

**An Empirical Study on Music Regulation of Stress Response in College Students**

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In today's social background, abnormal psychological states such as depression and stress are prevalent in college students. This paper examines whether listening to music can have a positive effect on stimulation. The changes of psychological stress level of college students listening to music were analyzed by experimental method. Trier social stress paradigm was used to induce acute stress among college students, and CCSPSS was chosen to evaluate the psychological stress level of the subjects. The experiments were divided into experimental group and control group. The results showed that the psychology of college students through music intervention improved significantly. Our preliminary results show that the stress state of college students can be effectively alleviated by music intervention. This study can provide a new method for non-pharmaceutical therapy.