

Aspects of Memory of the Self as Recalled When Listening to Music That Subjects Feel as Nostalgic: Via Interviews Focusing on Adolescence

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Key words: nostalgia, memory of the self, music

Abstract

The concept of nostalgia has been studied by many psychologists. However, the research that involves this topic usually focuses on characteristics and functions.

This study examines how the contents of nostalgic memories are recalled via music in adolescence. For this study, semi-structured interviews were conducted with 10 people regarding the time period of their adolescence.

Using the dates of narrative contents as provided by the subjects, the results showed that memories recalled via nostalgic music involved another person or people of critical importance in each period, meaning that there is a strong present connection to the past.

The results also indicated that nostalgic music is closely related to important memories of ourselves and that we can access such important memories via music that we consider nostalgic for a certain time period.