


The Impact of Music on Mood: Descriptive Observations of Listening Experiences and Their Effect on Mental Health

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ABSTRACT	Original Research Article
<p>This research aims to explore the impact of music on mood and mental health, with the goal of guiding future research and deepening our understanding of the connections between music and human psychological experiences. The study, employing a descriptive cross-sectional design, involved 100 participants and was conducted on social media platforms through a distributed questionnaire. The research focused on understanding various aspects of music's impact on well-being and mental health, addressing questions related to the frequency of music listening, its effects on psychological states, and the perceived improvement in mental health after listening. Data analysis, utilizing statistical software (SPSS), revealed consistent and positive trends in participants' responses, highlighting the significant and positive influence of music on mental and emotional well-being. These findings reinforce the pivotal role of music in enhancing overall mood and mental health.</p> <p>Keywords: Music, Mood, Descriptive observations, Listening experiences, Mental health, Emotional well-being. Psychological impact.</p>	<p style="text-align: center;">Article History</p> <p>Received: 13-01-2024</p> <p>Accepted: 07-03-2024</p> <p>Published: 21-03-2024</p>
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INTRODUCTION

Music is a powerful artistic experience that actively engages with human emotions and constitutes an essential part of daily life. The impact of music on individuals' mood and mental health has sparked numerous discussions and scientific research. In this introduction, we will explore this vast field based on previous research and documentary studies.

Neural Impact of Listening to Music

Research conducted by Salimpoor (2015) reveals neural reactions occurring in the brain when individuals listen to music, involving the nucleus accumbens and the auditory cortex.

Psychological Impact of Music on Mood

Koelsch (2014) indicates that music has a profound impact on emotions and mood, emphasizing the importance of understanding the intricate mechanisms through which music stimulates emotional responses.

Behavioral Interactions with Music

In their study, Garrido and colleagues (2017) demonstrate strong behavioral responses occurring when

individuals listen to music, with more pronounced interactions for music containing lyrics.

Positive Impact on Mental Health

Särkämö *et al.* (2008) highlight in their study the various psychological benefits of regular engagement in musical activities, particularly regarding its effects on the brain and social interactions.

Music's Impact across Life Stages

MacDonald (2012) suggest that music plays a tangible role in assisting children and adolescents in challenging health situations.

Sensory Effects of Music

Juslin and Västfjäll (2008) underscore the importance of understanding how music elicits sensory responses that influence emotional experiences and mood.

Music as a Means to Improve Psychological Well-being

Thoma *et al.*'s (2017) research indicates that using music can have a positive impact on digestive system movement during surgical procedures.

Descriptive Experiments and Qualitative Analysis

This study will employ a detailed descriptive approach to examine the impact of music on mood, focusing on qualitative analysis of participants' reactions.

Documentation of Previous Findings

Krumhansl (2002) emphasizes the importance of previous research findings and documentation to identify future directions in understanding the influence of music on mood.

Final Research Objective

The ultimate goal of this research is to shed light on the impact of music on mood and mental health, contributing to guiding future research and gaining a deeper understanding of the connections between music and human psychological experiences.

Importance

1. Provide a scientific understanding of the role of music in enhancing mood and mental health.
2. Offer foundational information for utilizing music as a means to improve psychological well-being.

METHODOLOGY

Design

A descriptive cross-sectional research design was used in this study.

Setting

The study was conducted on social media platforms through the distribution of the questionnaire.

Sample

The sample included 100 individuals

Research Problem

This study explores several critical aspects to comprehend the impact of music on individuals' well-being and mental health. The following questions focus on identifying the frequency of individuals' music listening, describing its effect on their psychological state, and assessing whether they have observed an improvement in their mental health after listening to music.

Research Questions

Frequency of Music Listening

How often do individuals listen to music during the week?

Description of the Impact of Music on Individuals' Psychological State

How would you describe the effect of music on individuals' psychological state?

Perception of Improved Mental Health After Listening to Music

Have individuals noticed an improvement in their mental health after listening to music?

Instruments of study

Questionnaire

Collecting data from participants regarding their experiences with music and its impact on their mood and psychological state.

Statistical Analysis Software (SPSS)

Analyzing quantitative data to understand statistical variations and trends.

Data Collection

Data was gathered by distributing an electronic questionnaire on social media platforms. The questionnaire comprised two sections:

Section One

Demographic information, including age and gender.

Section Two

Three questions to study the impact of music on mood: Descriptive recording of listening experiences and their effects on mental health.

The researcher used the Cronbach's alpha equation to measure the reliability of the study tool (questionnaire) to ensure its stability. The Cronbach's alpha value for the total items reached (0.852), indicating that the questionnaire possesses a high level of reliability and can be relied upon in the field application of the study, according to Nunnally's scale, which considers 0.70 as the minimum threshold for reliability. (Nunnally, J. C. 1978)

RESULTS

Adopting an evaluative scale according to the Likert five-point scale. (Likert, R. 1932).

Therefore, we will use the weighted Mean of individuals' responses to questions using a five-point Likert scale to determine the trend of responses.

In Table (1), the researcher reviews the age frequencies for the questionnaire.

Table 1: Age Frequencies

Age	18-24	25-34	35-44	45-54	55-64	65 years and above
Frequencies	23	19	30	7	8	3
Percentage	(23%)	(19%)	30%)	(7%)	(8%)	(3%)
Total	100 individuals					

The highest participation rate is among the age group 35 to 44 years, while the lowest participation rate is between 65 and above.

Table 2 Gender Frequencies

Gender	Male	Female
Frequencies	62	38
Percentage	(62%)	(38%)
Total	100 individuals	

In Table (2), the researcher presents the gender frequencies for the questionnaire.

Table 3: Frequencies, Percentages, Standard Deviation, and Weighted Average for Question 1

Questions	Rarely	Weekly	Daily	Frequently	Always	Mean	Std. Dev	General Trend
How often do individuals listen to music during the week?	4	6	15	33	41	4.02	1.088	Agree

Through this table, it becomes evident that the average value for the question is 4.02, with a standard deviation of 1.088 in General Trend Agree. This

indicates that many individuals frequently listen to music, emphasizing its significance.

Table 4: Frequencies, Percentages, Standard Deviation, and Weighted Average for Question 2

Questions	Extremely Negative	Negative	No Effect	Positive	Extremely Positive	Mean	Std. Dev	General Trend
How would you describe the effect of music on individuals' psychological state?	56	26	10	6	2	4.28	1.006	Strongly Agree

Through this table, it becomes evident that the average value for the question is 4.28, with a standard deviation of 1.006 in General Trend Strongly Agree. The previous results clearly indicate that music has a

significant psychological impact, affirming its importance in influencing mental and emotional well-being.

Table 5: Frequencies, Percentages, Standard Deviation, and Weighted Average for Question 3

Questions	Yes, significantly	Yes, to some extent	I don't know	No, to some extent	No, significantly	Mean	Std. Dev	General Trend
Have individuals noticed an improvement in their mental health after listening to music?	57	30	9	2	2	4.37	0.885	Strongly Agree

Through this table, it becomes evident that the average value for the question is 4.37, with a standard deviation of 0.885 in General Trend Strongly Agree. Through these results, the extent of the impact of music in improving mood becomes evident.

average values and the agreement trends underscore the importance and positive influence of music on mental and emotional well-being. These findings support the notion that music plays a crucial role in enhancing individuals' overall mood and mental health.

The provided summaries indicate consistent and positive trends in the responses. The participants generally agree that music has a significant impact, both psychologically and in improving mood. The high

Based on the positive results obtained, some recommendations that may be beneficial can be provided:

Enhancing Understanding of the Psychological Impact of Music

It is advisable to enhance the general understanding of how music affects mental health and mood, encouraging people to listen consciously to improve their mental well-being.

Promoting the Use of Music as a Therapeutic Tool

Individuals can be encouraged to use music as a means to alleviate stress and promote relaxation, considering its integration as part of psychological therapy programs.

Honoring Cultural Variations

It is recommended to consider cultural variations in the impact of music on mental health, promoting understanding of how different types of music influence diverse cultures.

Encouraging Further Research

Additional research can be encouraged to explore more in-depth aspects of the impact of music on mental health and understand the factors that may affect individuals' experiences.

Integrating Music into Work Environments:

If feasible, integrating music into work environments is advisable as a means to enhance the mood and well-being of employees.

These recommendations may contribute to a better understanding of the profound impact of music and its effective use in promoting mental health and well-being.

DISCUSSION

Discussion with Previous Studies

1. "Arousal, Mood, and the Mozart Effect" (Thompson *et al.*, 2001):

Study Objectives: Focus on Mozart Effect

The current research differs as it explores the general impact of music rather than a specific effect like the "Mozart Effect."

Analysis and Differences: Descriptive Detail and Personal Experiences

The current research relies on detailed descriptive accounts and personal impact, while Thompson *et al.*'s study had a broader focus on the general effects of music.

2. "Emotional Responses to Music: The Need to Consider Underlying Mechanisms" (Juslin & Västfjäll, 2008)

Study Objectives: Complexity of Mood Responses

Agreement between the current study and Juslin & Västfjäll's study on the importance of considering the complexity of mood responses to music.

Analysis and Differences: Better Analysis of Psychological Impact

The current research focuses on a more in-depth analysis of the psychological impact and highlights descriptive details of listening experiences.

3. "Music Listening Enhances Cognitive Recovery and Mood after a Middle Cerebral Artery Stroke" (Särkämö *et al.*, 2008)

Study Objectives: Improving Mood after Stroke

Agreement between both studies in confirming the positive impact of listening to music on mood after a cerebral artery stroke.

Analysis and Differences: Greater Emphasis on Listening Experiences

The current research delves more into listening experiences, shedding light on the personal impact of music on mood.

4. "Music, Health, and Well-being: A Review" (MacDonald *et al.*, 2012)

Study Objectives: Importance of Regular Music Listening

Agreement between both studies on the significance of regular music listening for promoting mental health.

Analysis and Differences: Deeper Analysis of Psychological Impact

The current research provides a deeper analysis of the psychological impact of music, emphasizing descriptive listening experiences.

5. "The Effect of Music on the Human Stress Response" (Thoma *et al.*, 2013)

Study Objectives: Biological Mechanisms of Music Impact

Agreement between both studies in highlighting the biological impact of listening to music.

Analysis and Differences: Expanded Analysis of Psychological Impact

The current research offers a more extensive analysis of the psychological impact, focusing on descriptive experiences and personal effects of music.

CONCLUSION

The current study expands understanding about the influence of music on mood through detailed descriptions of listening experiences and an in-depth analysis of psychological impact. Its emphasis on details and personal experiences adds value to the scientific literature on the psychological effects of music.

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