

The Science of Sad Sound Summary

The video *The Science of Sad Sound*, is presented by Professor David Huron of the School of Music and the Center of Cognitive Science at Ohio State University. He states that they studied the reason for which humans would listen to sad music, as you'd think that people would want to avoid feeling sad, in his music cognition lab. Briefly put, the results suggest that prolactin, a feel-good hormone released by the brain when we undergo tremendous grief can be triggered specifically in neurotic people and individuals with open personalities, by listening to sad music without having to experience the grief of a close one's death for example, such that they get the good feeling from the prolactin without being bereaved.

Link: https://www.youtube.com/watch?v=_pwqBAS9x3U