The Influence of Music on Mood in Students

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ABSTRACT

Music has a strong influence on human moods and emotions, it is said that music can stimulate feelings of happiness, sadness, relaxation, and even to increase energy. This study was conducted to determine whether music with a certain volume can affect a person's mood comfort either when given a stimulus of happy music or sad music. This type of research is experimental research which uses a single subject research model with 30 subjects, each subject is given a different stimulus with the same treatment and there is a control group that gets an experiment to hear songs that express sad and happy emotions, and vice versa with the experimental group.

Keywords: Music, Sadness, c

INTRODUCTION

Music has a powerful influence on human moods and emotions. It can stimulate feelings of pleasure, sadness, relax, or even increase energy. Music is an art form radiating beauty and aesthetic. It can be found in melody or dynamics, bringing us to experience positive values. Additionally, music has a role of entertainment that helps cope with stress and alleviates the emotions that are being felt. Music is very close to our lives, and almost everyone enjoys listening to it.

As is explained by (Simanungkalit, 2008:1), music is beauty in the form of sound, which may come from instruments or voices produced by humans. At times, music can change the mood from boredom to arousal and even help to relieve feelings of depression. Music has been shown to have therapeutic effects that can heal, affect the rhythm of the body, and strengthen our immune system.

According to (Djohan, 2006: 27), music therapy has a variety of approaches depending on the client and the purpose of the therapist. Music therapy can help rehab, improve your skills, and care for the physical, mental,

emotional, and spiritual aspects of a client's health. Music therapy involves musical elements and therapeutic techniques, with structured activities to achieve specific purposes for clients. This may involve singing, playing music, or listening to music, and it may help reduce the symptoms of depression when faced with problems.

Music may be viewed asa reflection of the inner human heart expressed in the regular form of melody or rhythm and also as having an element of beauty or harmony. The term music comes from the Greek word musike. Musike came from the word muse-muse, particularly the nine Greek gods under Apollo, protector of art and science. In ancient Greek methodologies, there was a sense of beauty derived from the generosity of the gods expressed in the form of talent. This understanding was later confirmed by Pythagoras, who held that music was not only a gift of the gods but also a product of human ingenuity in shaping the theory of (Widhyatama, 2012:01). Music can also help cover "soft sounds" (blinking lights, voices in the next room, etc.) and create a supportive environment. Adjust the volume of music to levels that can only be heard when the room is quiet. Music such as piano, cello and viola may also be a choice to help students relax after a stress situation in the class of (De porter & Mike Hernaki, 2005:74).

Mood can be an expression of an inner feeling a person is in a state of happiness, sadness, anger or frustration influenced by the environment. According to (Kartini Kartono, 1996:92) the atmosphere is a state of perpetual feeling, marked by a continuous feeling of pleasure or displeasure. The cause of this mood often lies in our subconscious. But sometimes it's also a physical factor. According to (Supriono & Ahmadi, 2013:38) the mood is a human condition influenced by physical and mental factors.

According to (Djohan, 2016:55) the mood is a relatively longer emotional state than one that lasts only a few minutes. It allows introverts to express their feelings, such as fatigue, trembling, reluctance, or eagerness. "The mood is a transition stage of feeling or emotion" means that mood is a transition stage of feeling or emotion.

So in this research, we want to find out how music affects people's moods. The hypotheses in this study with H0 no effect of music with mood swings of happy emotion and H1 of any effect between music and mood of happy emotion.

RESEARCH METHOD

This is a research of experimentation on mood music. In this study using independent (music) and dependent variables (mood) with research subjects are students. Students are chosen because they have better analytical capabilities in interpreting feelings and responding to music. The research population is a student of the Faculty of Psychology Raden Fatah State Islamic University Palembang class of 2023. Then the sample in this study is 30 students who do not have a lecture schedule when it is done. The sample of this experiment consists of 24 women and 6 men.

Experimental models used in this study with single subject models. Single-subject research is a research method used in the fields of psychology and behavioural science to understand changes in individual behavior over time.

The main feature of single subject research is the focus on one or more subjects, systematic measurement of behavior, and interintervention designed to influence or change the behavior of the subject. Data are drawn repeatedly over a period of time to watch how changes in independent variables (music) affect dependencies (mood). The purpose of this study is to find out if music can affect a person's mood, especially in the Faculty of Psychology Raden Fatah State Islamic University Palembang.

In the study of this experiment using mood-bound variables. Experimental research included research for a single subject on the design because in the study the subject was given different stimulus with the same treatment and there was a control group that got an experiment to hear a song expressing a sad and happy emotion, and it was the opposite with the experiment group. As for the procedure given:

a) Subject is requested to enter the experiment room.
b) Subject was requested to sit at a designated location.
c) Experiment explains experimental procedure.

Then the experiment gives direction and makes sure the others understand the note:

Session 1

The group (happiness) filled the cathedral with a tick.

The group (sadness) fill his questionnaire with a strip mark.

Session 2

The group (sadness) fill his questionnaire with a strip mark

The group (happiness) filled the cathedral with a tick

Then the experiment gave a questionnaire with a closed position and asked the subject to make all of it to volume 0 then start listening to the song and adjust the appropriate volume.

"At this time, you are asked to listen to two songs through the already available headphones. The songs reflect different emotions, those of happiness and sadness. Your job is to listen to music and to determine the appropriate volume for listening to music so that emotions can emerge. After obtaining the appropriate volume, promptly write the appropriate volume for you. After listening to the music and determining the correct volume, please fill out a questionnaire given. Are there any questions?"

d) if the subject is clear then the experiment begins (the first song is a song that reflects the feeling of sadness. Look for the most possible volume to give rise to a happy emotion/sadness after feeling confident immediately record your volume)
e) Subject is listening to music that contaminates one's emotions.
f) Subject raises his hand when experiencing the happiest emotion/sadness.
g) Then the experiment gave the research questionnaire, as well as songs reflecting the pleasure of being given the same treatment. At the end the experiment gives an explanation of the experiment being done.

RESULTS AND DISCUSSION

Data analysis was collected using the Descriptive Statistics Test, T-Test, and histogram. The use of this data is to test whether the data is normally distributed, so that the analysis has validity and reliability. This research tests data analysis which takes the independent variable in the form of music volume with the help of the JASP application, aiming to test the hypothesis "is there a significant effect of music with a certain volume on a person's mood comfort" between the control and experimental groups who are given a stimulus in the form of a song that expresses happy and sad emotions.

According to (Ahmad & Rana, 2015) music is a device that can affect emotions, it can alter mood as well as affect people's emotions as well as its

impact can be shown in various ways. It can be expressed visually, by facial expressions, and also verbally by vocal expressions. It has also been proved by many studies because emotions are influenced by music, activities are affected by music. Great differences in performance and duty can be seen after and before listening to music. A minor discrepancy between the data of sad emotions and happy emotions does not significantly affect one's moods.

Based on the results in the *Descriptive Statistics* above, it has been found that the mean value between the volume of music that expresses happy emotions and sad emotions only has a not so big difference, namely 79,000 and 79,167, which indicates that only a few of the subjects prefer the volume of sad music with a minimum of 50,000 and a maximum volume 100,000 compared to the volume of happy music.

Tabel 1. Descriptive Statistics

	Volume Musik	
	Bahagia	**Sedih**
Valid	30	30
Missing	0	0
Mean	79.000	79.167
Std Deviat		
Minim		
Maxin		

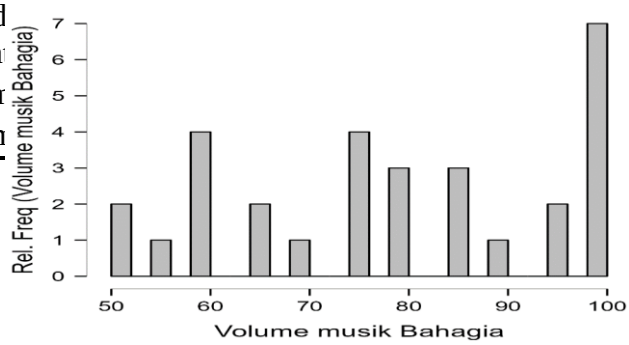

Figure 1. Histogram of Musik Bahagia (*Source: Analysis Results)*

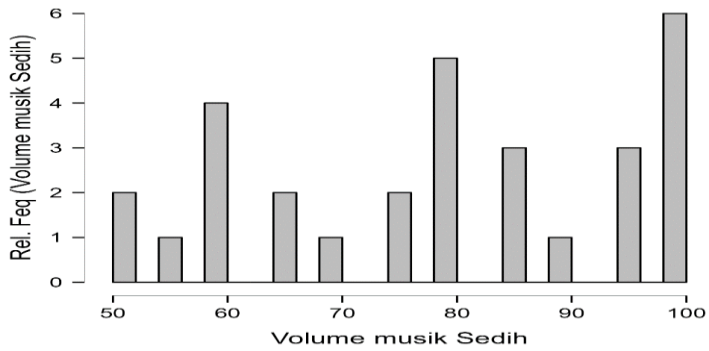

Figure 2. Histogram of Musik Sedih (*Source: Analysis Results)*

According to (Ahmad & Rana, 2015) music has the ability to influence mood, emotions and thoughts, music has the ability to change a person's emotional and physical state, whether they are in a bad mood, happy or sad. Based on the graph above, the histogram results between the control and experimental groups who were given a stimulus in the form of happy music were the highest at 100 with 7 and respondents were close to 0 with below 1 at 55, 70 and 90. Then based on the volume of sad music the highest was 100 with almost close 6 and respondents are close to 0 with below 1 at 55, 70 and 90. This is because the mean volume of happy music and sad music is very slightly different.

Tabel 2. Paired Samples T-Test

Measure 1	Measure 2	t	df	p
Volume Musik Bahagia	- Volume Musik Sedih	-0.154	29	0.879

Source: Analysis Results

According to (Schafer & Sedlmeier, 2009) music is a valuable method for evoking emotions. Furthermore, music is considered as a tool for studying emotional development, such as what emotions they need, what they believe, what they feel and also how their problems are reflected in the type of music they listen to so that there is no significant difference between the volume of music in happy and sad states. Therefore, the research hypothesis which states that there is a certain difference in volume in a person's mood comfort, is not accepted.

CONCLUSION

Based on the researcher's objectives, namely to find out whether music

can influence a person's mood or especially students at the Faculty of Psychology Raden Fatah State Islamic University Palembang class of 2023. In the research results, there is a small difference between the data on sad emotions and happy emotions, which does not significantly influence a person's mood. Based on the research results, the researchers provide suggestions that future researchers can investigate the influence of different music genres on mood, for example whether classical music has a different impact compared to rock or pop music. Future researchers should investigate whether the duration of music influences a person's mood, for example whether listeners experience more significant emotional changes if they listen to music for a longer time.

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