Music & Stress

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● Survey
● History
● Physical
● Psychological/Emotional
History of Music

Prehistoric Music

- earliest forms of music were probably drum-based, percussion instruments being the most readily available at the time.

Music in Ancient Rome and Greece

- In 600 BCE, famed mathematician Pythagorus dissected music as a science and developed the keystone of modern music: the octave scale.
History of Music Contd.

Music in Middle Ages

- Catholic musicians had a breakthrough by inventing the church "modes." These modes would later turn into today's major and minor scales.
- Standard notation was reworked at this time to be more user-friendly by adding time signatures.

The Renaissance

- In 1465 the printing press was first used to print music. By using a press a composer could organize his pieces and profit from them with great ease.
What is Music Appealing?

**Structural Features** - acoustic structure and sound sequences made up of individual sounds or tones creating harmony.

**Performance Features** - refers to the way in which a piece of music is executed by performer (expression, appearance, and technical skills)

**Listener Features** - interpretation rules that are shared in a group or culture, based on personality, prior experiences, and musical talent.

**Contextual Features** - refers to certain aspects of the performance and/or listening situation. (setting and location of performance)
Physical Effects of Music

- Listening to music can have a tremendously relaxing effect on our minds and bodies, especially slow, quiet classical music.
- This type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones.
- As music can absorb our attention, it acts as a distraction at the same time it helps to explore emotions. This means it can be a great aid to meditation, helping to prevent the mind wandering.
Psychological/Emotional effects
The mechanism of music for reducing psychological stress: Music preference as a mediator.
Who?

- 200 female undergraduates majoring in music education

What?

- 8 experimental groups each listening to 1 piece of music
- Asked to perform a mental arithmetic test
- Asked to rate tension levels multiple times throughout experiment
- Also asked to rate music valence, music arousal, music preference, and familiarity

Where?

- Individually tested in a quiet classroom

Why?

- To see if listening to music might alleviate psychological stress
Results/Discussion

Major finding:

Music preference is positively correlated with the intensity of felt happiness

- Can also be explained by The Appraisal Theory

In Conclusion:

Although valence and arousal influence psychological stress, these effects are partially mediated by music preference
Music and Emotional Responses
When do you listen to music?

- Happy
- Depressed
- Pumped
- Angry
- Relaxing
- Studying
- Sleeping?
Music & Movies

- Music is widely used in conjunction with visual stimuli to enhance negative and positive emotional experience.
- Movies scores are composed to fit the emotion that the audience is supposed to match with the character.
  - Examples?