

Self-Discovery Through Music: An Autoethnographic Journey



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Purpose of Research

This research explores the process of self-discovery through music using an autoethnographic approach. The research aims to generate new knowledge and understanding of how music can be used for self-exploration and personal growth. It seeks to document my experiences and reflections on how music has influenced my sense of self, identity, and emotional well-being.

Research Questions

- How does music facilitate self-discovery and personal growth?
- How do personal experiences influence the process of self-discovery through music?
- How does the autoethnographic approach contribute to a deeper understanding of the role of music in self-discovery?



Resources

- Adams, T. E., Holman Jones, S., & Ellis, C. (2015). *Autoethnography*. Oxford University Press.
- Arasomwan, D. A., & Mashiy, N. J. (2021). Early Childhood Care and Education Educators' Understanding of the Use of Music-Based Pedagogies to Teach Communication Skills. *South African Journal of Childhood Education*, 11(1).
- Lathom, W., & Peters, J. S. (2016). *Peter's Music therapy: an introduction*: Vol. Third edition. Charles C Thomas Publisher, Ltd.
- Manovski, M. P. (2014). *Arts-Based Research, Autoethnography, and Music Education: Singing Through a Culture of Marginalization*. Brill.
- McCarthy, M. (2013). Children's spirituality and music learning: Exploring deeper resonances with arts-based research. *International Journal of Education & the Arts*, 14(4).

Methodology

Using my own experiences, this paper goes through my autoethnography as a musician and actor. The work of Miroslav (2014) is the most prominent resource, as both of us, despite having different life experiences, use music in a way that helps us grow as people.

Findings

- The findings suggest that music offers a unique and creative platform for me to express myself in ways other mediums cannot get through the combination of sounds and lyrics.
- Moreover, my personal experiences can influence the process of self-discovery through music and change how one approaches music performance.
- The autoethnographic approach provides a valuable tool to help me find myself through music by focusing on a specific aspect of my life and using music as a platform to express my personal story.

Conclusion

Music provides a powerful means of self-expression and self-discovery. By combining sounds and lyrics, music offered a unique and creative platform for me to express myself in ways other mediums cannot. Also, using the autoethnographic approach, I could explore my experiences and find meaning through music. Additionally, using music as arts-based method emphasizes music's broader cultural and artistic value as a means of personal expression and storytelling.