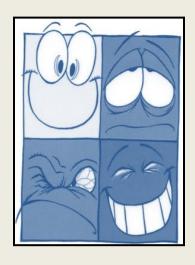
Music, Mood, and Memory

AN IN-DEPTH LOOK AT HOW MUSIC CAN BE USED AS A TRIGGER TO ELICIT SPECIFIC EMOTIONAL RESPONSES AND ASSOCIATED MEMORIES







Music, Mood, and Memory

- Important part of human life
- Every race in the history of humankind had music
- It expresses the longings of the human heart
- Constant in life
- Not much research connecting the three
 - Only two parts have been connected at one time

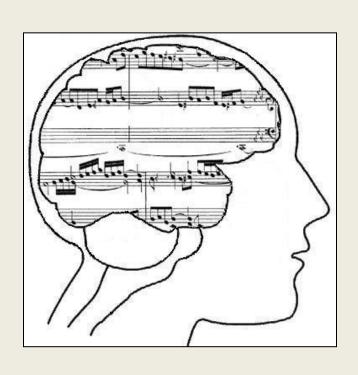


Mood and Memory

- Emotions are built into memories
 - Cornerstone of each memory
 - Impossible to access memory without emotion
- Emotions retrieve memories
 - Bring forth memories with same emotion
 - Emotional stimuli are remembered more clearly



Memory and Music



- Music affects how life is experienced
- People choose to listen because of the effect
- Strong emotional connection helps recall
- Memories are not in a single part of the brain
 - They are created by many parts of the brain

Music and Mood

- Episodic memory
 - Personal memory that is recalled from listener
 - When the song evokes a memory and emotion
- Creates a physiological response
 - Events are stored in memory along with emotions
 - The emotions create intense reactions



Musicology



- Meaning Enhancement
 - Use music to enhance emotional events
- Reminiscing on cherished memories
- Used to reduce stress
- Music is used to alter mood

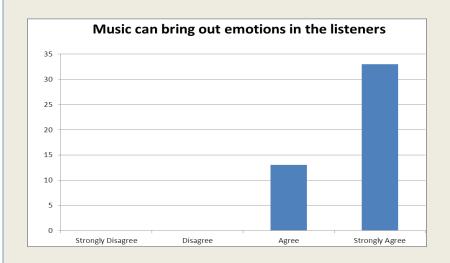
Methodology

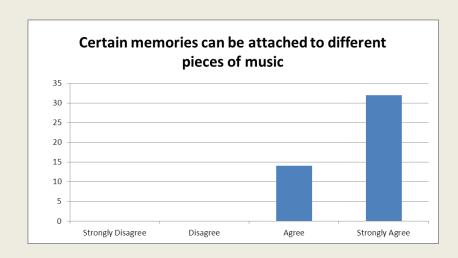
- 13-item survey
- Self-reflective data

- Music can bring out emotions in the listeners
- Certain memories can be attached to different pieces of music
- How music, memory, and emotions are connected
- General assertions
- How music affected them personally
 - 6) Have you ever started to listen to a piece of music, and then have memories come to mind?
 - 7) Have you ever thought of a memory, and then wanted to play a song that reminded you of that time?
 - 8) Have you ever seen someone's mood be changed when they heard a certain song?

Results

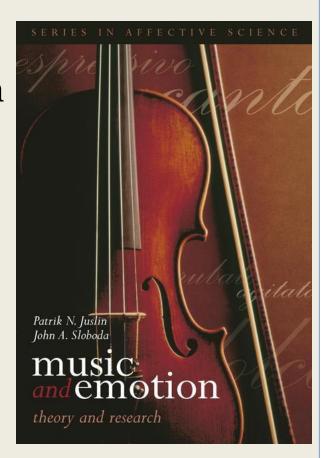
- Supports the thesis
- General public aware of the influence of music





Discussion

- Further John A. Sloboda's research
 - Music and memory
 - Memory and mood
 - Mood and music
- Multiple methods
 - How music can elicit emotions



Music Therapy

"Every disease is a musical problem; every cure is a musical solution"

- Music is a constant in life
- Different conditions are improved using music
 - Parkinson's Disease
 - Aphasia
 - Tourette's Syndrome



Benefits

- Music Therapy
 - Mental and physical disorders
- Neuroscience
 - Brain abnormalities and dysfunction
- There is still much that is unknown about music



Thank you



