

A Survey of Short-Term Mood Effect of Music

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Abstract. Previous tests have been conducted from different universities to test the relationship between music and a subject's mood. Most studies consisted of visual stimulations. This project, however, tests how certain types of music genres affect peoples' mood after listening to a song. Two surveys were conducted; one before listening to the music and another one after. Certain songs were chosen that were believed would affect people's mood the most. The two surveys consisted of 10 different emotions, and a scale of (1-5) 1 being "not much" and 5 being "very". Then the subject listened to the song of our choice. When the song was completed they had to complete the second survey. It was the same aspect of the first survey, but this one had a different order to the previous survey as to not affect the subject's choice. Among the mood study there was a decrease in uncertainty and annoyance following the listening.

Keywords: Behavior, Short-term mood effects, mood effects of music.

INTRODUCTION

Scientists from Sonoma State University have studied the relationship between music and mood. However their study consisted of visual stimulation [1]. They tested undergraduates. Others have studied how specific genres of music affect a specific mood, like how aggression is affected by heavy metal music [2].

METHODS

We presented our experiment by giving the subjects a survey. They had to circle a number on the scale next to each different mood to see how much of each mood the subject felt. After the first survey was completed, the subjects were asked to listen to a two minute sample of a certain song of different genres. Different groups listened to different songs. After the song finished, another survey was given. It had the same format; however the questions were scrambled up as to not compromise the response of the subject. (that is, to avoid a possible bias on the part of subjects to maintain a pattern of their response)

RESULTS

From the results of the experiment, it may indicate that surveys are an effective method to finding the interaction between mood and music. Most emotions were not highly effected while others were highly affected by the music. The moods that had a significant decrease were uncertainty, annoyance, and content.

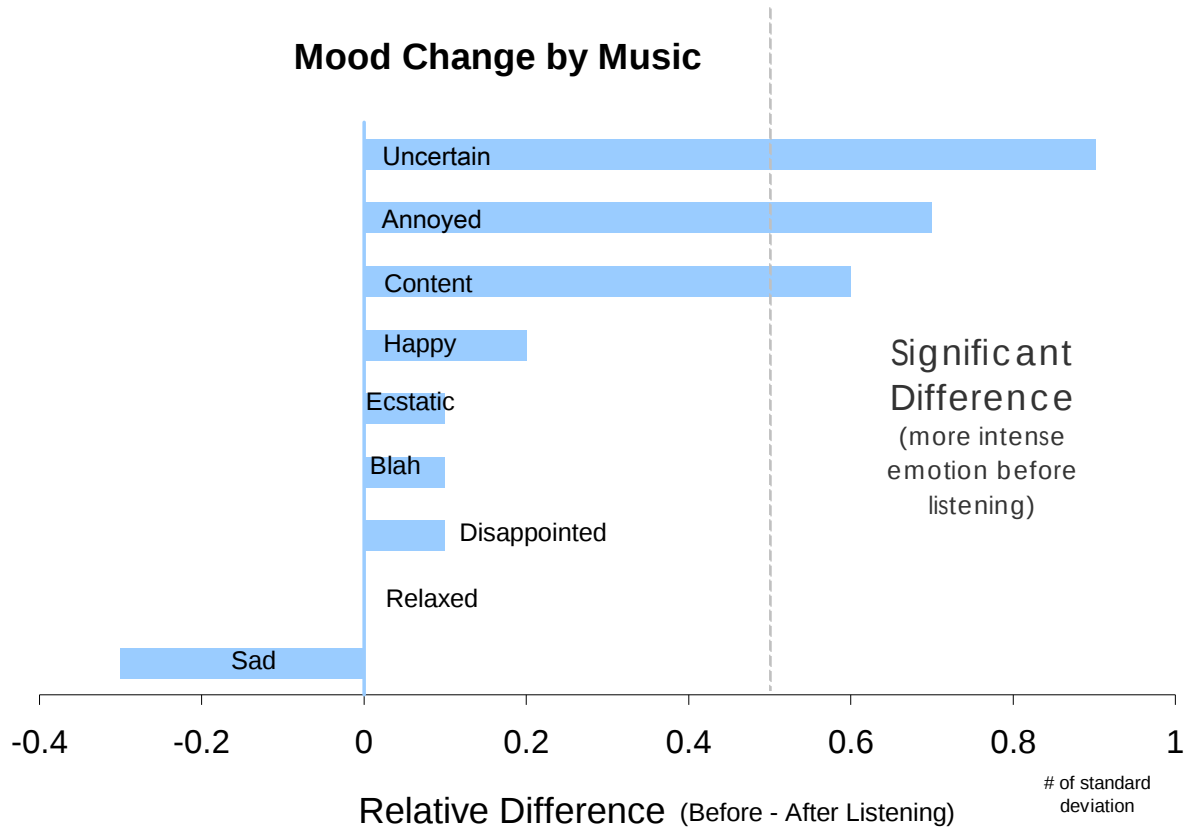


Figure 1. Shows the significant difference before and after the listening.

DISCUSSION

What's interesting about our project is the fact that we worked with people's emotions and used a survey method to test how the music affects it. It demonstrates the differences between how people can be. To further the experiment, we would like to concentrate who we test, for instance, just females or just males. After that, compare both gender results.

CONCLUSION

From the results of the experiment, it may indicate that surveys are an effective method to finding the interaction between mood and music. Most emotions were not highly effected while others were affected greatly. The moods that had a significant decrease were uncertainty, annoyance, and content.

REFERENCES

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