

A Study on the Psychological Experience of *A Cappella* Players Playing Polyphonic Voices Focusing on the Relationship with Band Members

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This study explores what kind of psychological experience the *a cappella* player is performing through *a cappella* activity. The author, who is also a *cappella* player, conducts one-on-one interviews using In-Depth Talking with five *a cappella* players (one male, four females), and the data is analyzed via the Modified Grounded Theory Approach. The results reveal twenty concepts in six categories. This study achieves the following three things. First, through experiences of creating polyphonic music with others, removing psychological protection walls and developing mutual relationships. Secondly, *A cappella* players feel the positive self by feeling that they are also members who are creating polyphonic music. Finally, letting the way and form of music of *a cappella* uses for group music therapy further expands the possibility of group music therapy. While several limitations are apparent, this study has helped to further deepen the understanding of music.