

Introduction

- To what extent does the average person adopt the emotional essence that musical artists convey in their songs?

	What	Operational Definition (How)
Independent	The songs which musical artists produce as well as their initial emotional impact on the listener.	The way a song sounds does not differ or vary relatively to every person, as well as the emotion one could convey. This therefore makes it the independent variable. An example of this would be in how an R&B song could not be classified as a song you could theoretically dance to in a social atmosphere.
Dependent	The psychological and emotional impact which further influences our day-to-day life.	How to express oneself and allow certain art to influence one's life on a daily basis is entirely dependent on who you are, the values in which your life is built, and the individual experience.

Null	Music has no effect on the average person's emotional essence.
Alternative	Music does have an effect on an average person's emotional essence.

Key points from lit review/background research:

HARGUN RESEARCH

- <https://www.heartmath.org/assets/uploads/2015/01/music-mood-effects.pdf>
 - Summary: A study using 144 subjects investigated the effects on different types of music on tensions and mental clarity. Participants underwent a psychological profile assessment where they were examined before and after listening to 15 minutes of four types of music: grunge rock, classical, new age and designer music. Grunge rock music led to increases in hostility, sadness, tension, and fatigue, along with significant reductions in caring, reaction, mental clarity, and vigor. Designer music, which is intentionally created to evoke specific effects, resulted in increased caring, relaxation, and mental clarity, while reducing hostility, fatigue, sadness, and tension. The effects of new age and classical music were mixed. Across all types of music, shifts in feelings were observed among subjects. Designer music emerged as the most effective, particularly in treating tension, mental distraction, and negative moods.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4369551/>
 - Summary: Neurological disorders often coincide with mood disorders affecting 20% to 50% of patients. These psychological issues are frequently overlooked in clinical care, impacting recovery, treatment adherence, and quality of life. A link exists between

depression and neurological disorders. Despite evidence of music therapy's positive effects on neurological conditions, there's a lack of recent comprehensive reviews on its impact on mood and depression. This article aims to bridge this gap by reviewing 25 studies from databases like PubMed.

- <https://www.tandfonline.com/doi/abs/10.1080/02699938808415228>
 - Summary: This study examined the impact of two sets of music, distinguished by their perceived effects on happiness, exhilaration, despondency, and sadness, as mood-inducing stimuli. The objective was to explore how "happy" and "sad" music influences behavior and self-reported mood, while also considering the influence of explicit instructions. Thirty-five participants were exposed to either "happy," "sad," or no music, with variations in explicit instructions. Following this, participants completed self-report measures and behavioral tasks. Results revealed that the music-induced moods affected self-reported mood and some behavioral measures, with explicit instructions playing a minimal role in these mood effects.

CHIARA RESEARCH

<https://blogs.scientificamerican.com/guest-blog/music-can-change-the-way-we-see-the-world/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4040058/>
<https://www.cnn.com/2019/02/08/health/music-brain-behavior-intl/index.html>

NELLIE RESEARCH

[Listening to sad music in adverse situations: How music selection strategies relate to self-regulatory goals, listening effects, and mood enhancement](#)

- Summary: Adults report motivations to seek and listen to sad music after experiencing negative events in their life. Music has an effect on self-regulatory goals (AKA self-care efforts) and mood enhancement. People listen to music with the intent of triggering certain memories, but the study revealed a negative relation to self-regulatory goal of mood enhancement (suggesting there is no observed effect of music selection strategies on mood).

[The Effect of Classical Music on Heart Rate, Blood Pressure, and Mood](#)

- Summary: The study demonstrates a positive effect of classical music on heart rate, blood pressure, and mood states (essentially the cardiovascular system), suggesting it can help alleviate symptoms of anxiety and depression. With this, it can also lower the chances of stroke, heart failure, diabetes, heart disease, and drug abuse because these conditions are linked to negative emotions/depressive mood states. The study uses "Symphony of Fate" and "Moonlight Sonata" by Beethoven to conduct the study. Findings include: listening to fast music increased participant heart rate, systolic (pressure in arteries during heart beats), and diastolic blood pressure (pressure in arteries when heart rests between beats); slow music decreases heart rate, systolic, and diastolic blood pressure; mood survey scores were favorable for both fast and slow music; fast music = uplifting and slow music = calming.

[The impact of rock videos and music with suicidal content on thoughts and attitudes about suicide](#)

- Summary: Rock music with suicidal content affected the responses of participants in the sense that they wrote about scenarios with suicide-related themes. Variables tested in this study include: mood assessment, priming of suicide-related thoughts, perceptions of personal risk, sensitivity to suicidality in others, and attitudes/beliefs about suicide. An absence of lyrics/lyrics regarding

suicide related content led to less suicide-related scenarios from the participants. However, the presence of suicide content did not seem to affect variables that are associated with increased suicide risk.

Methodology

State your design type (if applicable): Independent measures

- **Why you're using this:** Easy to implement; provides data we're looking for in a simple, obtainable manner.

Outline your procedure:

1. Conducted over a Zoom meeting.
2. Will contain a pre- and post-meeting survey to assess current mood and related factors (circumstances, current point in life, etc. that could affect overall state of being / mood) → questions will only be answered on a scale from 1 to 10, and ranges will be specified for each question.
3. Negative control group: no music playing in the background.
 - a. Data will be compared with experimental groups to see if there are significant differences in the extent of change between pre- and post-survey questions.
4. Experimental groups: 3 genres of music (Rock, Classical, R & B).
5. Meeting layout: participants join, complete pre-meeting survey, participate in simple activities while a specific genre of music plays in the background, after 10 - 15 minutes, meeting concludes, and participants complete post-meeting survey.
6. Purpose of music / experiment will not be revealed to participants to avoid potential bias / data skew.

State your sampling method: Stratified sampling

- **Why you're using this:** Allows us to gather results without influences from demographic-related factors
- **Specific characteristics you are looking for in your sample:** Age

Outline how you will get this sample:

- Each member will choose 5 known people at random, preferably with differing ages

State and explain your control variables:

Variable	Why	How
Activities in the Zoom call	To keep a constant foundation and to avoid changes in mood based on the nature of the activity	Approximately 2 to 3 games will be chosen and used by all participants.

Materials needed:

All digital tools - Zoom, Google Forms, personal devices.

Analysis

How will you analyze your data:

The trends in the data (seen from the pre- and post-meeting survey) will be assessed. Based on noticeable results for each genre of music, a conclusion will be drawn and used in the PRP Report.