One of the most important topics in the psychology of music is how music affects emotional experience (Juslin, 2019). Music can evoke powerful emotional responses such as chills and thrills in listeners.

People crave ‘escapism’ during uncertain times to avoid their woes and troubles. Music offers a resource for emotion regulation. People use music to achieve various goals, such as to energize, maintain focus on a task, and reduce boredom. For instance, sad music enables the listener to disengage from the distressing situations (breakup, death, etc.), and focus instead on the beauty of the music. Further, lyrics that resonate with the listener’s personal experience can give voice to feelings or experiences that one might not be able to express oneself.

Positive emotions dominate musical experiences. Pleasurable music may lead to the release of neurotransmitters associated with reward, such as dopamine. Listening to music is an easy way to alter mood or relieve stress. People use music daily to regulate, enhance, and diminish undesirable emotional states (e.g., stress, fatigue). With this data to be presented we are striving to answer the questions of how listening to music impacts mental function, influences emotions, and promotes a pleasurable experience for listeners.

**References**

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