



OPEN MUSIC EUROPE FACTSHEET

Music, Wellbeing, and Sustainability

Key findings from D3.2 — Report on Music, Society and Citizenship in Europe

For more music data, see <https://www.openmuse.eu/cultural-access-and-participation/>

How does music contribute to the wellbeing of people and the planet? This was one of the questions explored by the European Commission-funded project OpenMusE (Open Music Europe), which brought together music researchers and sector stakeholders from 11 EU countries and Ukraine. This factsheet is based on our population-representative survey of 4,985 respondents in France, Germany, Italy, Poland, and Spain.

Music and human wellbeing: an undeniable connection



Across all five countries, respondents use music to **regulate emotions, manage stress — and simply to make everyday life feel more “alive”**. These numbers are nearly equal in the five surveyed countries:

“Music makes everyday life feel more colourful and alive”



Share of respondents by country (variable M56_13). Source: OpenMusE survey, weighted.

We see here confirmation on a population-representative level of prior research on the contributions of music to both everyday stress regulation and the more existential processes of finding purpose in life and catalysing emotional growth¹.

Notably, among musicians, amateurs musicians report the strongest emotional attachment to music: 77% say music helps them manage emotions and cope with difficult situations, versus 64% of semi-professional or full-time musicians. This gap could reflect the mental and

¹ Dingle et al. (2021). How Do Music Activities Affect Health and Well-Being? A Scoping Review of Studies Examining Psychosocial Mechanisms. *Frontiers in Psychology*, 12 [link].



physical health risk factors to which working musicians are exposed in the current economy², thus augmenting our [evidence](#) of the need for policy support.

Music and environmental sustainability: progress made, but gaps remain

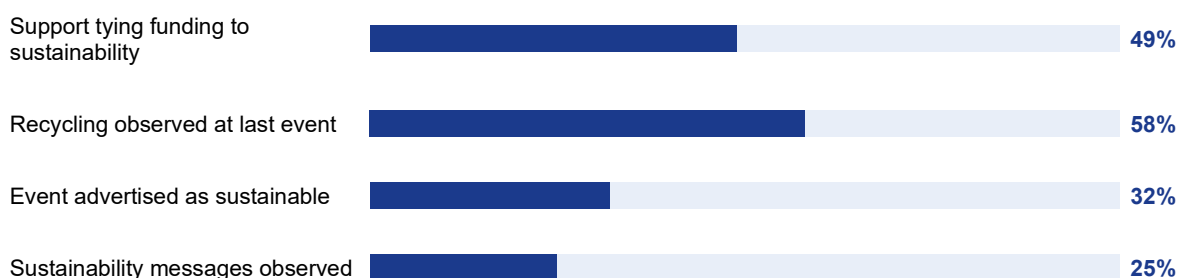
A normative consensus has emerged in European policy that music-making should benefit both individual wellbeing and the wellbeing of the planet³. Numerous initiatives have targeted the latter relationship, with many focusing on making live music events more sustainable.

Among our survey respondents who remember their last live music event, **58% recall recycling facilities** being available — the most visible sustainability measure. Yet single-use items still remain widespread: 55% recall bottled water being sold, and 49% recall disposable cups or plates.

Explicit sustainability communication lags furthest behind: only 32% recall an event being advertised as environmentally sustainable, and just 25% recall sustainability messaging at the event itself.

Public demand outpaces sector communication

Nearly half of respondents (49%) agree with tying public cultural funding to a recipient's environmental sustainability efforts — with only 14% explicit disagreement and surprisingly little variation by political camp (56% of left-leaning respondents vs. 46% of centrists and 47% of those on the right). The chart below compares this public mandate with what audiences actually observe at events.



Public attitudes (M61_4) vs. observed practices at the last live music event attended (M26). Attitudes cover the four countries with available data. Source: OpenMusE survey, weighted.

The 17 to 24 percentage-point gap between public support for sustainability commitments and sustainability-oriented communication observed at events suggests the live music sector is **both under-communicating its existing sustainability efforts and undershooting the mark** relative to what audiences expect. This is a missed opportunity — but fortunately, one that initiatives such as [GreenBeat Nexus](#) and the [Music Sustainability Alliance](#) can help event organisers to correct.

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Data and documentation: <https://github.com/openmusic europe/>

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² European Commission: Directorate-General for Education, Youth, Sport and Culture (2023). The Health and Wellbeing of Professional Musicians and Music Creators in the EU – Insights from Research for Policy and Practice. Publications Office of the European Union [\[link\]](#).

³ European Union. (2023). Structured Dialogue – Voices of Culture: Brainstorming report on cultural and creative sectors and industries driving the green transition and facing the energy crisis [\[link\]](#).