

The Impact of Music on Mood Regulation

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ABSTRACT

Our society, way of life, and behaviour are all influenced by music, and its significance appears to be closely related to its emotional impact. The researcher was curious to study how music's impact on mood regulation influences college students' lives. **Objective** This study aims to examine the influence of how music affects students' capacity to regulate their moods among college students. **Hypothesis** Data were collected on a total sample of 50 students. It was collected from Dehradun. The age range of students was 18 to 23 years. Out of 50, 19 Males and 19 females were selected in the final sample that fell within the criteria, according to the B-MMR manual guidelines. **Tool Used** the Music in Mood Regulation (B-MMR) scale, created by Saarikallio (2008) **Method** This study used a quantitative methodology to examine the usage of music for regulating one's mood. In order to develop a theoretical framework, an analysis assessment of the literature is initially carried out, highlighting the importance of mood-related meanings in students' interactions with music. Following this, 50 university students were given access to a Google Form survey. A total of 38 replies were gathered, with 50% of the participants being female and 50% being male. **Result** showed that both male and female use music for mood regulation. The use of music for mood regulation was also related to musical background, musical preferences, and general mood regulation abilities.

Keywords: *Music, Mood Regulation, Emotions*

Our society, way of life, and behaviour are all influenced by music, and its significance appears to be closely related to its emotional impact. The majority of people have different subjective opinions about how music may uplift, calm, and even heal them. The current study was inspired by age-old queries such as "Why is music important to humans?" and "Why does music touch us emotionally?" Its fundamental goal was to deepen our understanding of the emotional significance of music. A unique and profound position for music in the human experience, it is a powerful instrument for communication, emotional expression, and emotional control. Music is a tool that can influence the emotion; it can change the mood and also leaves its effects on human emotions. And this effect can be shown in some ways. Like it can be shown visually, through facial expressions and also audibly through vocal expressions. It has been proved by many research too. As emotions are influenced by music in the same way activities are also influenced by music. A huge difference in one performance and task can be seen after and

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before listening to music. It is said that people work much better after listening to music than those who sit in silence or with no music.

LITERATURE REVIEW

Zentner, Grandjean, and Scherer (2008) explored various theoretical models that have been proposed to elucidate how music influences mood regulation. The Mood Regulation Theory (MRT) is among these models, proposing that individuals use music to achieve specific mood regulatory objectives, such as mood regulation or enhancement. According to MRT, adolescents select from a diverse range of musical genres and styles based on their perceived ability to help them achieve desired emotional outcomes.

Van den Tol and Edwards's (2015) study discovered that students utilize music to control their emotions by either listening to music that elevates or detracts from their unpleasant feelings.

Thoma et al. (2012) explored that music, especially in stressful circumstances, can be a useful tool for raising happy feelings and lowering negative ones. There was a link between having a musical background and using music to control your mood. Results have shown that higher daily listening, a history of playing or singing, songwriting, having music played in the house, and the subjective assessment of music's significance in one's life were all positively correlated with higher usage of music in mood regulation. Also, Hearing in particular proved to be important; 62% of respondents said that "listening alone" is the most important musical activity for mood control. For students who actively engage with music, it seems to be a more effective mood stabilizer than for their peers. The importance of listening, however, also suggests that children who just use music to control their mood can benefit much from it.

Schafer et al. (2013) explored studies that have consistently demonstrated that students' usage of music to regulate their moods is significantly influenced by their gender. Compared to boys, girls often use music more frequently and successfully for emotional expression and management. There are several possible explanations for this gender disparity in music consumption, including biological variations, socialization processes, and cultural standards.

RESEARCH METHODOLOGY

Independent Variables

- Gender
- Age

Dependent Variable

- Use of Music for Mood Regulation

Hypothesis

On the basis of reviewed literature and experts' opinions, following hypotheses were formulated for factorial test.

- **Hypothesis 1:** There will be no significant relationship between gender and the use of music for mood regulation among students.
- **Hypothesis 2:** There will be no relationship between age and the use of music for mood regulation among students.

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- **Hypothesis 3:** There will be no relationship between musical background and the use of music for mood regulation among students.

Sample

Data were collected on a total sample of 50 students. It was collected from Dehradun. The age range of students was 18 to 23 years. Out of 50, 19 Males and 19 females were selected in the final sample that fell within the criteria, according to the B-MMR manual guidelines, the stratified random sampling techniques was used to assign male and female college students.

Tools Used

Music in Mood Regulation scale (Brief version – B-MMR) by Saarikallio, S: The B-MMR consists of 21 items, divided into seven three-item subscales assessing. Entertainment (e.g., I usually put music on to make the atmosphere more pleasant), Revival (e.g., When I'm, I listen to music to perk up), Strong sensation (e.g., I feel fantastic putting my soul fully into the music), Diversion (e.g., For me, music is a way to forget about my worries), Discharge (e.g. When I'm really angry, I feel like listening to some aggressive music), Mental work (e.g., Music helps me to recognize different feelings in myself) and Solace (e.g., When everything feels bad, music understands and comforts me). All participants rated all items on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree).

Research Design

An exploratory study was conducted to examine the impact of music on mood regulation. Confirmatory factor analysis is used to validate the scale, and differences in how people utilize music to control their moods. Data were analysed and interpreted with the help of mean. Mean was also applied to meet out the objective and test the hypotheses of the study.

DISCUSSION

The results from data analysis in the present study showed that there was no significant relationship between music and mood regulation in young adults who were enrolled in the university. The hypothesis made earlier was not supported by the obtained result. The findings showed that student's attitude regarding music and its ability to regulate mood were generally favourable. The results are in line with earlier studies that suggested music is a useful tool for emotional self-regulation. Mood-regulatory strategies are typically divided into behavioural and cognitive strategies, and listening to music has often been considered as a behavioural strategy. The results of the present work, however, suggest that music-related mood regulation has features of both behavioural and cognitive strategies. Various musical activities are indeed behavioural actions, and mood regulation is realized through various behaviours like listening, playing, singing or dancing. However, music may also be considered as a framework which promotes the cognitive processing of emotional experiences. These processes are reflected, for example, in the strategy of mental work, which is about the use of music as a symbolic space for working through conflicting issues and reappraising emotional experiences.

CONCLUSION

In Conclusion, this research has investigated how music affects mood regulation in college students, with an emphasis on participant attitudes and views of music as an emotional self-regulation tool. The study's findings provide significant insight into the role that music plays in daily life and the significance of music for the emotional well-being of young adults. The results show that most college students think well of music and its ability to regulate mood.

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According to some previous studies that suggested gender may influence music preferences and emotional responses to music, the study showed no significant gender differences in the use of music for mood control. This result suggests that, in this sample, there is a consistent association between music and mood control for both genders. Emotion and music studies are becoming more and more prominent in related professions. Gaining expertise in the psychological processes linked to the affective application of music is crucial for any field that explores the relationship between human needs and music. The current research provides two theoretical frameworks and an innovative measurement tool to further the discussion regarding the increasing need for shared theories, paradigms, and metrics that facilitate collaboration between disciplines. The results may open new avenues for research in the fields of music education, music sociology, music psychology, and music therapy. They might also shed new light on how people's goal-oriented psychological functioning, emotional experiences, coping strategies, and self-regulation are investigated in general psychology.

Limitations of the Study

- Research suggested that students who listen to music with lyrics while completing reading or writing tasks tend to be less efficient and come away having absorbed information.
- Loud or agitated music can have adverse effects on reading comprehension and on mood making focus more difficult.
- Music can also induce harmful effects, particularly when it comes to rumination.
- When a person dwells on negative thinking or feelings, it can contribute to the development of depression and anxiety or worsen existing conditions.

Suggestions for Further Research

- Further study can also be undertaken on a large sample size.
- The study may also be conducted over a larger geographical domain as well.
- Other variables like higher age, personality, music genre may be also included.
- The study focuses on the young generations (college students) but on the adults.

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Conflict of Interest

The author(s) declared no conflict of interest.

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