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
  - How music, memory, and emotions are connected
  - General assertions
  - How music affected them personally

1. Music can bring out emotions in the listeners
2. Certain memories can be attached to different pieces of music

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