



The Effect of Music on Student Mood While Studying in STEM Courses



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SACRAMENTO STATE
Redefine the Possible

Introduction & Background

This study aimed to quantify whether various genres of music altered the overall general wellbeing and anxiety of college students by implementing different genres of music into group study sessions. The psychological and therapeutic effects that music has on the individual have been a fascinating and rousing topic of research historically and continue to be studied today. Music is known to have a relaxing and meditative effect. Many studies have been done to note the effects of music on anxiety, motivation, focus, etc. The current research shows that while music helps alleviate anxiety, the type of music played has varying effects on focus and accuracy (Boldt, S 1996). As a result, Sene and Didem (2009) reported that employing music in their classrooms enhanced students' motivation while also increasing involvement levels. This is crucial for all students, and hopefully, similar impacts will be seen in PAL classes as well.

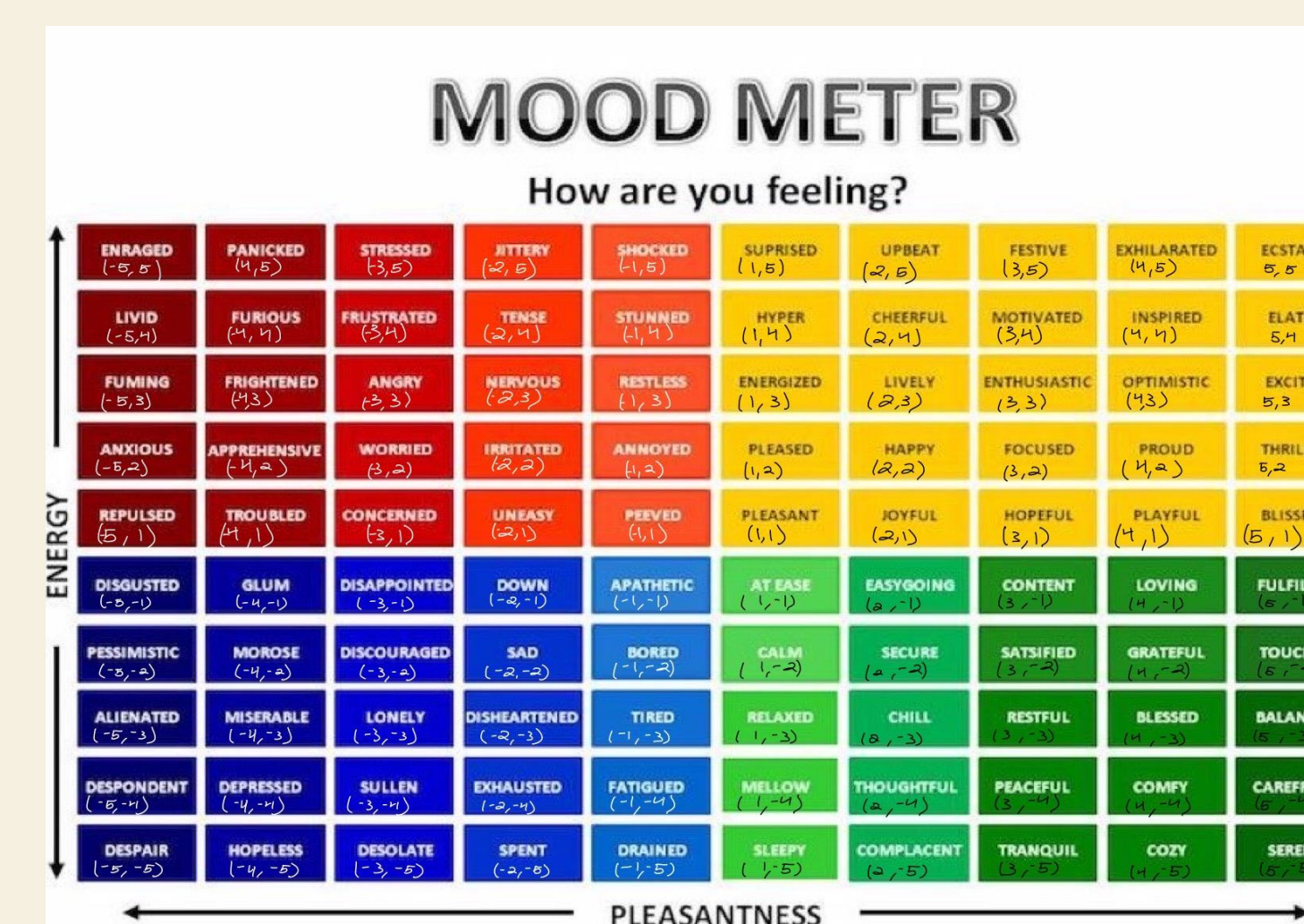
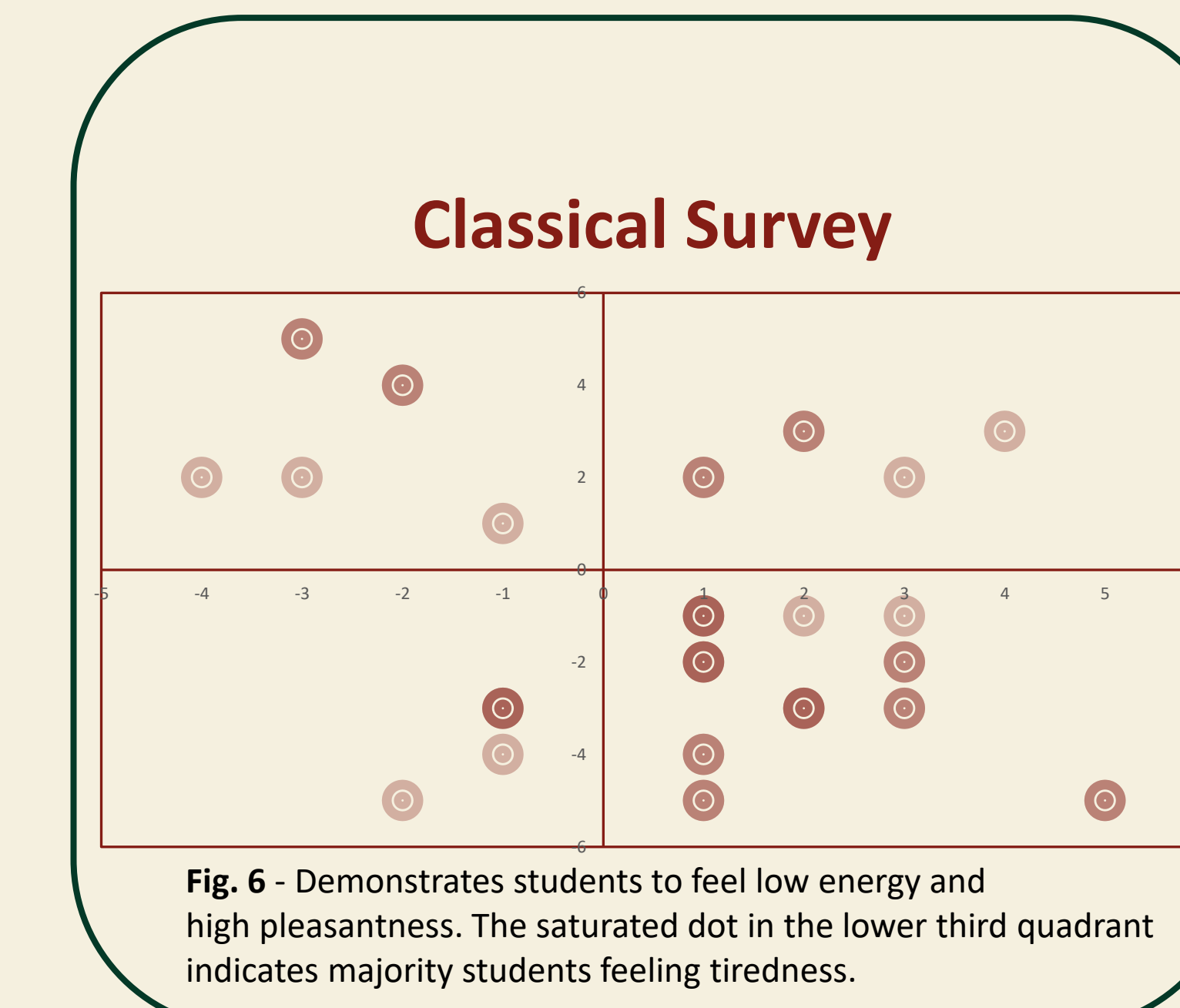
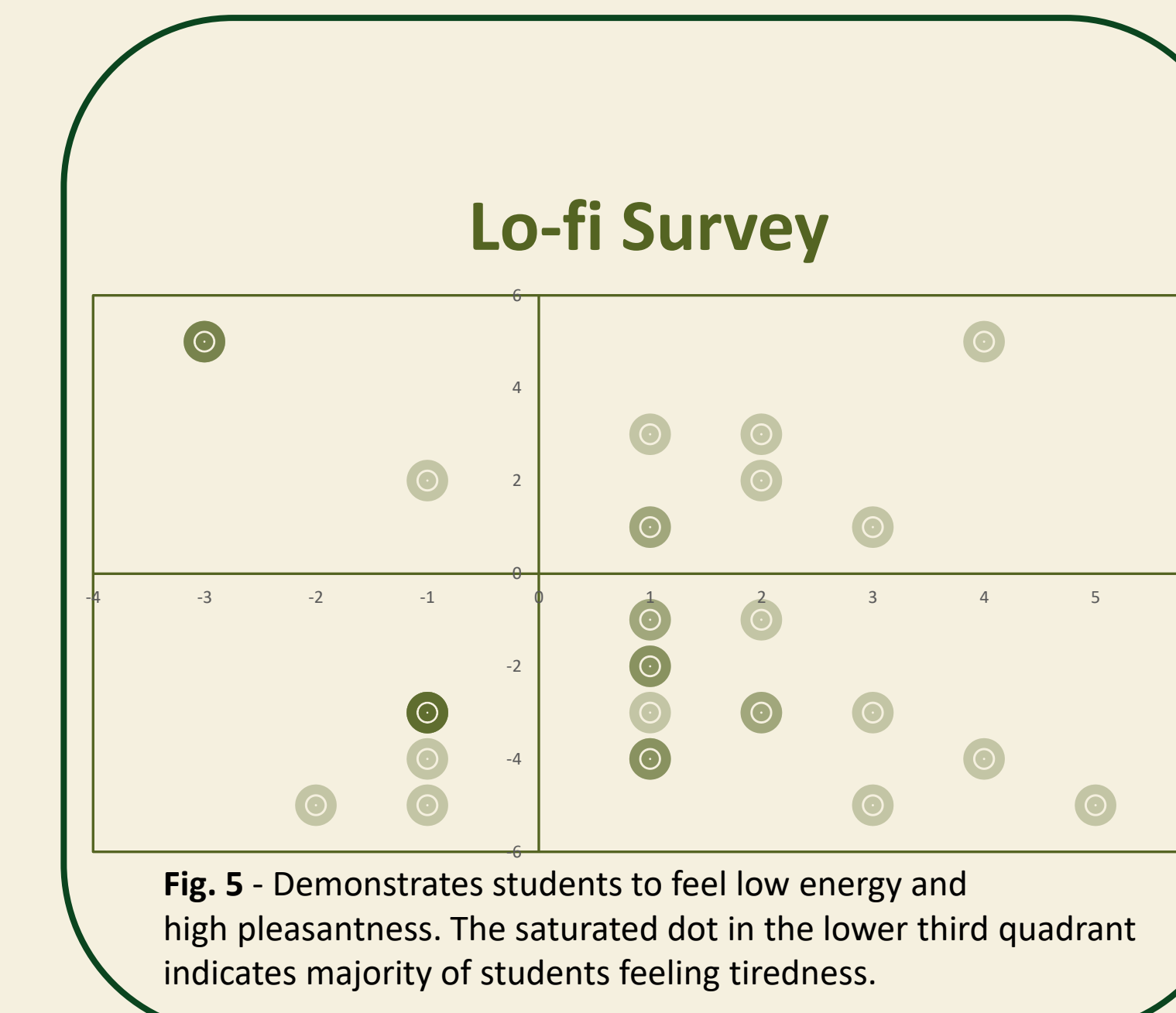
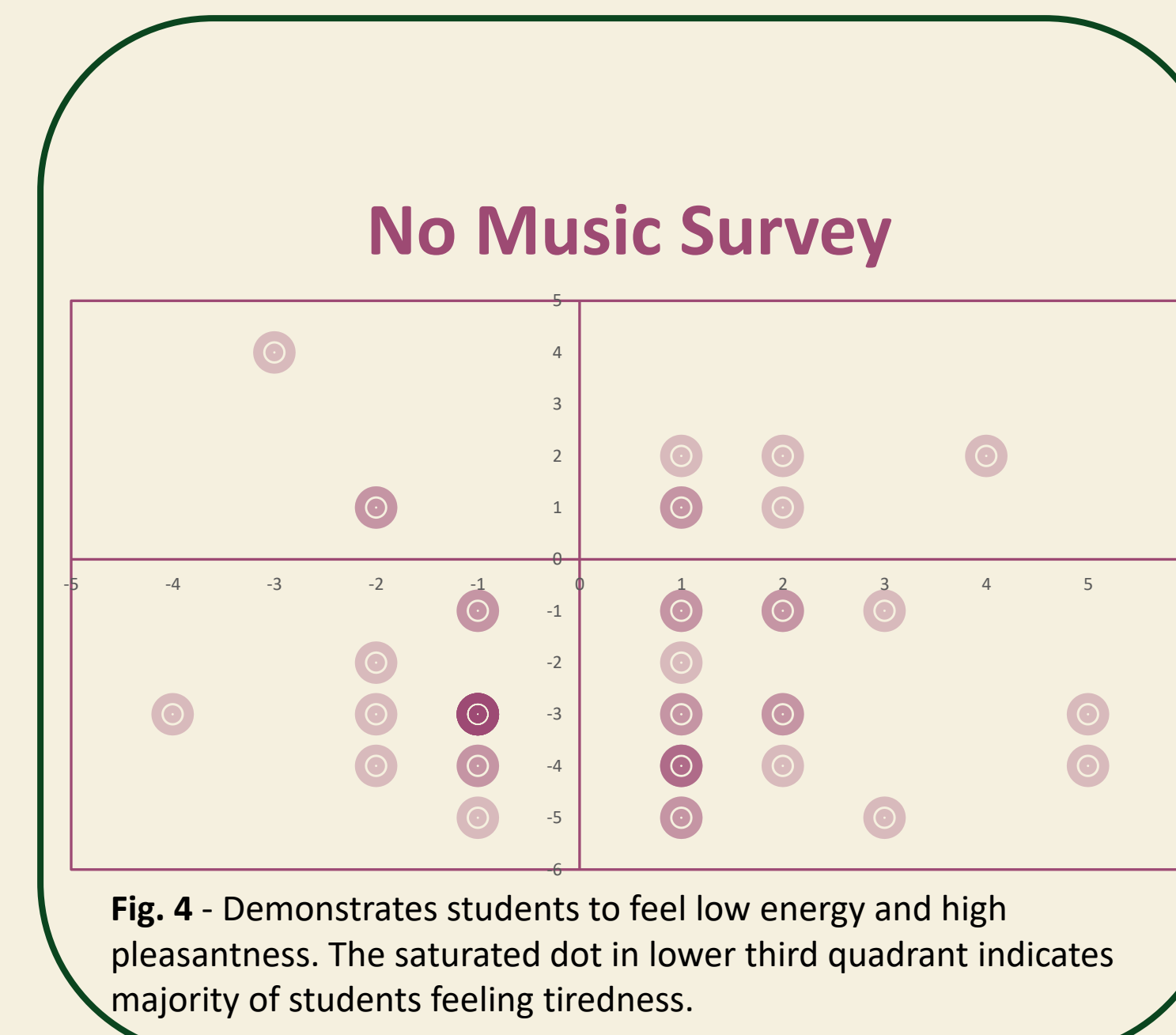
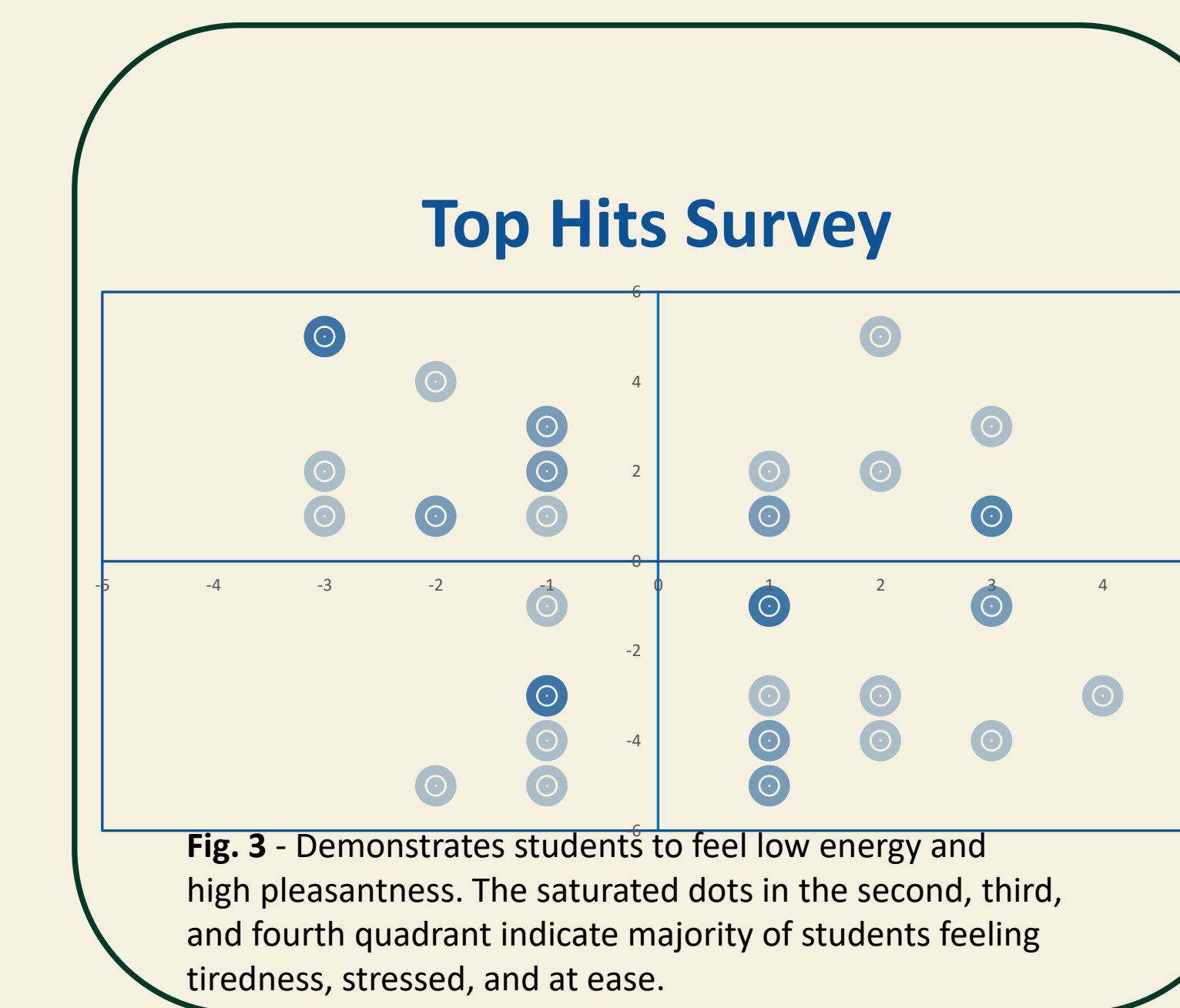
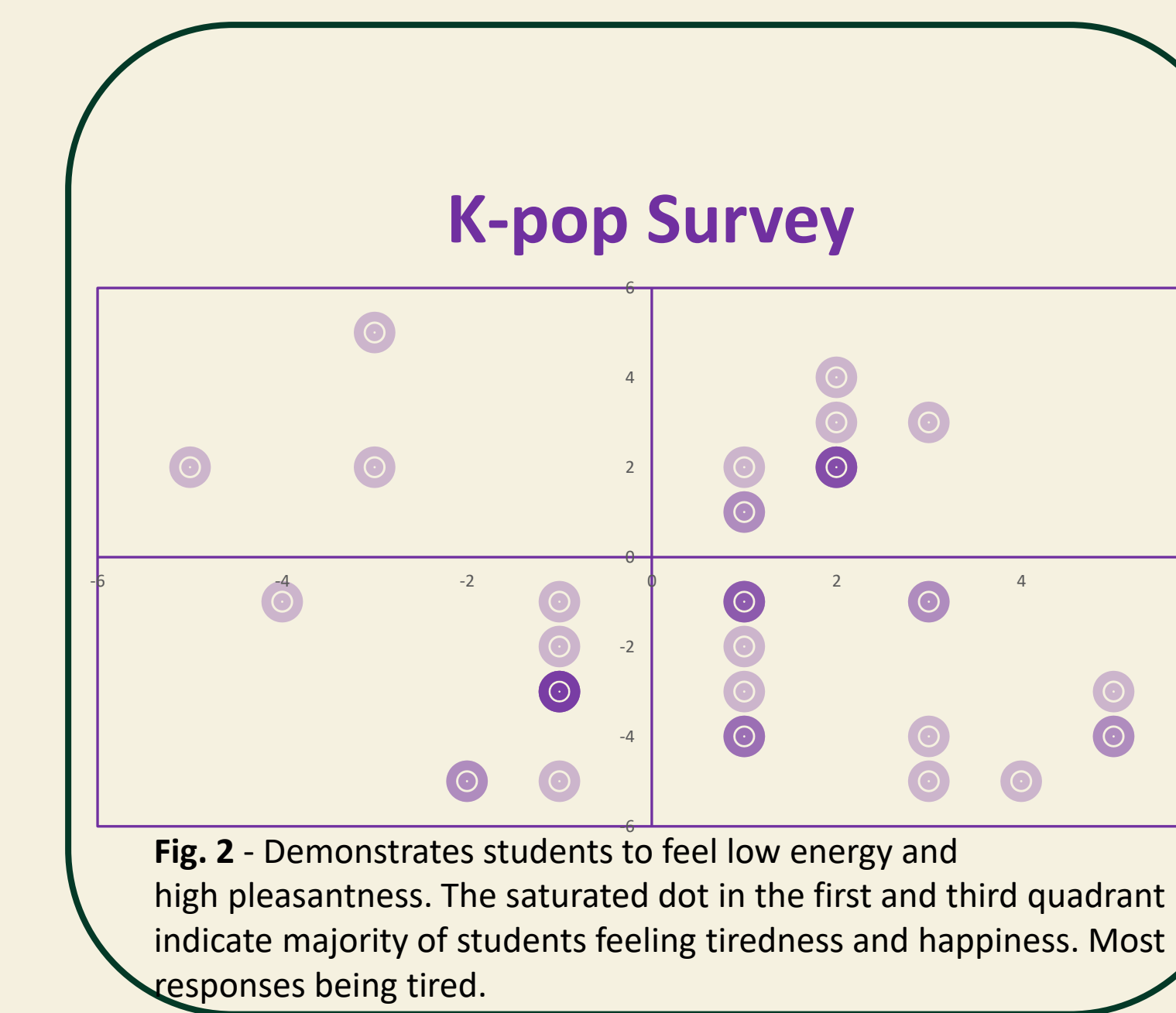
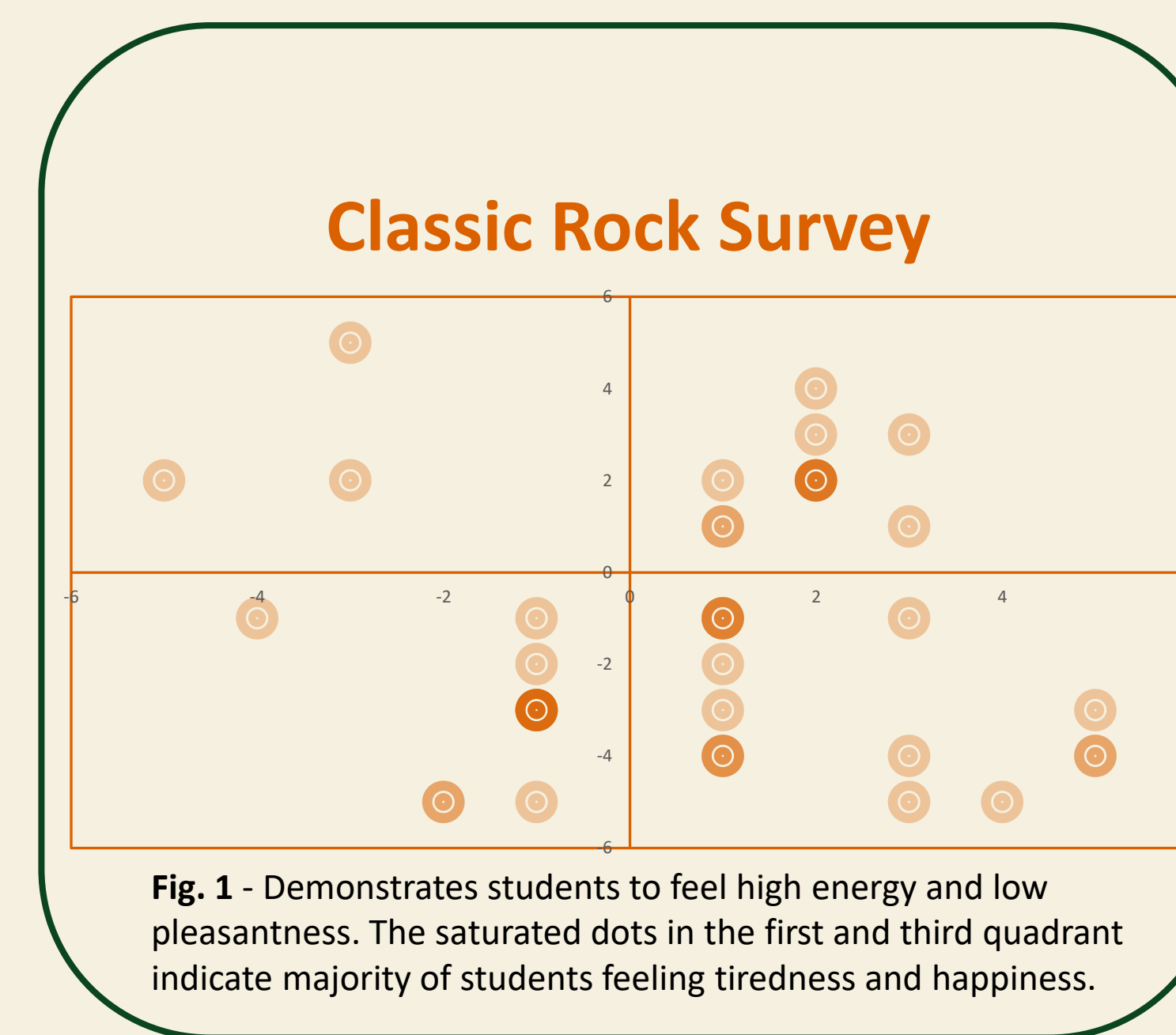
Methodology

- ❖ Data was collected across 8 sections with a total of 48 students
- ❖ Surveys were given out at the end of each class period while alternating genres of music during each class period and no music days as a source of control
- ❖ Additional questions in the survey served to hide analytical data as well as a tool to help students analyze their own behaviors outside of school
- ❖ Data was then placed into graphs that allowed the investigators to see if there were any patterns in mood and energy while playing specific music or no music at all

Conclusion

Comparing the control and experimental groups, the control demonstrated numerous students experiencing low energy but high pleasantness. The dominant moods experienced appeared to be tired or mellow. Experimentally, today's top hits, K-pop, Lo-fi, and classical music generated nearly similar mood distributions as the control groups, with students primarily reporting low energy but high pleasantness. While the dominant mood across these four groups was tiredness, the students listening to today's top hits also equally, but paradoxically, reported feeling "stressed" and "at ease." Quite differently from the rest, classic rock led numerous students to feel high energy and low pleasantness. The dominant mood was tired with a close second of happiness. Overall, altering the genre of music does not appear to have a dramatic impact on reported moods as most students reportedly felt tired, with average moods ranging in the low energy but high pleasantness quadrants. While the tiredness may be explained by most class sections being in the afternoon, more studies will need to be done to truly assess the impact of musical genres on mood. We can very generally conclude that music does play some impact on mood, as noted by the variation in student responses.

Results



Acknowledgments

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