

## **Uses of Music and Flourish: Mediating Role of Emotion Regulation in University Students**

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The present study investigated the mediating role of emotion regulation between uses of music and flourish in university students. It was hypothesized that there would likely to be a relationship between uses of music, emotion regulation, and flourish; and emotion regulation would mediate the relation among uses of music and flourish. A cross-sectional design was employed. Urdu versions of Uses of Music Inventory (Chamorro- Premuzic & Furnham, 2007), Emotion Regulation Questionnaire (Gross & John, 2003), and PERMA (Butler & Kern, 2015) were used. A convenient sample of 200 students including 89 men and 111 women with the age range of 18-26 years ( $M = 20.98$ ,  $SD = 2.06$ ) was drawn from the private and public Universities of Lahore. Results of Pearson Product moment correlation exhibited that there was a significant positive relationship between uses of music, emotion regulation, and flourish. The SEM results through AMOS revealed that emotion regulation was found-to be a significant mediator between uses of music and flourish. The study would be useful to broaden the knowledge about the beneficial effects of everyday music engagement on the mental health.

**Keywords:** Uses of Music, Emotion Regulation, Flourish, University Students