

An Eastern Philosophy-Based Digital Music Database for Emotion Management: Integrating the Book of Changes with Music Therapy

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Abstract

Emotional stress and psychological imbalance have become increasingly prevalent in contemporary society, creating a growing need for culturally appropriate approaches to emotional regulation and psychological well-being. Although music therapy has been widely recognized as an effective intervention for emotion management, most existing approaches are primarily grounded in Western psychological theories and

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seldom incorporate traditional Eastern philosophical perspectives. This study proposes an innovative digital music database that integrates the philosophical concepts of the Book of Changes (I-Ching) with music therapy to establish a culturally adaptive framework for emotion management.

A qualitative design-based research approach was adopted to construct the proposed database. An interdisciplinary expert panel consisting of specialists in the Book of Changes and music was invited to systematically associate the sixty-four hexagrams with representative musical compositions. The completed database was implemented through an online platform, allowing users to engage in emotional reflection through symbolic interpretation and music listening. User feedback was subsequently collected to evaluate the feasibility and perceived effectiveness of the proposed system.

The findings indicate that participants generally accepted the proposed framework and considered it an innovative and meaningful approach to emotional regulation. The integration of philosophical symbolism and musical experience promoted self-reflection, emotional comfort, and psychological adaptation. The study demonstrates that combining Eastern philosophical wisdom with music therapy and digital technology can provide a culturally sensitive and interdisciplinary approach to emotional well-being.

This research contributes to the integration of Eastern philosophy, music therapy, digital humanities, and counseling psychology by proposing an innovative emotion management model with potential applications in counseling, education, and mental health promotion.

Keywords: Book of Changes (I-Ching), Music Therapy, Emotion Management, Digital Humanities, Eastern Philosophy

1 Introduction

1.1 Background of the Study

Emotional stress has become one of the most significant psychological challenges in contemporary society. Rapid technological development, economic uncertainty, academic competition, occupational pressure, and complex interpersonal relationships have substantially increased the prevalence of anxiety, depression, and emotional exhaustion. Consequently, emotion management has become an important issue in psychology, education, healthcare, and social welfare.

Music has long been recognized as an effective medium for emotional expression and psychological healing. Numerous studies have demonstrated that music therapy can reduce stress, alleviate anxiety, improve mood, and facilitate emotional regulation. Compared with verbal counseling, music provides a non-verbal channel through which individuals may express emotions, reconstruct psychological experiences, and achieve emotional balance. Because of its accessibility and cultural adaptability, music therapy has become increasingly popular in mental health promotion and counseling practice.

Although modern music therapy has achieved remarkable development, most theoretical foundations and intervention models have been established within Western psychological traditions. Comparatively little attention has been devoted to integrating Eastern philosophical thought into emotion management, despite the rich cultural resources available in East Asian societies.

Among traditional Chinese philosophical classics, the Book of Changes (I-Ching) occupies a unique position. For more than three thousand years, it has provided symbolic interpretations of change, adaptation, and harmony in human life. The sixty-four hexagrams represent different life situations and encourage individuals to understand uncertainty through philosophical reflection rather than emotional reaction. Consequently, the Book of Changes has often been regarded as a source of wisdom for personal growth and psychological adjustment.

With the rapid development of digital technology and online counseling platforms, traditional cultural knowledge can now be transformed into innovative digital applications. Integrating the symbolic meanings of the Book of Changes with music therapy through a digital music database may provide an alternative and culturally

adaptive approach to emotion management that combines philosophical reflection with musical experience.

Therefore, this study proposes an Eastern philosophy-based digital music database that systematically associates the sixty-four hexagrams of the Book of Changes with selected musical compositions to facilitate emotional regulation and psychological well-being.

1.2 Research Motivation and Problem Statement

Despite the widespread application of music therapy in psychological counseling, existing research has largely focused on Western theories of emotion regulation and psychotherapy. Cultural traditions and indigenous philosophical systems have received relatively limited attention in contemporary music therapy research.

Similarly, while the Book of Changes has been extensively studied in philosophy, literature, and religious studies, its potential contribution to emotional counseling and psychological well-being remains insufficiently explored. Existing studies rarely integrate the symbolic meanings of the Book of Changes with music therapy through digital technologies to establish practical counseling tools.

Furthermore, music perception is highly subjective and influenced by cultural background, personal experience, and emotional state. The symbolic nature of the Book of Changes may provide an interpretive framework that enhances emotional reflection through music listening. However, systematic research investigating such interdisciplinary integration remains limited.

This research seeks to address this gap by constructing a digital music database that combines Eastern philosophy with music therapy to establish an innovative framework for emotion management.

1.3 Research Objectives

The objectives of this study are as follows:

1. To develop a digital music database based on the symbolic meanings of the sixty-four hexagrams in the Book of Changes.
2. To integrate Eastern philosophical concepts with music therapy for emotion management.
3. To evaluate users' perceptions of the proposed music database.

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4. To explore the feasibility of applying the proposed framework to emotional counseling and psychological well-being.

1.4 Research Questions

The study addresses the following research questions:

RQ1. How can the philosophical concepts of the Book of Changes be integrated with music therapy for emotion management?

RQ2. How can a digital music database corresponding to the sixty-four hexagrams be systematically developed?

RQ3. How do users perceive the emotional effects of the proposed music database?

RQ4. What theoretical and practical contributions can the proposed framework provide for culturally adaptive emotional counseling?

1.5 Significance of the Study

This study makes several contributions to interdisciplinary research.

First, it extends the application of the Book of Changes beyond philosophy and cultural studies by exploring its potential role in emotional regulation and psychological counseling.

Second, it enriches music therapy research by incorporating Eastern philosophical concepts into contemporary emotion management, thereby providing a culturally adaptive perspective that complements existing Western psychological approaches.

Third, the development of a digital music database demonstrates the potential of digital humanities for preserving and transforming traditional cultural knowledge into practical emotional support resources.

Finally, the proposed framework offers practical implications for counseling practice, educational institutions, community mental health promotion, and digital emotional support systems. By integrating philosophy, music, and technology, this study provides an innovative interdisciplinary approach to promoting emotional well-being in contemporary society.

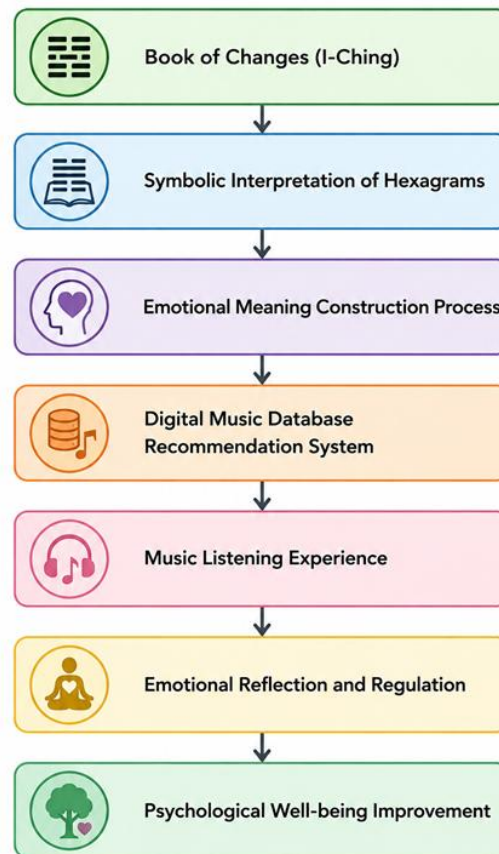


Figure 1. Conceptual framework integrating Eastern philosophy, symbolic interpretation, music therapy, and emotion management.

2 Literature Review

2.1 Emotion Management and Psychological Well-being

Emotion management has become a major concern in psychology, counseling, education, and healthcare due to increasing psychological stress in contemporary society. Rapid social change, economic uncertainty, academic pressure, and workplace competition have significantly increased emotional disorders and mental health problems worldwide. Consequently, emotion regulation has been recognized as an essential component of psychological well-being and adaptive functioning (Gross, 2015).

Emotion regulation refers to the processes through which individuals monitor, evaluate, and modify their emotional responses to achieve personal goals and social adaptation. Rather than suppressing emotions, contemporary psychological theories

emphasize adaptive emotional regulation strategies that promote resilience and psychological flexibility (Gross, 2015). Individuals with effective emotion regulation skills generally demonstrate better interpersonal relationships, higher life satisfaction, and lower levels of depression and anxiety.

Recent intervention studies further suggest that structured emotional regulation programs significantly improve emotional competence and coping abilities. Moore et al. (2022) reported that group-based emotion regulation interventions effectively enhance emotional awareness and psychological adjustment across different populations. Similarly, Hartmann et al. (2012) proposed that human emotional transitions can be represented through mathematical modeling, suggesting that emotional processes follow identifiable dynamic patterns.

These findings indicate that emotion management is a multidimensional process involving cognitive appraisal, emotional awareness, behavioral adaptation, and social interaction. Effective emotional regulation therefore requires both psychological intervention and culturally meaningful interpretive frameworks.

2.2 Music Therapy and Emotional Regulation

Music has served as an important medium for emotional expression and psychological healing throughout human history. Contemporary music therapy utilizes structured musical experiences to facilitate emotional communication, cognitive processing, behavioral adaptation, and interpersonal interaction. Because music stimulates multiple neurological systems simultaneously, it provides a unique mechanism for emotional regulation beyond traditional verbal counseling.

Previous research has consistently demonstrated the effectiveness of music therapy in reducing depression, anxiety, and psychological stress while improving emotional well-being (Albornoz, 2011). Music listening activates neural pathways associated with memory, emotion, and reward processing, thereby facilitating emotional recovery and cognitive restructuring.

Recent systematic reviews further support the effectiveness of music therapy as an evidence-based emotional intervention. De Witte et al. (2022) concluded that music therapy significantly reduces stress across clinical and non-clinical populations. Similarly, Adiasto et al. (2022) demonstrated that music listening accelerates physiological stress recovery following experimentally induced stress conditions.

More recently, Peters et al. (2024) reported that musical engagement functions as an effective emotion regulation strategy by facilitating cognitive reappraisal and emotional expression. MacDonald et al. (2023) further argued that music contributes positively to psychological well-being through social connection, identity construction, and emotional communication.

Despite these significant developments, contemporary music therapy research remains largely grounded in Western psychological theories, with relatively limited integration of Eastern philosophical traditions and indigenous cultural knowledge systems.

2.3 Eastern Philosophy and the Book of Changes

The Book of Changes (I-Ching) represents one of the oldest philosophical classics in Chinese civilization and has profoundly influenced Eastern philosophy, ethics, religion, politics, and cultural traditions for more than three thousand years. Rather than functioning solely as a divination manual, the Book of Changes presents a philosophical framework emphasizing change, harmony, adaptation, and balance within human existence.

The sixty-four hexagrams symbolize different human situations and encourage individuals to interpret uncertainty through symbolic reflection rather than emotional reaction. Such symbolic thinking facilitates cognitive flexibility and supports psychological adaptation under changing life circumstances.

Wilhelm (1950) interpreted the Book of Changes as a universal philosophy of transformation that transcends cultural boundaries. Similarly, Smith (2012) argued that the Book of Changes continues to provide valuable philosophical insights for contemporary society by encouraging individuals to reconsider uncertainty through symbolic interpretation and self-reflection.

From a counseling perspective, the symbolic narratives embedded within the Book of Changes may function as cognitive resources that facilitate emotional adaptation and meaning-making. The philosophical concepts of yin-yang balance and continuous transformation therefore possess potential value for emotion management and psychological counseling.

2.4 Counseling Psychology and Spiritual Integration

Modern counseling psychology increasingly recognizes that emotional well-being is influenced not only by individual cognition but also by culture, spirituality, religion, and philosophical beliefs. Spiritually integrated counseling emphasizes meaning-making, existential reflection, and cultural understanding as essential components of psychological healing.

Taiwanese counseling scholars have emphasized the importance of integrating indigenous cultural values into counseling practice. Chen (2017) argued that multicultural counseling should incorporate local cultural traditions to improve counseling effectiveness. Chen et al. (2018) further proposed that religious and spiritual beliefs provide important psychological resources for emotional regulation and personal growth.

Similarly, Lin and Wang (2018) suggested that the future development of counseling psychology in Taiwan should emphasize localization and cultural adaptation rather than simply adopting Western theoretical models. Hayes and Cowie (2005) also observed that religious beliefs frequently provide cognitive frameworks that assist individuals in coping with psychological distress and emotional uncertainty.

These perspectives suggest that Eastern philosophical traditions may enrich contemporary counseling psychology by providing culturally appropriate approaches to emotional regulation and psychological adaptation.

2.5 Digital Humanities and Emotion Management

Recent advances in digital technology have significantly transformed methods of cultural preservation, psychological counseling, and emotional support. Digital humanities emphasize the application of digital technologies to reinterpret and disseminate traditional cultural knowledge while promoting interdisciplinary innovation.

Berry and Fagerjord (2017) argued that digital humanities create new opportunities for integrating cultural heritage with interactive digital technologies. At the same time, affective computing research has demonstrated that intelligent databases and recommendation systems can facilitate emotional recognition and personalized psychological support (Wang et al., 2022).

The emergence of artificial intelligence and big data analytics has further expanded opportunities for constructing adaptive emotional support systems capable of

integrating cultural knowledge with personalized recommendation mechanisms. Digital music databases therefore represent promising tools for combining traditional philosophy with contemporary emotional intervention strategies.

The integration of the Book of Changes, music therapy, and digital technology proposed in this study may therefore be understood as an interdisciplinary application of digital humanities for emotion management.

2.6 Research Gap

Although previous studies have extensively investigated music therapy, emotion regulation, counseling psychology, digital humanities, and the Book of Changes independently, relatively few studies have attempted to integrate these domains into a unified framework for emotion management.

Existing music therapy research primarily adopts Western psychological theories and seldom incorporates Eastern philosophical traditions into counseling interventions. Likewise, research concerning the Book of Changes has largely focused on philosophy, religion, or cultural studies rather than practical applications in emotional counseling.

Furthermore, limited research has explored the construction of digital music databases that systematically associate the symbolic meanings of the sixty-four hexagrams with musical experiences to facilitate emotional reflection and psychological adaptation.

Accordingly, this study seeks to bridge this interdisciplinary research gap by integrating Eastern philosophy, music therapy, counseling psychology, and digital humanities into an innovative digital music database for emotion management. (de Witte et al., 2022; Peters et al., 2024)

3 Research Methodology

3.1 Research Design

This study adopted a qualitative Design-Based Research (DBR) approach to develop and evaluate an Eastern philosophy-based digital music database for emotion management. Design-Based Research emphasizes iterative design, implementation, evaluation, and refinement in authentic contexts while integrating theoretical development with practical application.

Unlike conventional experimental research, DBR focuses on developing innovative educational or social interventions through interdisciplinary collaboration and continuous improvement. The present study integrates concepts from the Book of Changes (I-Ching), music therapy, counseling psychology, and digital humanities to construct a culturally adaptive emotional support framework.

The research process consisted of four major stages: (1) literature review and conceptual framework development, (2) expert consultation and music classification, (3) digital database construction, and (4) user evaluation and thematic analysis.

3.2 Research Framework

The conceptual framework of this study is based on the assumption that symbolic interpretation derived from the Book of Changes can facilitate emotional reflection through appropriate musical experiences. The symbolic meanings of the sixty-four hexagrams were associated with representative musical compositions to construct a digital music database supporting emotional regulation and psychological well-being.

The framework consists of five interconnected components:

1. Eastern philosophical interpretation (Book of Changes);
2. Symbolic emotional representation;
3. Music selection and classification;
4. Digital database implementation;
5. Emotional reflection and psychological adaptation.

The interaction among these components forms a culturally adaptive model for emotion management integrating philosophy, music, and digital technology.

3.3 Expert Panel and Participant Selection

An interdisciplinary expert panel was established to ensure the cultural validity and musical appropriateness of the proposed database. The panel consisted of specialists in the Book of Changes, music education, music therapy, and counseling psychology.

The experts participated in multiple consultation meetings to discuss the symbolic meanings of the sixty-four hexagrams and their corresponding emotional characteristics. Based on consensus discussions, representative musical compositions were selected and categorized according to emotional themes, symbolic meanings, and therapeutic functions.

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Following database construction, volunteer users with diverse educational and professional backgrounds were invited to experience the digital platform and provide qualitative feedback regarding their emotional experiences and perceptions of the proposed framework.

Purposive sampling was adopted because participants were expected to possess sufficient interest in music appreciation and emotional self-reflection.

3.4 Database Construction Procedure

The development of the digital music database followed a systematic four-step procedure.

First, the symbolic meanings and emotional implications of the sixty-four hexagrams were reviewed through classical Book of Changes literature and expert consultation.

Second, representative musical compositions corresponding to each symbolic category were selected according to emotional characteristics, musical style, tempo, and psychological effects.

Third, the music collection was organized into a digital database through an online platform that allowed users to retrieve music according to specific hexagrams or emotional states.

Finally, pilot users interacted with the database and provided qualitative feedback regarding emotional perception, symbolic interpretation, and user experience.

This iterative development process ensured continuous refinement of the proposed emotional support system.

Table 1. Emotional Categories of the Database

Emotion Category	Representative Meaning	Example Hexagram
Calmness	Inner peace	Kun
Courage	Action	Qian
Reflection	Self-awareness	Gen
Transformation	Adaptation	Ge
Harmony	Balance	Tai

3.5 Data Collection

Qualitative data were collected through semi-structured interviews and online open-ended questionnaires.

Face-to-face interviews were conducted whenever possible and lasted approximately 60–90 minutes. Participants who were unable to attend in person completed the researcher-designed online questionnaire.

Interview questions focused on users' emotional experiences during music listening, perceptions of the symbolic meanings of the Book of Changes, database usability, and suggestions for future improvement.

All interviews were audio-recorded with participants' consent and subsequently transcribed verbatim for qualitative analysis. In total, more than twenty-eight interview records were collected and analyzed.

Table 2. Database Design Structure

Module	Function
Hexagram Module	Symbol Interpretation
Music Module	Music Classification
Search Engine	Recommendation
User Interface	Listening Experience
Reflection Module	Emotional Feedback

3.6 Data Analysis

The collected qualitative data were analyzed using thematic analysis.

Interview transcripts were repeatedly reviewed to identify meaningful statements related to emotional experience, symbolic interpretation, cultural understanding, and music appreciation.

Open coding was initially conducted to identify preliminary concepts, followed by axial coding to establish relationships among categories. Finally, selective coding was applied to integrate emerging themes into a coherent explanatory framework.

To improve analytical credibility, coding results were independently reviewed by multiple researchers and subsequently discussed until consensus was reached.

The final themes reflected participants' perceptions of emotional relaxation, philosophical reflection, symbolic cognition, and psychological adaptation through musical experiences.

3.7 Research Trustworthiness and Ethical Considerations

This study adopted several strategies to enhance research trustworthiness, including prolonged engagement, triangulation, expert consultation, member checking, and peer debriefing.

Multiple data sources, including expert discussions, interview transcripts, and online responses, were compared to improve analytical consistency. Participants were also invited to review interview summaries to ensure the accuracy of interpretation.

Prior to data collection, all participants were informed of the research objectives and voluntarily agreed to participate. Confidentiality and anonymity were fully protected throughout the research process, and all collected data were used exclusively for academic purposes.

The research process complied with general ethical principles for qualitative research involving human participants and respected participants' rights to withdraw from the study at any time without penalty.

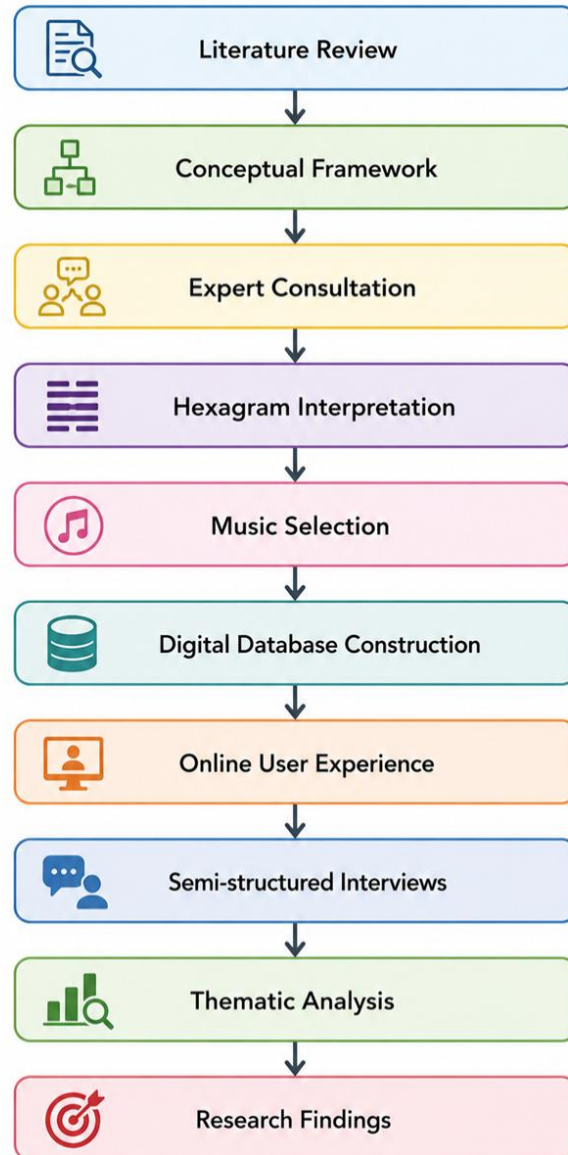


Figure 2. Research Procedure

Table3. Research Process and Data Collection

Phase	Activities	Output
Phase 1	Literature Review	Conceptual Framework
Phase 2	Expert Consultation	Music Classification
Phase 3	Database Construction	Online Music Database
Phase 4	User Experience	Interview Data
Phase 5	Thematic Analysis	Research Findings

4 Findings

4.1 Development of the Digital Music Database

The digital music database developed in this study integrates the symbolic meanings of the sixty-four hexagrams in the Book of Changes (I-Ching) with representative musical compositions. Through interdisciplinary consultation involving experts in Eastern philosophy, music education, counseling psychology, and music appreciation, each hexagram was associated with musical works reflecting its symbolic characteristics and emotional implications.

The completed database was implemented on an online platform where users could explore music according to symbolic meanings, emotional conditions, or personal reflection. Rather than functioning solely as a music recommendation system, the platform encouraged users to interpret emotional experiences through philosophical symbolism and musical listening.

Following the completion of the database, qualitative feedback was collected through semi-structured interviews and online questionnaires. A total of twenty-eight valid responses were analyzed using thematic analysis.



Figure 3. Architecture of the proposed digital music database.

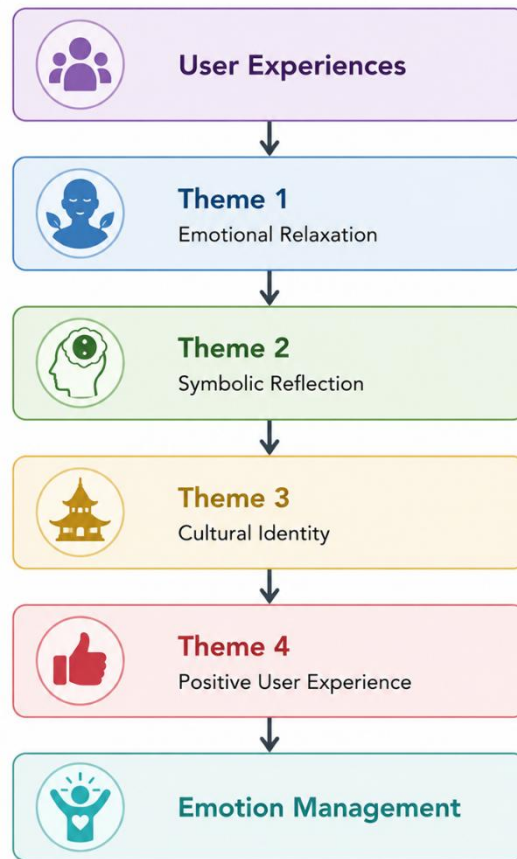


Figure 4. Major themes identified from qualitative analysis.

Table 4. Themes from Qualitative Analysis

Theme	Frequency	Interpretation
Emotional Relaxation	High	Reduced stress
Symbolic Reflection	High	Cognitive reinterpretation
Cultural Identity	Medium	Eastern philosophy acceptance
Positive Experience	High	User satisfaction

4.2 Theme 1: Emotional Relaxation and Psychological Comfort

The most frequently reported experience among participants was emotional relaxation and psychological comfort after interacting with the proposed digital music database. Participants generally indicated that listening to music corresponding to the symbolic meanings of the selected hexagrams helped reduce emotional tension and facilitated inner calmness.

Many participants described the listening experience as providing a temporary escape from daily stress and an opportunity for emotional reflection.

One participant stated:

"The music allowed me to calm down and rethink my emotional situation from another perspective."

Another participant commented:

"The combination of symbolic interpretation and music helped me understand my emotions more deeply."

These responses suggest that integrating philosophical symbolism with musical experience may enhance emotional regulation by encouraging self-reflection rather than immediate emotional reaction.

4.3 Theme 2: Symbolic Reflection and Meaning Construction

Another important finding concerned the symbolic meanings derived from the Book of Changes. Participants reported that reading the interpretations of the hexagrams before listening to music stimulated philosophical reflection and facilitated personal meaning construction.

Several participants suggested that the symbolic narratives encouraged them to reinterpret difficult life situations from broader perspectives, reducing negative emotional reactions and promoting psychological flexibility.

One participant explained:

"The hexagram description seemed to reflect my current situation, and the music deepened my understanding of its meaning."

Another participant noted:

"Rather than solving my problem directly, the combination of philosophy and music helped me think differently."

These findings indicate that symbolic interpretation may function as a cognitive mediator between emotional experience and psychological adaptation.

4.4 Theme 3: Cultural Identity and Eastern Philosophical Experience

Participants also emphasized the cultural significance of integrating the Book of Changes into the music database. Many respondents regarded the system as representing an innovative application of traditional Chinese philosophy in contemporary emotional management.

Several participants indicated that Eastern philosophical concepts provided a familiar cultural context that differed from conventional Western psychological approaches. This cultural familiarity enhanced their willingness to engage in emotional reflection and self-exploration.

One participant remarked:

"Using traditional Chinese philosophy makes emotional healing feel more natural to me."

Another participant stated:

"I appreciate that our own cultural wisdom can be applied to modern emotional management."

The findings suggest that culturally adaptive emotional interventions may improve users' psychological acceptance and engagement by incorporating familiar symbolic systems and philosophical traditions.

4.5 Theme 4: User Experience and Future Expectations

Overall user evaluations of the proposed database were positive. Participants considered the platform easy to use and appreciated the interdisciplinary integration of philosophy, music, and digital technology.

However, several participants suggested that future versions should incorporate personalized music recommendation functions based on users' emotional conditions, listening history, and personal preferences. Others recommended integrating artificial intelligence technologies to generate individualized emotional support strategies.

Representative comments included:

"I hope the system can recommend different music according to my emotional condition."

and

"Artificial intelligence could make the recommendations more personalized."

Participants also suggested expanding the database to include additional musical genres, multilingual interpretations, and mobile application support to improve accessibility.

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4.6 Summary of Findings

The thematic analysis identified four major themes emerging from participants' experiences with the proposed digital music database: (1) emotional relaxation and psychological comfort, (2) symbolic reflection and meaning construction, (3) cultural identity and Eastern philosophical experience, and (4) positive user experience with expectations for future technological enhancement.

Overall, participants demonstrated high acceptance of the interdisciplinary framework integrating the Book of Changes, music therapy, and digital technology. The symbolic interpretation associated with musical listening promoted emotional reflection and psychological adaptation while providing a culturally meaningful approach to emotion management.

The findings suggest that combining Eastern philosophical wisdom with music therapy through digital humanities offers a promising direction for developing innovative emotional support systems that complement existing counseling and psychological intervention approaches.

5. Conclusion

5.1 Integrating Eastern Philosophy with Emotion Management

The findings of this study suggest that the integration of the Book of Changes (I-Ching) with music therapy provides a culturally adaptive framework for emotion management. Unlike conventional psychological interventions that primarily emphasize symptom reduction or cognitive restructuring, the proposed model encourages individuals to interpret emotional experiences through symbolic reflection and philosophical contemplation.

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Participants frequently described the symbolic meanings of the hexagrams as facilitating a broader understanding of personal difficulties and emotional challenges. Rather than seeking immediate solutions to psychological distress, users reported that the symbolic narratives encouraged acceptance of change and promoted emotional flexibility. These findings are consistent with the philosophical principles of the Book of Changes, which emphasize transformation, balance, and adaptation as fundamental characteristics of human existence.

From a counseling perspective, symbolic interpretation functions as a cognitive mediator that encourages self-reflection and meaning construction. The integration of Eastern philosophical concepts therefore extends contemporary theories of emotion regulation by incorporating culturally meaningful approaches to psychological adaptation.

5.2 Music as a Medium for Emotional Reflection

The present findings also reinforce previous research demonstrating that music serves as an effective medium for emotional regulation and psychological well-being. Participants consistently reported emotional relaxation, reduced psychological tension, and enhanced self-awareness after interacting with the proposed digital music database.

Unlike passive music listening, however, the present study suggests that combining music with symbolic interpretation may strengthen emotional engagement and cognitive reflection. Music becomes not only an auditory experience but also a catalyst for personal meaning-making and emotional transformation.

This interpretation is consistent with previous music therapy research suggesting that musical experiences facilitate emotional expression and cognitive reappraisal. The present study further extends existing literature by demonstrating that philosophical symbolism may enrich the therapeutic value of musical listening through reflective interpretation.

Consequently, music therapy may benefit from greater integration with cultural philosophy and symbolic systems when developing culturally responsive emotional intervention models.

5.3 Symbolic Cognition and Psychological Adaptation

One of the most significant findings concerns the role of symbolic cognition in emotional adaptation. Participants repeatedly indicated that the symbolic meanings associated with the Book of Changes encouraged them to reinterpret stressful situations from alternative perspectives.

This process resembles cognitive reappraisal in emotion regulation theory, in which individuals modify emotional responses by changing their interpretations of events. However, rather than relying exclusively on rational cognitive analysis, symbolic interpretation utilizes metaphorical thinking and cultural narratives to facilitate emotional transformation.

The findings therefore suggest that traditional philosophical symbolism may complement contemporary psychological theories by providing additional cognitive resources for emotional resilience and adaptive coping.

The integration of symbolic philosophy with digital emotional intervention may represent a promising interdisciplinary direction for future counseling psychology research.

5.4 Digital Humanities and Innovative Emotional Support Systems

The proposed digital music database also demonstrates the potential contribution of digital humanities to psychological well-being and emotional support. Digital humanities traditionally focus on preserving and disseminating cultural knowledge through digital technology. In this study, however, digital technology functions not only as a cultural preservation tool but also as an emotional intervention platform.

By transforming traditional philosophical concepts into an interactive music recommendation system, the study illustrates how cultural heritage may be reinterpreted for contemporary psychological applications.

Participants' positive evaluations indicate that digital platforms integrating traditional philosophy and music may increase accessibility to emotional support resources while promoting cultural engagement.

Moreover, future incorporation of artificial intelligence, adaptive recommendation algorithms, and emotional recognition technologies may further enhance personalization and user experience, creating innovative digital counseling systems for diverse populations.

5.5 Theoretical Contributions

This study contributes to several academic disciplines.

First, it expands the application of the Book of Changes beyond philosophy and religious studies by demonstrating its potential role in emotion management and psychological counseling.

Second, the study enriches music therapy literature by integrating Eastern philosophical symbolism into emotional intervention, thereby extending predominantly Western theoretical frameworks.

Third, the research contributes to counseling psychology by emphasizing the importance of cultural adaptation and symbolic meaning construction in emotional regulation.

Finally, the proposed digital music database illustrates an innovative application of digital humanities that combines cultural preservation with psychological well-being promotion.

Taken together, these interdisciplinary contributions establish a novel conceptual framework linking Eastern philosophy, music therapy, counseling psychology, and digital technology.

Table 5. Theoretical and practical contributions of the study.

Dimension	Contribution
Eastern Philosophy	New application of the Book of Changes
Music Therapy	Cultural integration
Counseling Psychology	Symbolic emotion regulation
Digital Humanities	Digital preservation and application
AI Development	Future recommendation system

5.6 Practical Implications

The findings also have important practical implications for counseling practice, education, and digital mental health promotion.

Educational institutions may utilize the proposed framework to promote emotional literacy and self-reflection among students through culturally meaningful musical experiences. Counseling centers may incorporate the database as a complementary emotional support tool alongside conventional counseling services.

Healthcare professionals may similarly employ culturally adaptive music interventions to facilitate emotional regulation among patients experiencing stress, anxiety, or emotional difficulties.

Furthermore, digital platform developers may utilize the conceptual framework proposed in this study to construct intelligent emotional recommendation systems integrating philosophy, music, and artificial intelligence.

Such interdisciplinary applications may significantly expand access to emotional support resources while preserving traditional cultural heritage through digital innovation.

5.7 Summary

Overall, the findings demonstrate that integrating the Book of Changes with music therapy through a digital database provides a promising interdisciplinary framework for emotion management.

The proposed model extends existing theories of emotional regulation by incorporating symbolic interpretation, philosophical reflection, and cultural identity into musical experiences. Rather than replacing conventional psychological intervention, the framework complements existing approaches by offering culturally adaptive emotional support rooted in Eastern philosophical traditions.

The study therefore highlights the potential value of combining traditional cultural wisdom with contemporary digital technology to promote psychological well-being and emotional resilience in modern society.

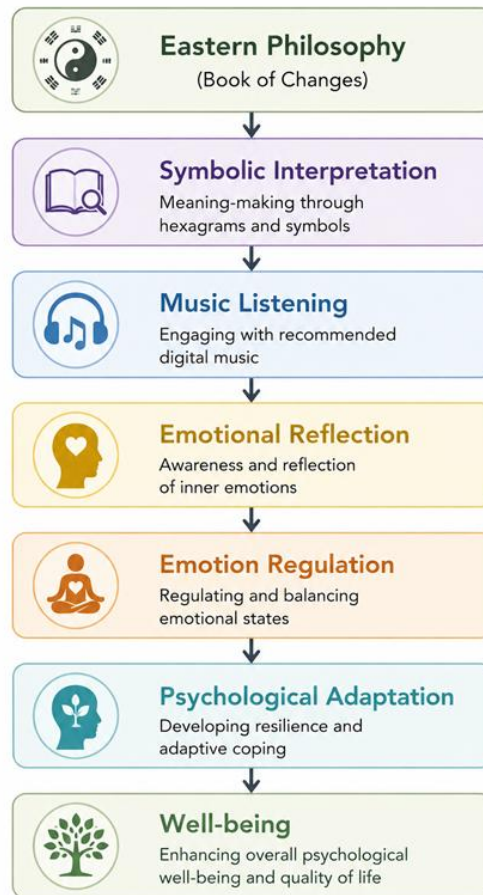


Figure 5. Proposed interdisciplinary model for emotion management.

6. Conclusion

6.1 Summary of the Study

This study proposed an innovative interdisciplinary framework that integrates the Book of Changes (I-Ching), music therapy, counseling psychology, and digital humanities to construct a digital music database for emotion management. The motivation of the study originated from the growing prevalence of emotional stress and psychological imbalance in modern society, together with the limited integration of Eastern philosophical traditions into contemporary music therapy and emotional intervention research.

A qualitative Design-Based Research (DBR) approach was adopted to develop and evaluate the proposed framework. Through interdisciplinary collaboration among experts in Eastern philosophy, music, counseling psychology, and digital technology, the symbolic meanings of the sixty-four hexagrams were systematically associated

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with representative musical compositions. The resulting database was implemented on a digital platform that enabled users to engage in emotional reflection through symbolic interpretation and music listening.

Qualitative findings indicated that participants generally accepted the proposed framework and regarded the integration of philosophy and music as a meaningful approach to emotional regulation. The symbolic meanings embedded in the Book of Changes facilitated self-reflection and emotional reinterpretation, while musical experiences promoted relaxation, psychological comfort, and emotional adaptation. The combination of philosophical symbolism and music listening therefore provided a culturally adaptive mechanism for emotion management.

Overall, the study demonstrates that traditional Eastern philosophy can be effectively combined with digital technology and music therapy to create innovative emotional support systems suitable for contemporary society.

6.2 Research Contributions

This study contributes to the existing literature in several important ways.

First, it extends the application of the Book of Changes beyond philosophy, religion, and cultural studies by introducing its symbolic system into emotion management and psychological counseling. The research demonstrates that traditional philosophical concepts may serve as valuable cognitive resources for emotional adaptation and self-reflection.

Second, the study enriches music therapy research by incorporating Eastern philosophical perspectives into emotional intervention. Existing music therapy literature has largely been developed within Western psychological paradigms, whereas the proposed framework introduces an alternative culturally grounded perspective that emphasizes symbolic cognition and philosophical contemplation.

Third, the study contributes to counseling psychology by highlighting the importance of cultural adaptation in emotional intervention. The findings suggest that indigenous philosophical traditions may complement existing counseling theories and improve emotional engagement among users with Eastern cultural backgrounds.

Fourth, the research expands the application of digital humanities by transforming traditional philosophical knowledge into an interactive digital emotional support

platform. The proposed digital music database illustrates how cultural heritage can be preserved while simultaneously generating innovative psychological applications through digital technology.

Finally, this study proposes a novel interdisciplinary conceptual model linking Eastern philosophy, symbolic interpretation, music therapy, emotional reflection, and psychological well-being, thereby opening new directions for future interdisciplinary research.

6.3 Practical Implications

The proposed digital music database has considerable practical value for counseling practice, education, and public mental health promotion.

Educational institutions may utilize the platform as a supplementary tool for emotional education, encouraging students to engage in self-reflection through philosophy and music rather than relying exclusively on conventional counseling methods.

Counseling centers and mental health practitioners may incorporate the proposed framework into psychological intervention programs as a culturally adaptive complementary approach for stress reduction and emotional regulation.

Healthcare organizations may also employ the database to support patients experiencing emotional distress, anxiety, or psychological fatigue by providing accessible music-based emotional support grounded in traditional philosophy.

Furthermore, developers of digital health platforms may integrate artificial intelligence, emotion recognition algorithms, and personalized recommendation systems into future versions of the database, thereby creating intelligent emotional support systems capable of providing individualized interventions according to users' emotional conditions and personal preferences.

The interdisciplinary integration demonstrated in this study therefore possesses broad application potential in education, healthcare, counseling, and digital cultural innovation.

6.4 Limitations of the Study

Despite its contributions, several limitations should be acknowledged.

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First, the participant sample was relatively limited in size and primarily consisted of volunteers interested in music and Eastern philosophy. Consequently, the findings may not fully represent broader populations with different cultural backgrounds or musical preferences.

Second, the study adopted a qualitative research design emphasizing subjective emotional experiences rather than quantitative psychological measurement. Future studies may incorporate standardized psychological scales and physiological indicators to evaluate intervention effectiveness more objectively.

Third, the musical selections associated with the sixty-four hexagrams were determined through expert consultation and therefore inevitably involved subjective interpretation. Different experts or cultural contexts may generate alternative classifications and symbolic associations.

Finally, the current digital platform primarily functions as a prototype demonstration system and has not yet incorporated advanced technologies such as artificial intelligence, adaptive recommendation algorithms, or real-time emotion recognition.

These limitations provide opportunities for further refinement and empirical validation of the proposed framework.

6.5 Suggestions for Future Research

Future research may extend the present study in several directions.

First, larger and more diverse participant samples should be recruited to evaluate the cross-cultural applicability of the proposed framework across different countries and age groups.

Second, quantitative experimental designs combining psychological scales, physiological measurements, and longitudinal observations could provide stronger empirical evidence regarding the effectiveness of the proposed emotional intervention model.

Third, artificial intelligence technologies may be integrated into the digital music database to provide personalized music recommendations based on users' emotional states, behavioral patterns, and listening preferences.

Fourth, future studies may expand the philosophical foundation beyond the Book of Changes by incorporating additional Eastern philosophical traditions such as Confucianism, Taoism, and Buddhism to establish broader culturally adaptive emotional intervention systems.

Finally, interdisciplinary collaboration among counseling psychologists, music therapists, philosophers, computer scientists, and digital humanities researchers may further promote the development of innovative digital mental health platforms that integrate traditional cultural wisdom with contemporary information technology.

6.6 Final Conclusion

The integration of the Book of Changes, music therapy, and digital technology represents an innovative interdisciplinary approach to emotion management that bridges traditional Eastern philosophy with contemporary psychological intervention.

By transforming symbolic philosophical concepts into an interactive digital music database, this study demonstrates how cultural heritage can contribute to emotional well-being through modern technological applications. The proposed framework not only enriches music therapy and counseling psychology but also expands the practical scope of digital humanities by connecting cultural preservation with psychological health promotion.

As emotional well-being becomes an increasingly important global concern, culturally adaptive emotional support systems that combine traditional wisdom and digital innovation may provide valuable alternatives for promoting resilience, self-reflection, and psychological well-being in diverse societies.

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