < .01$) and Mood Enhancement ($\beta = .270$, $p < .01$), indicating modest effects. Additionally, Classical Music Effects strongly predicted Mood Enhancement ($\beta = .533$, $p < .001$), highlighting the critical role of classical music in improving mood.

The explanatory power ($R^2$) indicates how much variance in an endogenous variable is explained by its corresponding exogenous variable. In this model, the R2 value for Classical Music Effect was 0.075, meaning that 7.5% of the variance in Classical Music Effect is explained by Passive Coping Strategies. For Mood Enhancement, $R^2$ value was 0.436, indicating that 43.6% of the variance in Mood Enhancement is explained by Classical Music Effect and Passive Coping Strategies.

## 5. Discussion & Conclusion

The first question sought to identify factors associated with two factors: classical music and mood enhancement. Mood enhancement showed positive correlation with the effort seeking emotional diversification, emotional exploration, and executive control. This means that individuals are better able to regulate their emotions when they engage in active strategies, such as exploring diverse emotional experience and sustains cognitive focus. Similarly, classical music showed strong correlations with emotional diversification, emotional exploration, and executive control. These findings indicate that classical music may enhance individuals' ability to explore and broaden their emotional spectrum while supporting cognitive focus. Conversely, these cognitive and emotional factors may also amplify the effects of classical music.

The second question aimed to identify predictors of mood enhancement. Linear regression analysis revealed that seeking emotional diversification and executive control significantly predicted changes in mood enhancement, aligning with the findings of correlation analysis. However, emotional exploration did not have a significant effect on mood enhancement. As highlighted in the literature review, active relief strategies positively influenced mood enhancement, while relaxation techniques, such as meditation and breathing practices, showed a negative association. It is important to note that this negative effect may not come from actual experiences but rather from participants' perceptions of these practices. The survey item for relaxation techniques assessed attitudes rather than direct usage or outcomes, which could explain the unexpected results. Classical music, however, emerged as a significant positive predictor of mood enhancement, reinforcing its potential to improve emotional well-being and regulate mood.

The final question explored the direct and indirect effects of passive coping strategies on mood enhancement. This study successfully identified and classify contemporary relief strategies into three distinct subdomains: seeking relief through solitary environments, resting or sleeping, and consuming digital media content. It is important to note that the digital media subdomain does not refer to social media usage, which often adds pressure to conform or project an idealized image. Structural equation modeling revealed that passive coping strategies positively influence mood enhancement. Moreover, classical music was found to mediate this relationship, amplifying the positive effects of passive coping strategies on mood.

To sum up, this research explored passive coping strategies that many people employ to enhance their mood. When combined with classical music, coping strategies can significantly reduce stress and enhance mood. The results may contribute to stress management tactics, and emotional regulations applicable to both clinical and everyday settings.

## Author Contributions

**Raymond Kwon:** Conceptualization, Data curation, Formal Analysis, Investigation, Methodology, Project administration, Validation, Visualization, Resources, Writing – original draft, Writing – review & editing

## Data Availability Statement

The data is available from the corresponding author upon reasonable request.

## Conflicts of Interest

The author declares no conflicts of interest.

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