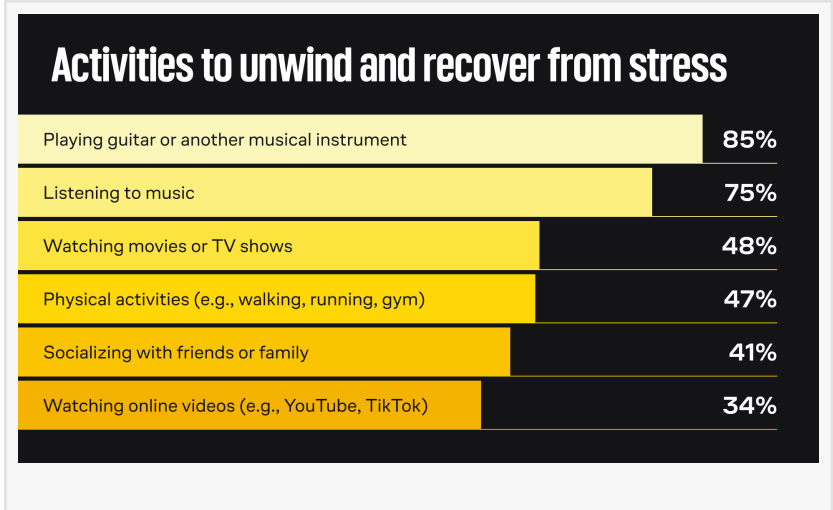


Ultimate Guitar Study: Playing Guitar Beats Social Media and Meditation for Stress Relief

85% of Ultimate Guitar users say playing guitar helps them de-stress—ranking it above social media, workouts, and even meditation, a new study finds.

MILWAUKEE, WI, UNITED STATES, March 24, 2025 /EINPresswire.com/ -- In today's self-care era, people have many ways to unwind. Yet, despite the variety, many still turn to playing musical instruments. A new study by [Ultimate Guitar](#), the world's most popular tab site and part of [Muse Group](#),

reveals that guitar playing is one of the most effective stress-relief methods, with 85.23% of users ranking it above social media, physical activities, socializing, and meditation.



“

For many, playing guitar is more than music—it's a way to relax and reset. That's why we surveyed UG users, and the results show it's not just a hobby, but a powerful tool for well-being.”

Eugeny Naidenov, CEO & Founder, Muse Group

In a survey of 1,828 Ultimate Guitar users, 56.35% said they pick up the guitar to relax, process emotions, and relieve stress. On average, users spent \$395 on guitar-related purchases in the past year.

Survey Sample

The study surveyed 1,828 UG users with diverse skill levels and playing styles:

- Hobbyist Players: casual players who strum for fun.
- Performing Enthusiasts: players who perform covers and share performances online.

- Creative Musicians: musicians who write, compose, and perform their own music.

Most respondents were male (76.26%), 17.94% identified as female, and the rest as non-binary or preferred not to disclose. Age distribution was relatively even: 26.15% were 55+, 25% were aged 18–24, and 23.47% were 35–44.

Playing Guitar as a Stress-Relief Activity

Creative Musicians had the highest engagement with stress-relief through music (90.13%), followed by Performing Enthusiasts (88.49%) and Hobbyist Players (83.31%). Listening to music came in second as a preferred relaxation method.

The most common emotions reported after playing were:

- Fulfillment (53.61%)
- Calm or relaxation (40.81%)
- Focused and accomplished (38.07%)
- Energized (37.64%)
- Inspired or creatively motivated (29.65%)

These emotions were particularly common among Performing Enthusiasts and Creative Musicians, who often use guitar to express themselves artistically.

Genres and Instruments for Relaxation

More than half of respondents (54.46%) prefer acoustic guitar, followed by electric guitar (35%). Bass (8.1%) and classical guitar (2.44%) were less common.

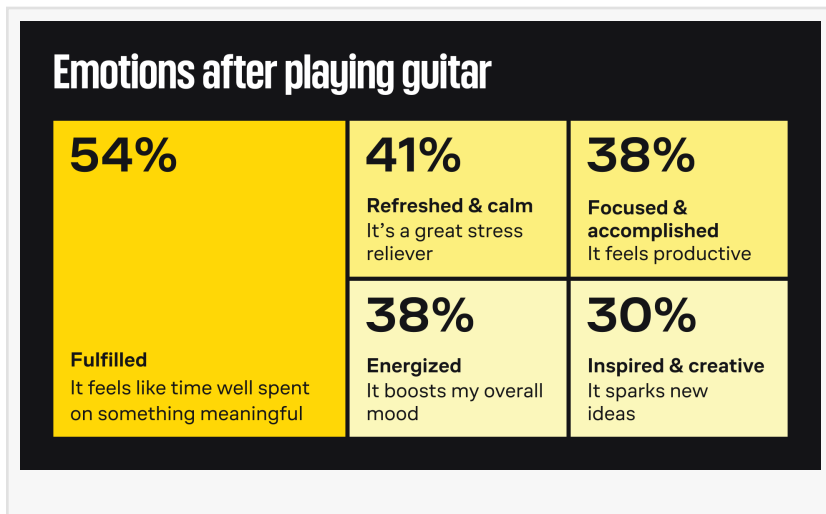
Top music genres for stress relief:

- Rock and subgenres: 29.09%
- Folk/acoustic: 16.36%
- Blues/jazz: 12.27%
- Mood-based choice: 10.91%
- Country/Americana: 10%
- Christian/worship: 8.18%
- Pop/mainstream: 7.73%
- Instrumental/experimental: 5.45%

Is It Worth the Cost?

Last year, Hobbyist Players spent an average of \$357. Performing Enthusiasts spent \$485, and Creative Musicians \$469.

When asked if these purchases were worthwhile:



- 51.09% said their spending brought joy or contributed to growth
- 28.22% considered them functional
- 17.37% had mixed experiences
- 3.32% regretted their purchases

On affordability:

- 23.69% say it's cheaper than other hobbies
- 31.23% say it's about the same
- 25.15% say it's expensive but worth it
- 15.43% consider it slightly more affordable
- 4.50% say it's too expensive

Playing guitar is far from just a hobby. For many, it's a tool for emotional well-being, with strong links to stress relief and personal growth. With 200 million annual visitors on Ultimate Guitar, it's clear that music remains a powerful form of self-care.

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