

# **EN\_96838023 Research Proposal: Method Report**

## **Variables**

For this research, the independent variable is the sad song which will be distributed to all participants, meaning that there is only one level of the independent variable. The dependent variable is the difference in the level of sadness of the participants between the pretest and the posttest.

## **Participants**

For this study people between the ages of 18 to 26 (young adults) that are feeling some kind of sadness (e.g. feeling sad because of exam results, feeling heartbroken, etc) are asked to participate. The participants will be approached through various whatsapp groups and social media platforms (e.g. Instagram, Facebook, X, etc). Between 48 and 60 participants will be recruited.

## **Research design**

In this study, the sad song that will be distributed to all participants will be You don't know what love is by Chet Baker. This song has been used in previous experiments regarding music and sadness, and in a pilot study by Dingle et al. (2019), this piece of music appeared to be the saddest of all the songs that were tested. The elements of this song that make it a sad song are the slow tempo, the sad lyrics, and the minor tone (Ali & Peynirciogly, 2006).

The level of sadness will be measured by a questionnaire containing terms of different emotional states, which will be rated on a 5-point Likert scale (describe the different answer options) on the extent to which each emotional state was felt. This questionnaire will be distributed as both a pre-test before the participants listen to the sad song as well as a post-test after the participants have listened to the song. In this way, the difference in the level of sadness before and after listening to the sad song can be compared.

## **Data analysis**

The scores of each participant on the questionnaire will be determined for the pre- and post test (low sadness or high sadness). Then the means and standard deviation will be calculated for the results of the pre and post tests. The means of the pre and post test will then be compared.