INVESTIGATING THE EFFECTS OF DIFFERENT MUSICAL GENRES ON MOOD AND EMOTIONS

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CHAPTER I

Introduction

In this research, we delve into the fascinating realm of music to explore how different musical genres can influence our mood and emotions. Music has a remarkable ability to evoke feelings, and this study aims to unravel the distinct impact that various genres have on our emotional well-being. As we navigate through the diverse landscapes of music, we seek to understand whether specific genres hold the power to uplift, soothe, or intensify our emotions. By investigating these effects, we hope to uncover valuable insights into the ways music can be harnessed to enhance our emotional experiences.

Our exploration involves a careful examination of genres spanning from classical compositions to energetic pop beats and soulful melodies. Each genre possesses its own unique characteristics, rhythms, and tones that may contribute to shaping emotional responses. Through a combination of quantitative analysis and participant surveys, we aim to pinpoint the correlations between musical genres and emotional states. This research holds the potential to not only deepen our understanding of the psychological impact of music but also to inform practical applications in areas such as therapy, entertainment, and even everyday well-being.

We hope that by sharing our insightful experiences along the way, we can be of great use to music lovers and professionals working in industries where mental health is critical. Our goal is to deepen understanding of the complex connection between musical genres and emotions and the significant influence that music has on the human experience. Accompany us as we explore the various impacts of various musical genres on mood and well-being, dissecting the melodies that depict our feelings on a canvas.

Rationale

This study aims to investigate the deep impact of music on human experience, specifically on emotion. By emphasizing the wide range of genres found in the catalog and the importance of analyzing the different emotional differences each genre creates. Understanding these impacts and putting them to use actually is crucial in fields like psychology, medicine, and education since it can impact the development of specific solutions and psychosocial results.

The study improves the personal experience of music and acknowledges its internal and cultural meaning, while also understanding its importance in the development of identity and self-expression and individual preferences and emotional responses impacted by cultural variables. Knowing that consumers have access to many types of music styles through streaming

services and personal applications, the study is also in line with how people consume media today.

The main goal of this study is to improve knowledge of the complex relationship between emotions and music. Through deep study that looks at the impact of musical genres and offers informative information that affects academic understanding and actual applications in many types of fields, it aims to fill significant gaps in the literature.

Statement of the Problem

This study will specifically attempt to answer the following questions:

1. What is the demographic profile of the respondents in terms of:

- Age
- Gender
- Religion

2. What music genre do respondents mostly listen to?

Music Genres:

- Jazz
- Country
- Hip-hop
- Pop
- Rock
- Classical
- Metal
- Phonk
- Rhythm and Blues
- Reggae
- Easy Listening
- EDM
- Folk

3. What kind of emotion do respondents feel when they listen to each music genre?

Emotions:

- Admiration
- Adoration
- Aesthetic Appreciation
- Amusement
- Anger

- Anxiety
- Awe
- Awkwardness
- Boredom
- Calmness
- Confusion
- Craving
- Disgust
- Empathic Pain
- Entrancement
- Excitement
- Fear
- Joy
- Interest
- Horror
- Nostalgia
- Romance
- Satisfaction
- Sadness
- Relief
- Surprise

4. In what particular situation do respondents mostly listen to music?

Situations:

- When studying
- When doing chores
- When bored
- During workout sessions
- While eating
- Optional (Please Specify)

5. What is the respondents mood before and after listening to each genre?

Before listening:

- Positive
- Negative

After listening:

- Positive
- Negative

Objectives of the Study

There are just four (4) primary goals that this research is attempting to achieve, and those are;

(1) Identify Emotional Responses: Measure and categorize emotional responses elicited by various musical genres. Utilize surveys to collect quantitative data on how participants feel when exposed to different genres, focusing on emotions such as happiness, sadness, excitement, and calmness.

(2) Correlate Genres with Emotional States: Analyze the collected data to establish correlations between specific musical genres and distinct emotional states. Quantify the relationships between genres and emotions to identify patterns and trends in the emotional impact of different types of music.

(3) Explore Individual Variations: Investigate individual differences in emotional responses to musical genres. Use statistical methods to understand variations among participants and identify factors that may influence how people react emotionally to different genres.

(4) Compare Cross-Cultural Responses: Examine whether emotional responses to musical genres vary across different cultural backgrounds. Quantify cultural influences on the emotional impact of music, providing a comprehensive understanding of how diverse audiences may perceive and feel music differently.

Hypothesis

We believe that the type of music someone listens to can affect how they feel. For example, listening to upbeat and energetic music might make a person feel happy and excited, while listening to slow and soothing music could make them feel calm and relaxed. We hypothesize that different musical genres have the power to influence people's emotions and overall mood.

Significance of the Study

This study extends its impact to benefit students, future researchers, and school administrators.

Students:

- Informed Decision-Making: The study's quantitative findings provide students with evidence-based insights into how various musical genres influence mood and emotions. This knowledge can inform their choices regarding music

preferences, potentially contributing to a more positive emotional experience in academic and personal settings.

- Well-Being: Understanding the emotional effects of music can contribute to students' well-being. Schools may consider incorporating this knowledge into programs aimed at promoting mental health and emotional resilience among students.

Future Researchers:

- Advancing Research: The study establishes a quantitative foundation for future research endeavors in the field of music psychology. Future researchers can build on this knowledge, using the methodology and findings as a reference point for more detailed investigations into the complex interplay between musical genres and emotional states.

- Methodological Guidance: The study's methodology offers insights into effective approaches for studying the effects of music on emotions, providing valuable guidance for researchers designing similar studies.

School Administrators:

- Curricular Enhancement: School administrators can leverage the study's findings to enhance music and psychology curricula. Integrating evidence-based knowledge on the emotional impact of musical genres can enrich educational experiences for students.

- Student Engagement: Understanding how music influences emotions can be utilized by school administrators to enhance student engagement. Incorporating this knowledge into various aspects of school life, such as events or activities, can contribute to a positive and emotionally supportive school environment.

In summary, the quantitative significance of this study benefits students by informing their choices and contributing to well-being, provides future researchers with a foundational reference, and assists school administrators in enhancing curricula and fostering a positive school environment. The study's findings have the potential to positively impact the educational experience and emotional well-being of those involved in or influenced by school settings.

Scope and Delimitation

This research focuses on exploring the effects of various musical genres on mood and emotions. It includes an extensive examination of genres such as classical, pop, rock, jazz, and others. The study aims to cover a broad spectrum of emotions, including but not limited to happiness, sadness, excitement, and calmness.

This study is delimited to the impact of musical genres on mood and emotions and does not extend to the analysis of specific songs or individual musical pieces. The research is confined to the participants' self-reported emotional responses, and while efforts will be made to include diverse cultural perspectives, it does not claim to capture the entirety of cultural nuances related to music. Additionally, the study does not address physiological responses to music, focusing solely on the emotional aspects of the experience.

Definition of Terms

Music - a combination of sounds that is organized in a way that sounds pleasing or expresses emotions.

Genre - a way of categorizing or classifying things based on common characteristics, styles, or themes. In music, it refers to different styles or types of music, like rock, pop, or jazz.

Mood - how you feel at a particular time – whether you're happy, sad, excited, or something else.

Emotion - how you feel in response to something – like happiness, fear, anger, or sadness.

Therapeutic - something that helps treat or heal, especially related to improving health or well-being.

Psychophysiology - the study of how the mind (psyche) and body (physiology) are connected, exploring the relationship between mental processes and bodily functions.

CHAPTER II

Review of Related Literature

To understand thoroughly our study, we analyze accepted theories and we also use studies that we believed that were useful in this chapter. Our main goal is to make sure that our study has a foundation that is strong by putting together current understanding, current theories, and results from experiments.

Theoretical Framework

James-Lange Theory (1884)

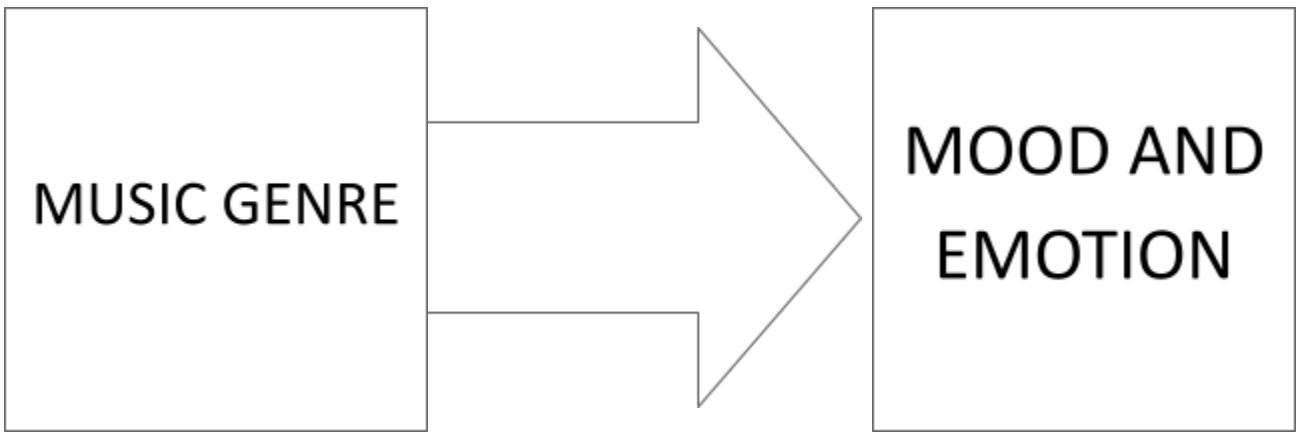
Proposed by William James and Carl Lange in 1884, the James-Lange Theory posits that emotions arise from physiological reactions to stimuli. In the context of music, the theory suggests that distinct physiological responses evoked by different genres contribute to the unique emotional experiences reported by listeners.

Cognitive Appraisal Theory (1966)

Originating in 1966, Cognitive Appraisal Theory emphasizes the subjective evaluation of a situation as the catalyst for emotions. Applied to music, this theory highlights the role of cognitive appraisal in how listeners interpret and emotionally respond to various musical genres.

Conceptual Framework

The Framework of this study as shown in the figure below presents the design of this research to know The effects of different musical genres on mood and emotions.



Related Readings

Music Genre

A “Music Genre” is like a category or type of music that has similar characteristics. It's how we group music based on things like the rhythm, melody, and the overall feel. Examples include pop, rock, hip-hop, and jazz – each has its own distinct style that sets it apart from other kinds of music. Music genre classification is a crucial task in music information retrieval, involving the automatic categorization of audio data into diverse genres. This is essential for applications like music indexing, content organization, and recommendation systems. The study provides a thorough analysis of methodology, strategies, and recent developments in music genre categorization, covering feature extraction, classification algorithms, dataset exploration, evaluation metrics, and recent developments. The aim is to advance in music genre categorization, leading to improved music recommendation systems, personalized music experiences, and improved music organization. (Shirol, S. & Kathiresan, 2023)

Moreover, Grime, a Black British music genre, emerged in London in the early 2000s and is a subaltern subculture linked to inner-city street culture. This ethnographic project examines Grime's emergence, musical and subcultural aspects, and its development through Foucault's genealogy, Lena's AgSIT genre model, Hall's 'Internal Colonies', and Baker's Black Public Sphere. The project uses in-depth interviews, participant observation, and Musicological Discourse Analysis to explore 21st-century inner-city subaltern youth experience. Thematic analysis is applied across all data collection methods, contributing to a new narrative for Grime and developing theories for musical analysis and affective investment. (Charles, M., 2016)

Furthermore, Music plays a crucial role in mental well-being, impacting moods, emotions, and affective states. Online music streaming services provide valuable information for understanding user-specific aspects, including music preferences and strategies. A study examining 541 Last.fm users found that social tags associated with popular tracks were predominantly related to emotions, such as sadness, and genres like neo-psychedelic, avant-garde, and dream-pop. Users at risk for depression tend to have higher dependency on music and greater repetitiveness in their listening activity. This study has implications for future research on assessing mental illness risk and designing music recommendations. (Surana et al, 2022)

Finally, Music plays a crucial role in the historical development of culture, with performers facing challenges in personal and professional evolution. The evolution of the concept of popularity of music performance is a complex issue that researchers need to address. This paper explores the evolution of public attitudes towards classical music and the historical group values determining popularity. Popularity is a matter of both church and secular music, with performers addressing cultural education and shaping audience values. In classical music, popularity is achieved by charismatic performers who prioritize attractiveness over professionalism. (Bakirova, K., 2022)

Emotion and Mood

Emotion is how we feel on the inside. It's the way we express joy, sadness, anger, or other feelings. When you're happy, excited, or even mad, that's your emotion showing. While mood is like the overall atmosphere of how you're feeling. It's not just one emotion; it's a mix of different feelings that set the tone for a period of time. Emotions are non-sensory perceptions based on concern, not fundamental to emotion and not non-cognitive. Joy is the fundamental structure of positive emotions, indicating that something is, will, or might be actual. It is a fundamental emotional satisfaction, unlike emotional distress, which is its negative counterpart. (Roberts, R., 2020)

Moreover, Depressive syndrome, a clinical syndrome with diffuse limits and high heterogeneity, is a neurobiological issue that requires a dimensional approach to identify intermediate phenotypes. These physiological traits, interposed between gene and clinical phenotype, can help identify patients with homogeneous symptoms, similar physiological features, and consistent treatment responses. (Ríos, U., 2021)

Furthermore, The study explores the impact of cultural group and cardiac vagal tone (CVT) on emotional expressiveness, particularly in relation to video clips of accidental painful injuries. Results show that cultural group and CVT contribute additively to emotional expressiveness, with higher CVT being associated with stronger East-Asian ethnic identity. This suggests that CVT, associated with emotion regulation capacity, may predispose bicultural individuals towards adopting particular cultural values, highlighting the importance of understanding the relationship between cultural and CVT in health research. (Yang, X. & Yang M., 2017)

Finally, Emotion regulation skills are taught in skills training groups, but individual therapy provides an opportunity for therapists to strengthen these skills. Differential features of emotions, such as temperature, facial expression, body posture, breathing, muscle-tone, voice tone, and actions, are discussed. Discipline skills are coached to check facts and down-regulate emotions, with case examples provided. (Dunkly, C., 2018)

<u>Related Studies</u>

International Studies

Emotional Responses to Music: The Need to Consider Underlying Mechanisms

A study conducted by Justin & Västfjäll (2008), states that while people value music primarily for the emotions it evokes, the understanding of musical emotions remains controversial due to a neglect of underlying mechanisms. The authors contend that the study of musical emotions has often overlooked how these emotions are induced, and the predominant reliance on cognitive appraisal as the default mechanism for emotion induction is insufficient. To address this gap, the

researchers propose a novel theoretical framework introducing six additional mechanisms through which music may induce emotions: brain stem reflexes, evaluative conditioning, emotional contagion, visual imagery, episodic memory, and musical expectancy.

Each of these mechanisms is characterized by distinct features such as information focus, ontogenetic development, key brain regions, cultural impact, induction speed, degree of volitional influence, modularity, and dependence on musical structure. The researchers argue that synthesizing theory and findings from various domains enables the formulation of hypotheses to distinguish among these mechanisms. They emphasize that failure to control for the underlying mechanism can lead to inconsistent or non-interpretable findings in studies on musical emotions.

The conclusion posits that music evokes emotions through mechanisms not unique to music itself. Furthermore, the study of musical emotions is seen as beneficial to the broader field of emotion research, offering novel paradigms for emotion induction. The proposed framework aims to guide future research in the field of musical emotions, potentially resolving previous disagreements and providing a more nuanced understanding of how music influences emotional experiences.

Local/National Studies

Audiovisual Ethnography of Philippine Music: A Process-oriented Approach

A study conducted by Yoshitaka (2013), investigates the passage and highlights the evolving role of audiovisual documentation in ethnomusicology. Traditionally viewed as a tool for preservation, recent accessibility to affordable video equipment has spurred increased involvement in filmmaking within the field. The author, inspired by Dr. Usopay Cadar, undertook the production of two films on Maranao kulintang music and Maranao culture, using footage collected in 2008.

The essay outlines the organization of screenings for these films in 2013, aiming to gather feedback from tradition caretakers and stakeholders while fostering interactions and collaborations. The screenings served as a platform to explore the potential of audiovisual ethnography. The author suggests redefining film as a dynamic, organic entity open to commentaries and critiques throughout its entire process, encompassing research, filming, editing, and post-production activities. This approach positions "filmmaking" as an ongoing and collaborative endeavor within ethnomusicological research.

Overall, these studies suggest that Music plays a significant role in influencing emotions, as highlighted by studies by Justin & Västfjäll (2008) and Yoshitaka (2013). Both studies emphasize the complexity of understanding emotions and the need for a nuanced approach. They

highlight the dynamic nature of filmmaking in ethnomusicology, treating it as an interactive platform for exploring cultural practices.

The international study by Justin & Västfjäll (2008) underscores the complexity of understanding musical emotions, emphasizing the need to consider underlying mechanisms beyond cognitive appraisal. Their proposed theoretical framework introduces six mechanisms, such as brain stem reflexes and emotional contagion, highlighting the importance of synthesizing findings from various domains for a comprehensive understanding. The conclusion emphasizes that music's emotional impact is not unique to the medium, advocating for a nuanced approach to studying how music influences emotions.

In contrast, Yoshitaka's (2013) local/national study explores the evolving role of audiovisual documentation in ethnomusicology, specifically focusing on the production of films on Maranao kulintang music and culture. The study emphasizes the dynamic nature of filmmaking within ethnomusicological research, treating it as an ongoing and collaborative process that involves continuous interactions, feedback, and redefinition. This approach positions film not just as a tool for preservation but as an interactive platform for exploring and understanding cultural practices.

Justification of the Study

This study holds a significant importance for several reasons. Firstly, understanding how musical genres influence mood and emotions contributes to the broader field of psychology and emotion research. Music is a universal and powerful art form that has the potential to evoke a wide range of emotional responses, making it a valuable subject of study to deepen our understanding of human emotions.

Additionally, this research is relevant in the context of individual well-being and mental health. Given the prevalence of music in daily life, exploring its impact on mood can provide insights into potential therapeutic applications. It may offer avenues for developing targeted interventions that leverage specific musical genres to enhance emotional well-being or address emotional challenges.

Furthermore, the study addresses a gap in existing research by specifically focusing on diverse musical genres. Music is incredibly diverse, spanning genres from classical to hip-hop, each with its unique characteristics. Investigating a broad spectrum of genres allows for a comprehensive exploration of how cultural, stylistic, and structural elements in music contribute to emotional experiences.

Peers and reviewers in the field can benefit from the study's findings, gaining new perspectives on the intricate relationship between music and emotions. The proposed research could lead to

the development of more effective strategies for using music in therapeutic settings or even influence music production to create compositions with intentional emotional effects.

Stakeholders, such as educators, therapists, and musicians, may find practical applications in the outcomes of this study. For instance, educators might use the findings to tailor music selections in educational settings to enhance mood and cognitive processes. Therapists could incorporate genre-specific music interventions into their practices, and musicians may gain insights into how their compositions can be crafted to elicit desired emotional responses.

In summary, investigating the effects of different musical genres on mood and emotions is not only academically valuable but also holds practical implications for fields ranging from psychology to music therapy, ultimately contributing to our holistic understanding of the emotional impact of music in diverse contexts.

CHAPTER III

Methods and Procedures

In this chapter, we'll break down how we're studying the impact of music genres on mood and emotion. We'll explain where we're doing the research, how we're choosing participants, the tools we're using, and the steps we're taking to gather and analyze the data. Simplifying these details helps us build a strong foundation for understanding how different types of music influence people's emotions.

Research Design

The researchers will be using a quantitative research method in this study. The researchers chose this research design to determine the different kinds of musical genres and how it affects moods and emotions in each JH student in Mindanao Mission academy. These are the blueprint or framework that will guide the entire research process:

1. Objective:

- To conduct a quantitative analysis of how different musical genres affect people's moods and emotions.

2. Research Type:

- Cross-sectional study design.

3. Participants:

- Randomly selected participants aged 11-16 with diverse musical preferences.

4. Variables:

- Independent Variable: Musical Genres (e.g., Classical, Rock, Jazz, Pop).

- Dependent Variables: Mood (measured on a Likert scale) and Emotional Response (categorized into joy, sadness, excitement, etc.).

5. Sampling:

- Stratified random sampling based on age, gender, and musical preferences.

6. Procedure:

- Many different kinds of genres' simple samples presented to the respondents.

- Pre and post-exposure mood and emotion assessments through surveys.

7. Instrumentation:

- Likert-scale questionnaire for mood assessment.

- Emotion Recognition Software for objective emotional response analysis.

8. Data Collection:

- Conducted in controlled environments to minimize outside factors.

9. Data Analysis:

- Statistical analysis using ANOVA to compare mean mood scores across different musical genres.

- Correlation analysis to examine relationships between musical preference and emotional response.

10. Ethical Considerations:

- Informed consent obtained from respondents..

- Confidentiality and anonymity confirmed.

11. Limitations:

- Generalization limited to the selected age group.

- Subjectivity in self-reported mood assessments.

- Potential influence of outside factors.

12. Conclusion:

- The research design aims to systematically investigate and quantify the effects of various musical genres on individuals' mood and emotions, giving useful data about how music affects the mind.

Research Locale

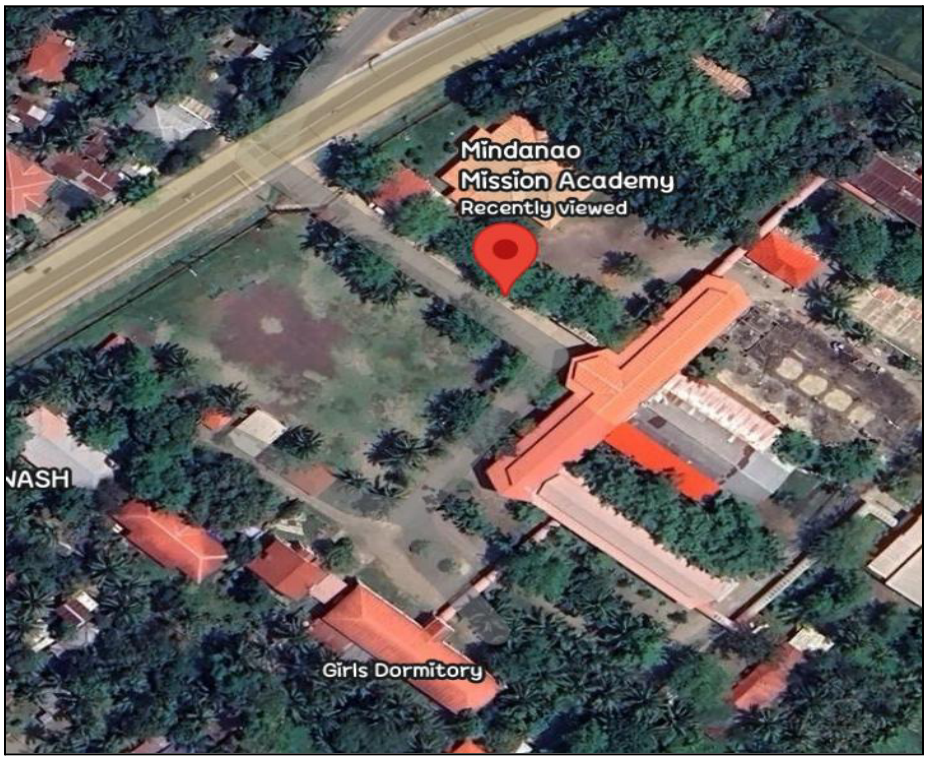


Figure 1. Mindanao Mission Academy

Source: Google Maps ©

The study will be conducted at Mindanao Mission Academy because that is where we will conduct our research and where our respondents are located.

Sampling Method

In this research, we will use Stratified random Sampling to ensure that any observed effects are not simply due to differences in music preference tied to demographics. These are the techniques or processes used by researchers to select a subset of individuals or elements from a larger population for inclusion in their study:

1. Identification of Strata:

- Researchers will use stratification based on age groups (e.g., 11-12, 13-14, 15-16) and musical preferences (e.g., Classical, Rock, Jazz, Pop).

2. Population Division:

- Researchers will be using strata (layers) for homogeneity within every group, dividing the target population.

3. Stratum Sample Size Determination:

- Researchers will determine the correct representation of each age group and musical interest strata based on the population's all around distribution.

4. Random Sampling Within Strata:

- To select respondents, researchers will use basic random sampling techniques inside each group.

5. Informed Consent:

- Researchers will get the informed consent of possible participants by clearly explaining the study's goals and methods to them.

6. Data Collection:

- To make sure that all strata (layers) are uniform, researchers will conduct surveys and musical exposure sessions.

7. Stratified Analysis:

- Researchers will examine the data independently for every strata. (age group and musical preference).

- Researchers will examine changes in mood and emotional reactions both within and between strata.

8. Comparison Across Strata:

- Researchers will examine patterns and trends in the effects of musical genres on mood and emotions within different strata.

9. Reporting:

- Researchers will present findings with emphasis on stratum-specific results.

- Researchers will discuss implications of strata differences on the overall study outcomes.

Advantages:

- It makes sure many kinds of musical preferences and age groups are examined.

- Makes it easier to investigate the effects further within particular demographic groupings.

Limitations:

- Needs specific population data in order to be stratified in an effective way.

- Possible challenges at getting people from particular social classes.

Rationale:

- Stratified random sampling was chosen in order to increase the study's accuracy and give a better comprehension of the ways that different musical genres affect mood and emotions throughout different demographic groups. This method involves age and musical preferences.

Research Respondents

In this study we will be selecting junior high school students from MMA. These are the selection criteria:

1. Grade Levels:

- Researchers will Include students from seventh to tenth grades to represent a wide variety of ages and experiences within the junior high school environment.

2. Age Range:

- Researchers will keep the sample homogeneous by focusing on pupils between the ages of 11 and 16.

3. Informed Consent:

- Researchers will get permission from parents or guardians as well as students to make sure morality and legal observance.

4. Musical Preference Diversity:

- Research will make sure that plenty of student musical tastes, including Pop, Jazz, Rock, and Classical, are represented.

5. Voluntary Participation:

- To maintain ethical standards and make sure that respondents feel comfortable contributing to the study, researchers will put a strong emphasis on voluntary involvement.

6. Language Proficiency:

- Researchers will make sure that respondents understand the language properly to express their feelings in the correct way.

7. Availability and Accessibility:

- To make participation easier, researchers will take notice of logistical considerations such as students' schedules and the availability of suitable locations for data collection.

8. Random Sampling Within Grade Levels:

- Researchers will use random sampling techniques at every grade level to improve representation and minimize bias.

9. Exclusion Criteria:

- To prioritize their well-being, researchers will keep out kids who have mental illnesses that are recognized or who might be unstable.

10. Cultural Sensitivity:

- Researchers will consider cultural nuances in musical preferences and emotional expression to ensure that the research findings are culturally relevant.

11. Pre-Existing Musical Knowledge:

- Research will account for differences in students' prior exposure to and knowledge of different musical genres to acknowledge varying levels of familiarity.

12. Balanced Gender Representation:

- To reduce biases such as gender, researchers will try to ensure that each gender is represented fairly in the sample.

13. Data Anonymity:

- To encourage open and honest involvement, researchers will reassure responders that their answers will remain private and anonymous.

Rationale:

- In order to guarantee that the study into the effects of different musical genres on mood and emotions is complete and relevant to this particular population, these criteria are intended to produce a balanced and representative sample of junior high school students at Mindanao Mission Academy.

Research Instrument

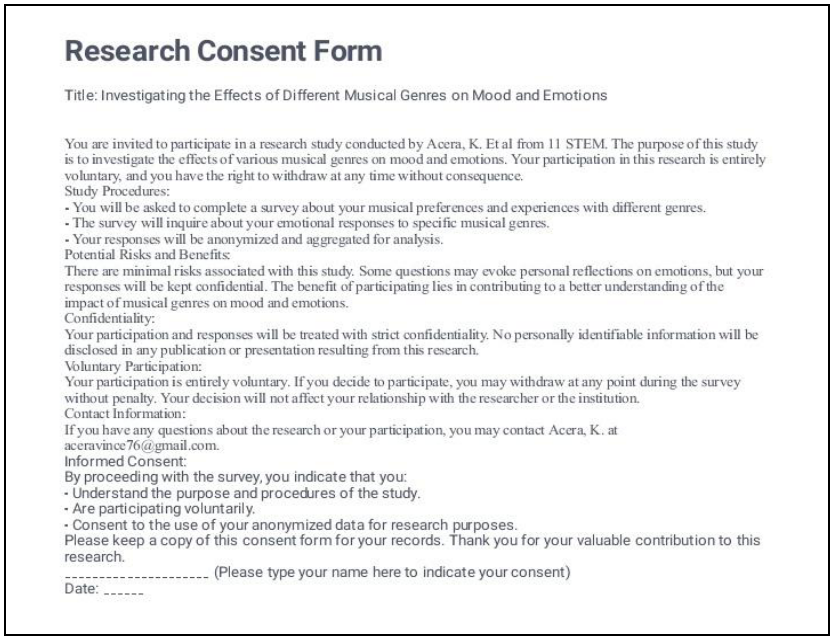
In this section, the researchers chose the survey questionnaire to utilize for the conducting of their research study. The instrument was used to gather data from the responses of junior high MMA students in identifying how different music genres affect their moods and emotions. If a study finds that people who listen to classical music are happier than people who listen to rock music, it is important to be sure that the sample is representative of the general population in terms of age, gender, and cultural background. If the sample is disproportionately young and female, for example, it may be that the observed effect is simply due to the fact that young women are more likely to listen to classical music than other demographic groups.

Data Gathering Procedures

The researchers will follow the outlined procedures to gather the necessary data for the study:

Step 1: Participants will be randomly chosen to ensure diversity in age and cultural background, with equal gender representation to avoid biases.

Step 2: Researchers will provide written consent, emphasizing their involvement in this study.



Research Consent Form

Title: Investigating the Effects of Different Musical Genres on Mood and Emotions

You are invited to participate in a research study conducted by Acera, K. Et al from 11 STEM. The purpose of this study is to investigate the effects of various musical genres on mood and emotions. Your participation in this research is entirely voluntary, and you have the right to withdraw at any time without consequence.
Study Procedures:
- You will be asked to complete a survey about your musical preferences and experiences with different genres.
- The survey will inquire about your emotional responses to specific musical genres.
- Your responses will be anonymized and aggregated for analysis.
Potential Risks and Benefits:
There are minimal risks associated with this study. Some questions may evoke personal reflections on emotions, but your responses will be kept confidential. The benefit of participating lies in contributing to a better understanding of the impact of musical genres on mood and emotions.
Confidentiality:
Your participation and responses will be treated with strict confidentiality. No personally identifiable information will be disclosed in any publication or presentation resulting from this research.
Voluntary Participation:
Your participation is entirely voluntary. If you decide to participate, you may withdraw at any point during the survey without penalty. Your decision will not affect your relationship with the researcher or the institution.
Contact Information:
If you have any questions about the research or your participation, you may contact Acera, K. at aceravince76@gmail.com.
Informed Consent:
By proceeding with the survey, you indicate that you:
- Understand the purpose and procedures of the study.
- Are participating voluntarily.
- Consent to the use of your anonymized data for research purposes.
Please keep a copy of this consent form for your records. Thank you for your valuable contribution to this research.
_____ (Please type your name here to indicate your consent)
Date: _____

Step 3: Demographic data, including age, gender, and music preferences, will be gathered through a questionnaire. We'll use a tool like PANAS to measure participants' baseline mood before exposing them to various music genres.

Step 4: During the study, participants will listen to excerpts from genres like classical, jazz, pop, and rock in a random order. We'll control the duration and volume for consistency.

Step 5: After each genre exposure, participants will rate their mood in real-time, covering emotions like happiness, sadness, excitement, and relaxation. A follow-up survey will measure any lasting effects.

Step 6: After the researchers finish measuring, a brief appreciation will be given to the respondents for accepting being a respondent for this study.

Step 7: When all of the data is collected**,** statistical software will help analyze the data, using methods like ANOVA to identify significant differences in mood and emotion scores among genres.

Step 8: Interpreting these findings will guide conclusions about how specific music genres affect mood and emotions, considering potential applications in mood regulation or therapy.

Step 9: Ethical considerations, including debriefing participants about the study's purpose and respecting their rights and privacy, will be a priority.

Step 10: The study's details, from methodology to results and conclusions, will be documented transparently in a research report or paper, following established academic standards for clear and concise reporting.

Method of Data Analysis

The researchers will be using quantitative research. Percentage, average, standard deviation, correlation, and ANOVA are the methods and procedures for this study to be analyzed:

1. Percentage (P):

- Calculate the percentage of responses for each musical genre using the formula: \(P = \frac{n}{N} \times 100\), where \(P\) is the percentage, \(n\) is the sample size, and \(N\) is the whole population. This enables us to understand how each genre affects the participants' moods and emotions in percentage.

(Put Formula Here)

2. Arithmetic Mean (A):

- Determine the average mood and emotional response for each musical genre using the arithmetic mean formula: \(A = \frac{1}{n} \sum_{i=1}^{n} a_i\). The reason the arithmetic mean is used is that it offers an essential measure that is easier to understand and represents the participants' typical mood and emotional experience.

(Put Formula Here)

Justification for Arithmetic Mean:

- The arithmetic mean would be appropriate because it provides a balanced representation of the general mood and emotional impact of different genres of music by taking consideration of each individual reaction equally.

3. Standard Deviation (SD):

- To determine how different respondents' moods and emotional reactions are, use the standard deviation. Higher standard deviations provide more information on the amount of emotional experiences that people have and the effects that different musical genres have on different people.

Explanation for Standard Deviation:

- To represent the distribution or dispersion of data points, standard deviation is used. This study enables us to understand the degree of consistency or variation in the emotional reactions found in each genre of music.

4. Correlation (r):

- Determine the correlation coefficient (\(r\)) to explore the relationship between musical preferences and mood/emotional responses. The degree and direction of the relationship between these variables can be determined from a positive or negative correlation.

(Put Formula Here)

Reason for Correlation Analysis:

- We can determine whether there is an important connection between the participants' mood and emotional experiences and their preferred musical genres by using correlation analysis.

5. Analysis of Variance (ANOVA):

- ANOVA should be used to compare the average mood and emotional reaction ratings among different genres of music. The purpose of this statistical test is to determine whether the effects of different genres on mood and emotions change much.

(Put Formula Here)

Components of ANOVA:

- ANOVA involves calculating Sum of Squares Within (SSW), Sum of Squares Between (SSB), Sum of Squares Total (SST), degrees of freedom (df), Mean Square Within (MSW), and Mean Square Between (MSB). These parts support our understanding of differences both within and across groups and the analysis of effects different to a particular genre.

Rationale:

- Using a combination of percentages, averages, standard deviation, correlation, and ANOVA, this thorough quantitative data analysis approach shows the complicated connection between various musical genres and participants' moods and emotions, providing a thorough and multiple investigation of the research topic.

References