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## Role of Music and Lyrics of Songs as Flashback Trigger

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### Abstract

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**Keywords:** Music, Lyrics, Nostalgia, Songs, Flashback Trigger

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### Title

## Role of Music and Lyrics of Songs as Flashback Trigger

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### Abstract

Music is combination of lyrics, instrumental and vocalist's sound. Every musical content has its own value according to its impact. Lyrics regarding to meaning are expressive differentiate from the libretto whether a song squeezes out the emotion of misery, regret, contentment, or something additional. The ability of music to evoke strong emotions in a listener has fascinated many music students and sparked discussion among musicologists. A qualitative research was carried out from a targeted group of music listeners getting their experience in form of ended answers after listening old musical list in controlled environment. Researchers discovered that listening to music from a particular era transported listeners back in time, inducing feelings of nostalgia. Researchers in this research explored nostalgic provocative music therapy as well as positive use of musical content in treating depression patients. A particular music can facilitate listener to get out of stress and perform actively.

### Contents:

- [Introduction](#)
- [Lyrics](#)
- [Music Intervention](#)
- [Role of Music in Routine Life](#)
- [Music as Attention Diverter in Mental Stress](#)
- [Description of the Issue](#)
- [Goals of the Research](#)
- [Theoretical Foundation](#)
- [Methodology](#)
- [Sampling Technique](#)
- [Data Analysis Techniques](#)
- [Results & Discussion](#)
- [Conclusion](#)
- [References](#)
- [References](#)

### Introduction

Music is embedded in every society, culture, and medium of communication, especially in the form of audio and videos. Escape from musical content

in this era sounds unbelievable. News, drama, and social media content are aided with musical sounds to enhance effects towards the viewer. People have numerous options to choose their favorite





categories. Different life experiences caused them to analyze the meaning of lyrics differently. Researchers in this study focused on the area of nostalgic experience. Almost all musical products are the amalgamation of lyrics as well as musical signals, so the analysis of music's emotion is possible. The ability of music to evoke strong emotions in a listener has fascinated many music students and sparked discussion among musicologists. In this research, researchers are trying to get the best type of music that can be effective for stress reduction. Additionally, it's also going through the effects of music on vocabulary as well as mood, the effects of BGM on the program's viewership, and musical therapy to treat depression patients. A focus group method will be used to gather information from the intended audience. The group conversation will take place in a controlled setting while people are being interviewed concurrently. This kind of interviewing is done to gather the preliminary information needed to comprehend the causes of any phenomena. The answers to the research questions will be discovered through qualitative research.

## Music

Prior to the dispersal of natives throughout the land, musical sounds were part of the ancestral population. Africa was the first continent to invent music, which later spread throughout the world and became an essential part of daily life.

All known cultures have music, both past and current, and it varies greatly between eras and locations. Since every human on the planet, even the most remote tribal communities, has some sort of music, it may be deduced that music was probably a part of the ancient population before humans spread over the globe. Therefore, it is possible that the first musical instruments were created in Africa and later developed into an essential part of human life.

The use of music in media programs is important since it is a fundamental component of almost all broadcast programs, whether they are on radio or television. Music is typically utilized to enhance the affective content of a scene or program. Nowadays, every team responsible for creating a program has access to extensive music productions

or libraries, which include information about the composer and track title in addition to keywords that describe the atmosphere of the music.

## Lyrics

The relationship between oral and instrumental emotional expression has been theorized by several lyricists. Unfortunately, there is no evidence of such a relationship in any testimony. The findings of 104 studies on acoustic expressiveness and 41 studies on musical achievement reveal similarities between the two philosophies in relation to:

- The accuracy that allowed different types of cognition to be instilled in listeners;
- The knowledge of the specific orders of acoustic catchphrases used to publicize sensations (P. Juslin P. Luakka, 2001).

The motif by and large is analogous to the conceptual prolepsis (K. R. Scherer, 1986). The outturns, which are cogent within the augmentation of perspective on vehemence, illustrate why music is considered a medium to express one's sentiments. Argumentation with a focus on theoretical storytelling and consideration of the ongoing task.

## Music Intervention

Studies of neurosciences provide information on how can music contribute to lowering stress and feeling better overall. Music may aid in lowering physiological triggers, which increase depressive symptoms. Singing, playing musical instruments, and listening all help to lower physiological arousal, as seen by a decrease in heart rate, cortisol levels, and flood flow rate, (Nilsson, 2009; Hodges, 2011; Kreutz, Murcia, & Bongard, 2012; Koelsch et al., 2016; Leardi et al., 2007; Sokhadze, 2007; Linnemann, Ditzen, Strahler, Doerr, & Nater, 2015).

## Role of Music in Routine Life

Music listening has different effects on healthy people rather than on sick that have low sleep or other issues (Lingham, Theorell, 2009). Music is cast-off to amplify snooze time in kids (Tan, 2004; Loewy, hallan, Friedman, & Martinez, 2005; Field, 2006). Music makes the person with medical problems feel better (Zimmerman, Nieveen, Barnason & Schmaderer, 1996; McDowell, Mion, Lydon & Inouye, 1998). Music makes the person

feel better and has psychological disorders (Deshmukh, Sarvaiya, & Nayak, 2009; Bloch et al., 2010; Jespersen & Vuust, 2012). Music can also make people who have low sleep or can't sleep in a normal state (Lai & Good, 2005).

### **Emotion**

The problem of defining "emotion" is scandalous. Without an agreed-upon expanded concept and adjudicator of what is actually the subject of the observation or the subject of the research, it is difficult to advance in approach and analysis or to spread barren arguments. For instance, when William James asked, "What is an emotion?" he actually meant "feeling," an inappropriate term that sparked a debate that has lasted more than a century. It endeavors to advance research in sociology and behavioral sciences to the level of descriptive concerns and consequences to examine pertinent but fundamentally different mild depression phases, states, and attachments. (Klaus. R, 2003).

### **Impact of Music on Mood**

This study's perspective showed how the listener's mood changed as a result of the songs. Music is referred to as a mood enhancer and changer by researchers. Different musical genres affect a listener's mood in various ways. Each listener responds differently to the same music in terms of mood alteration and behavioral tendencies. This also brings up the point that the absorber determines how the musical content is decoded.

### **Impact of Lyrics on Vocabulary**

The words of a speech or message, like the lyrics of any song or ghazal, have a profound effect on the listener. The words or lyrics move the listener's emotions. Poets, lyricists, and speakers manipulate language to elicit various emotional responses from the audience. Monitoring the effects of the lyrics on mood and vocabulary will be done while keeping a close check on this area of the study.

Nostalgia is a constructive exercise that can coincide with nonfictional reminiscences (Wildschut, Sedikides, Arndt, & Routledge, 2006; Batcho, 2007; Sedikides, Wildchut, Arndt & Routledge, 2008; Leboe & Ansons, 2006). Musical contents are thought to be the dialect of human

sentiments (Mithen, 2005). Musical sounds and lyrics depict two sets of emotions, downcast music and gratifying music (Krumhansl, 1997; Gabrielsson & Juslin, 1996). Perception of gratitude and regret, jovial or dejected music is influenced by numerous variables that work in an interactive design (Schellenberg, Krysciak, & Campbell, 2000; Gabrielsson & Lindstrom, 2001). Music is taken as an emotion inductor provoking nostalgic experience in its listener. It's an emotional experience triggered by musical contents and tones (Zentner et al., 2008), nostalgia is the third most countersigned psychological lemma that results in autobiographical memories by listening to musical content (Janata et al., 2010). Interludes of musical content provoke additional nostalgia than that of musical interludes without music (Juslin et al., 2008). Nostalgia is a tragicomic that may have a psychological feel of woe, recession, delight, pleasure, and rapture (Sedikides, Wildschut, & Baden, 2004; Batcho, 2007). Nostalgia is the description of positive psychological emotions which are components of love, dignity, and joy. It manifests a mixture of numerous psychological affairs (Wildschut et al., 2006). This object encourages the exploration of conflicting feelings. Therefore, nostalgia includes a mixed bag of positive and negative emotions.

In the past ten years, a nimble growth in music listening, related data organization, and search thanks to the invention of massive, simple, and quick access to digital music libraries.

### **Listening to Old Songs Leads to Past Experiencing Nostalgia**

Food flavor, aroma, certain locations, or people, including music, all serve as tools for bringing back memories. When we reconnect with an old buddy from college or school, eat the same food we did when we were younger, or listen to the same music that was played in the college van, we are transported back to our younger years. This area of the study will examine how musical material can be used to recall happy memories and reduce stress.

### **Music as Attention Diverter in Mental Stress**

We live in a time when businesses are extremely busy trying to win the race of life. The hectic and

exhausting daily routines taxed the developing minds. Because they are so active, vivacious, and inventive, youth are the country builders. They require a calm and relaxed attitude in order to capitalize on the experience of their seniors. Unfortunately, it works the other way around. In this case, music is a low-cost form of therapy that might help people feel tranquil and stress-free by calming their minds. This section of the study will outline how music can help listeners decompress mentally while shifting their focus away from stress.

In the current age, the innovativeness of the cybernetic sound source is getting enlarged with the expansion and innovation of gadgets like laptops, palmtops, and web technology. Lately and harmoniously, the inauguration of Android phones around the globe has amplified the approach to musical content.

Recommendations of the musical content as indicated by the peculiar environmental and emotional needs favored by consumers went viral due to various social media applications like TikTok, SNACKVIDEO, FACEBOOK REELS, INSTAGRAM, SNAPCHAT, and VIDMATE, etc. Party songs are differently chosen rather than the wedding song. Along with all that now the songs or different musical tracks go viral and are replicated in their videos and used as voices for their performances.

In sadness and loneliness, music works to counteract leaving a positive impact (Zhou, Sedeikides, Wildschut & Gao, 2008; Wildschut et al., 2006). Nostalgia is a result of emotion evoked by listening to musical content (Zentner, Grandjean, & Scherer, 2008; Juslin, Liljestrom, Vastfjall, Barradas & Silva, 2008; Janata Tomic, & Rakowski, 2007;). Music can make its listeners nostalgic for both good and bad emotional experiences. When nostalgia has a good impact on emotion, it can cause feelings of joy, love, and pleasure, which can help the listener unwind, (Wildschut, 2006). Zentner et al. (2008), have suggested that humans sometimes experience mixed emotions that make it difficult to distinguish between worry and pleasure. Due to up-tempo pieces being composed in major keys as opposed to slow-tempo pieces being written in minor keys,

listening to classical music is highly enjoyable. (Thompson, Schellenberg, & Husain, 2001).

### Description of the Issue

In the modern era, music is a crucial tool for entertainment. Human emotion is driven and influenced by music, which causes people to remember their past and experience nostalgia, which alters their facial expressions and elevates their mood. The following research questions will be addressed by the researcher when she conducts her study.

1. How does music evoke feelings and help people remember the past?
2. Why do individuals continue to listen to old songs years later?
3. Does music actually play a part in evoking reminiscence for everyone who receives music therapy?

### Goals of the Research

The purpose of the current study is to determine how music affects the emotions that cause nostalgia. Additionally, the specific goals of the current research are to:

- Research the function of musical elements in music therapy.
- Discover the most popular genre of music for emotional driving.
- Investigate how music affects vocabulary and human feeling.
- To determine how the background music of any program affects its viewers.
- How much music helps a depressed person feel better?

### Theoretical Foundation

The theoretical framework connects various research variables with research questions, collects data, and analyses the framework in order to clarify and test a certain theoretical approach that is the subject of the study.

Ongoing investigation will be made into the "Uses and pleasure" idea. As it proffers an "outlook that can be framed as to go through numerous propositions and conjectures regarding options of mass media, utilization, and even effects can be researched," this theory has heuristic importance today.

## **Theory**

### **Theory Uses and Gratification**

Postulation is a scientific process for understanding why and how people use particular media to meet their own requirements. It is a method for understanding mass communication that is audience-focused. We learn what media does to people by deviating from previous media effect hypotheses. The main topic of UGT is "What do people do with media? It claims that audiences are the consumers of media, which is a very accessible good. Why do people listen to diverse types of music is the central query of UGT in the current study. UGT will talk about how listeners carefully select various songs to amuse and relax themselves while also meeting their demands.

Various abstractions and hypotheses concerning mass media utilization well as their effects can be researched inside the frame of UST as it provides social researchers a vast view that may generate multiple concepts and hypotheses," UGT has a provocative value today.

- The audience member must take the initiative to associate need satisfaction with the medium of choice.
- The media face competition from other resources to meet needs.
- People can accurately portray their media use to researchers by being honest about their motivations, interests, and media use.
- Whether it was a fulfilling experience or not, value assessments of media material can only be made by the audience, who is engaged and uses media in a goal-oriented manner.

### **Theory's Applicability to the Current Investigation**

People listen to and satisfy their emotions by selecting their favorite tunes. Understanding why and how people seek out particular music to gratify needs and desires can be accessed through the use-and-gratifications theory. Uses and pleasure is a theory of audience choice that helps us understand why people choose certain communication mediums and types of content. The uses and pleasure theory is concerned with "what individuals use media for and why they select that particular medium. According to this, audiences

are the product's users and the media is an easily available method of communication.

## **Methodology**

### **Techniques for Research**

A convenience sampling method was used to gather information from the intended audience. The group conversation took place in a controlled setting while people were being interviewed concurrently. This kind of interviewing is done to gather the preliminary information needed to comprehend the causes of any phenomena. Audiences were allowed to hear various musical tones from 2005 to 2020 as part of this study, and afterward, a questionnaire will be available to collect information on various characteristics. This kind of research can be completed rapidly and cheaply.

The answers to the research questions will be discovered through qualitative research. The rationale behind this type of study is that every listener will react to music differently since everyone has a unique relationship with tempo, mode, and mood. The following justifications will justify the use of qualitative research:

Each respondent was in a distinct frame of mind condition, and their response to music was taken diverse forms.

Everyone is inherently unique and cannot be pigeonholed, just as their musical preferences and life experiences will vary.

Their former experiences and recollections are brought up when they listen to various kinds of music.

### **Approach to the Study**

The impact of music on mood was examined in this study using a qualitative methodology. This method was used by researchers to examine how music can help people deal with sadness by evoking happy memories of the past and lifting their spirits.

Thus, using the aforementioned methods, the current study has discovered the influence of music on feelings of nostalgia and how they are vocally expressed.



## Population

The target audience for the study consists of professionals from various fields who listen to music as a way to relax, distract themselves from troubles, and lift their spirits.

## Sample Size

The sample is a portion of the population that is representative of the whole population. To conduct the research and analyze the findings, 200 people from working groups at the Punjab level from social media contacts were selected as the sample.

## Sampling Technique

Non-probability sampling is a method where specimens are gathered without giving the surety to each individual of the whole number for being chosen.

Non-probability sampling has the key benefit of being very time and cost-efficient. Additionally, it is uncomplicated to apply. Due to the small region of coverage, it provides thorough and precise detail. The responders develop a good rapport, which leads to validity and reliability.

## Data Analysis Techniques

The motive of the current study is to determine the unit of analysis, and impact on the listener's mental state, recollection, and vocabulary as they listen to the musical playlist of their own choice. The music list is the unit of analysis in the current study. This study aims to learn more about how music therapy can help people feel happier and less stressed out by reducing depression and mental stress. Much

research has been done to learn more about how music might help people feel better. By remembering joyful memories from the past, this study will help people maintain their sense of joy.

## Results & Discussion

What causes people to relive the past after listening to old music and recalling various events?

- Data research revealed that different respondents connected distinct musical elements to different life events. They all shared a sense of nostalgia for their most special moments in life. They experienced flashbacks to their past recollections due to musical content.

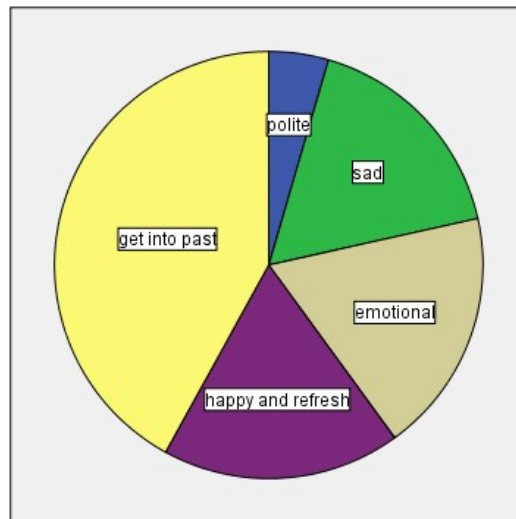
How does music, which acts as an emotional trigger, evoke nostalgia for the past?

- After gathering information from the respondents and analyzing it, it was discovered that listening to music from a particular era transported listeners back in time and induced feelings of nostalgia. The majority of respondents—42%—were inclined to listen to old musical recordings in order to feel nostalgic.

## Data Presentation & Analysis

The study's qualitative findings are displayed in a "tabulated shape." The summary of data is presented in tables for the frequency presentation, and the next chapter of this research uses the interpretation of the tables to provide an explanation of the summary of data.

**Figure 1**



**Table 1**

*Effects After Listening to Music*

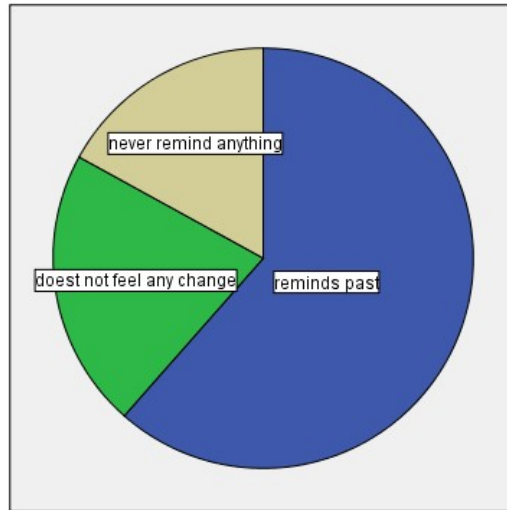
	Frequency	Percent	Valid Percent	Cumulative Percent
Polite	9	4.5	4.5	4.5
Sad	34	17.0	17.0	21.5
emotional	37	18.5	18.5	40.0
happy and refresh	36	18.0	18.0	58.0
get into past	84	42.0	42.0	100.0
Total	200	100.0	100.0	

**Table 2**

N		Mean	Std. Error of Mean	Std. Deviation
Valid	Missing			
200	0	2.26	.101	1.428

Music lovers were also asked to know the type of music that relaxes them in tired, hectic, and tense routines. 16% of the music listeners showed their choice as sad music and 22.5 % loved romantic music enjoying the pleasure of their love story. 25

% of the listeners liked pleasing songs, and 36% of the music listeners loved to listen to loud music. This shows that listeners of loud musical content get relaxed.

**Figure 2****Table 3***nostalgia*

Statistics

N	Valid	Missing	200
			0
Mean			1.56
Std. Error of Mean			.054
Std. Deviation			.768
Variance			.590
Minimum			1
Maximum			3

**Table 4**

	Frequency	Percent	Valid Percent	Cumulative Percent
reminds past	123	61.5	61.5	61.5
does not feel any change	43	21.5	21.5	83.0
never remind anything	34	17.0	17.0	100.0
Total	200	100.0	100.0	

In the above table, data was collected by the respondents to know whether they get a glimpse of their past or they don't feel any change in memorizing things. 61% of the respondents said yes to experiencing nostalgic flashbacks by listening to years-old songs. 21% of them didn't feel anything and 17% of them said no for nostalgia. This data supports that the majority of people listen to particular musical lists to get fresh or to flashback to some pleasuring moments of their past.

The majority of workers in today's hurried world listen to music to stay energized and alert. A large portion of people who are employed listen to music as a key instrument for entertainment and mood-altering. Data gathered through research and analysis reveals that some people listen to music to maintain a connection to their past while recalling the most significant moments in their lives, such as romantic relationships, professional transitions, marriages, or study periods.

Almost everyone may easily access musical content via a smartphone or other gadget. It can be incorporated into society to serve as a mood enhancer and worry diverter. Playing nostalgic musical pieces from the past might revive pleasurable times and evoke nostalgic feelings. Avoiding depressing and slow-paced music may help one live normally. In contrast, it maintains a trap in life's sufferings.

Positive changes in the listeners occur as a result of listening to enjoyable, upbeat, and romantic musical material. Studies need to be done to raise public knowledge of the beneficial uses of music as self-therapy for overcoming stress, despair, hopelessness, and a sluggish lifestyle.

### **Conclusion**

Researchers in this research explored nostalgic

provocative music therapy as well as the positive use of musical content in treating depression patients by using the method of music therapy. A particular type of music can facilitate the listener to get stressed and perform actively. Hypertension victims can use this therapy to reduce stress. Anybody who gets pleasure by listening to particular old musical content and experiencing flashbacks of a pleasant past can get out of hopelessness to live normally. Musical content can also be designed to minimize the stress of working people spending hectic routine of the week. Pleasure-giving lyrics can enhance the motivation to perform better as well as help in fatigue reduction. On the other hand, beat songs with sad lyrics cause a low feel and lead toward hopelessness. This also results in depression and a tiresome feel to one listening to it.



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