



Impact of Music on Vocally Expressed Emotions and Moods in Nostalgia

Headings

- [Abstract](#)
- [Key Words](#)
- [Introduction](#)
- [Methods of Research](#)
- [Method used in Study](#)
- [Data Presentation & Analysis](#)
- [Mood Relaxing Type of Music](#)
- [Results](#)
- [References](#)

Abstract: *The impetus of this research work is to study the impact of musical therapy and songs to excite the human emotion with respect to the past memory. At the primitive music history, music was the tool of entertainment and was in the access of elite class only. But now a day it is in the access of every hand in the form of mobile music player. This will figure out the role of music in our life with respect to its role in emotion driving ability. Considering the influence and the role of music in controlling our psychology, it is much important that it should be used as positive emotion driver. This research will help us to explore the use of music in our routine life and endeavours to determine its value to our emotions. Private school teachers will be asked to share their experience about Nostalgia remembering their past.*

Key Words: Music Therapy, Mixed Emotion, Nostalgia, Remixing of Songs, Emotion Trigger, Mood Changer

Introduction

Music is an embodiment of art and ethnic pursuit where acoustical arrangement of medium is sound within time. Word music is derived from Greek word “musike” that stands for art of muses. The term muses was used for the mastery represented in the poetry, lyrics, melody and folklores those were concerned by spoken for epochs in the primitive Greek culture. Music has been existed in the maternal population before scattering the human population around the globe. Firstly music was invented by the Africa then became the fundamental constituent of life in the whole world.

Today, every content on the electronic media is aided with background music as it enhances the impact on its audience. Whether that is drama or news, it is aided with music to enhance the impact of subject on its audiences. If there is any program on radio, it’s also designed using

*Incharge, Department of Mass Communication, Government College University Faisalabad, Punjab, Pakistan. Email: ashraf_zahidi@yahoo.com

†MPhil Scholar, Government College University Faisalabad, Punjab, Pakistan.

‡Lecturer, SMCS, UMT, Lahore, Punjab, Pakistan.

different musical tones to give a perfect meaning and real feeling to the listener. Music can be used to direct human emotion in a well-defined track using music therapy.

Nostalgia is the cultivation of old memories, typically within an area or event for emotional personal affiliation. Nostalgia as a noun means a wish to get back in past, in past time of one's life, or pleasing and pleasuring times of a departed house or the gone time. Nostalgia is much more than mere reminiscing; it's a feeling. Warm emotional feelings of pleasure or sadness that we experience after years looking into the past is called nostalgia. Nostalgia stepped up self-continuity by enhancing a manner of social connectivity. Various studies have been done to know the role of music and its effects in our lives. Present study aims to explore the impact of music in emotion driving leading to nostalgia. Nostalgia may be positive glimpse or it may also be a flash of negative experience. Furthermore, detailed objectives of present study are:

- To study the role of musical content in music therapy.
- To find the most hit type of music in emotion driving.
- To explore the impact of music on human emotion and their vocabulary.
- To find out the influence of back ground music of any programme on its audience.
- To what extent music does objective in depression release?

The aspiration of this study is to explore the positive psychological impact of music going into the past memory experiencing nostalgia. Fundamental asset of nostalgia is self-assurance (Wildschut, Sedikides, Arndt, Routledge, 2006). In the initiation nostalgia was considered as the psychological disorder (Hofer, 1688/1934). Nostalgia was connected with jaundiced impacts for example mental disturbance (McCann, 1941). Nostalgia was also related to the homesickness or feel of loneliness (Davis, 1979). It doesn't sound amazing that various symptoms are considered to be affiliated with nostalgia were not positive. As anxiety hopelessness and sadness were takes as its major symptoms. Despite, declaration that people associate the glowing approaches of their babyhood more often rather than sadness, home sickness or hopelessness (Davis, 1979). This set the journey towards an idea of nostalgia as capital positive and pleasing experienced cooled with few bitter sweet aspects in life's memory for the past to remember (Sedikides, Wildschut, Arndt & Routledge, 2006; Sedikides, Wildschut, & Baden, 2004). Nostalgia an effective procedure to associate autobiographical memorable past (Batcho, 2007; Leboe & Ansons, 2006; Sedikides, Wildchut, Arndt & Routledge, 2008; Wildschut, Sedikides, Arndt, & Routledge, 2006). Music is considered emotion expression language (Mithen, 2005). Music portrays two types of emotions, sad music and pleasing music (Gabrielsson & Juslin, 1996; Krumhansl, 1997). Concept of pleasure or hopelessness happy or sad music is apmacted due to multiple variables which work in a synergetic pattern (Gabrielsson & Lindstorm, 2001; Schellenberg, Krysciak, & Campbell, 2000). Nostalgia is identified as an emotional induction mostly due the musical contents. Nostalgia is an experience that is triggered by listening to musical contents at different times (Zentner et al., 2008). The third most underwrite emotional descriptor for nostalgia is music that evokes autobiographical memories taking into the past (Janata et al., 2010). Musical episodes triggers more nostalgia than non-musical episodes (Juslin et al., 2008). Nostalgia is a bittersweet that

involves a mixture of depression sadness, pleasure and joy ([Batcho, 2007](#); [Sedikides, Wildschut, & Baden, 2004](#)). Emotion related to happiness has elements of pleasure, pride and love. They showed a number mixed emotional experience ([Wildschut et al., 2006](#)). This thing leads to the exploring of mixed emotions. So emotional configuration of nostalgia has altogether negative as well positive emotion induction.

With the innovation of vast and easy and quick access of digital music collections over the earlier century, a rapid amplification of music listening, search and organize of related data. Vigorous function of nostalgia is to have an experience of self-trance. Primary research explored negative impact and loneliness for being specific spark for nostalgic trance ([Wildschut et al., 2006](#)). Primitive research about nostalgia also exposed the barrier in the way of attempting positive mood tones and social connections. Considering this aspect, nostalgia provoke positive affect and feelings of pleasant affiliation with the past ([Wildschut et al., 2006](#); [Wildschut, Sedikides, Routledge, Arndt, & Cordaro, 2010](#)). Researchers explores the fact that nostalgia gives more straight advantages to one-self by increasing self-admire ([Wildschut et al., 2006](#)). Nostalgia helps to escape the feel of death threat diverting the negative perception of life into positive direction ([Juhl, Routledge, Arndt, Sedikides, & Wildschut, 2010](#); [Routledge, Arndt, Sedikides, & Wildschut, 2008](#)). Nostalgia is an experience of memories for ordinary events of one's life ([Routledge et al., 2008](#)). Nostalgia may also the flash back of memorable pleasuring moments of life (Hepper, Ritchie, [Sedikides, & Wildschut, 2010](#)). Comparison of these researches differentiate the experience of nostalgia for positive and negative glimpse over the past. Further effects by the use of biased measures of nostalgic experience along with other naturalistic nostalgia induction have been observed and cannot be accounted by variations in self-esteem or mood tones ([Barrett et al., 2010](#); [Wildschut et al., 2010](#)). Extension of the study thus rampart the cogency of the nostalgia construct and also focuses its self-relevant features. Nostalgia elucidate self-relevant benefits by relatively brief inductions ([Vess et al., 2012](#)). It is also assessed whether nostalgia enhances the accessibility of positive self-attributes or only negative self ([Wildschut et al., 2006, 2010](#)). Although studies has aye still unable clarify about the impacts of nostalgia on the cognition of self-esteem, some findings indicate that nostalgia induces memories of the self-playing mostly as positive or at least redemptive, events ([Wildschut et al., 2006](#)). Hence nostalgia may highlight the association within the positive self and as result enhance access of cognition of positive features of self. Nostalgia blunts self-serving indictments ([Campbell & Sedikides, 1999](#); [Mezulis, Abramson, Hyde, & Hankin, 2004](#)). Nostalgia widens the advantages that it imposed to the self. It gives strength to the social bonding and reduces the feel of loneliness ([Wildschut et al., 2010](#); [Zhou, Sedikides, Wildschut, & Gao, 2008](#)). Nostalgia absorbs negative existential consequences that a person reflects on mortality ([Routledge et al., 2008](#)). Altogether nostalgia is a mechanism that can make a person feel better and secure against a variety of threats. Therefore, nostalgia may play a role as a self-affirmation resources for the people in the reduction of defensive reactions to self-esteem (Kumashiro & Sedikides, 2005; Steele, 1988).

Many lyricist have theorize the adjacent relation of oral expression of emotions with instrumental expression of emotions. Attestation having such a link has no existence unluckily.

The research of 104 studies about acoustic expression along with 41 researches of musical attainments unfold a likeness of the two approaches relating:

- (a) The precision due to which diverse cognition was induced to the listeners
- (b) The cognition specified orders of acoustic catch words practised for publicizing each emotion ([P. Juslin P. Luukka, 2001](#)).

The patterns are generally homogenous to the theoretical anticipation ([K. R. Scherer, 1986](#)). The consequences describe why music is perceived like a way for the emotional expression, which are rational within expansion of attitude on emotional expression vocally. Argumentation emphasis on theoretical narration and oversight over the further work out.

Musical contents having linguistic lyrics is the primitive musical form and still as popular as was ([Besson, M. & Fäita, F.; 1995](#)). Vocal music includes lyrics as well as instrumental music. Both these constituents are the expertise of human skills. Listeners listen to musical contents by considering vocal items or musical instruments play. They may also consider the vocalist or the singer ([Besson, M., Fäita, F., Peretz, I., Bonnel, A. M., & Requin, J.; 1998](#)).

Generally, mood is defined as the state in general with low intensity, subjective feeling that have no concrete object and have relatively long duration.

[Scherer 2004](#) determined the categories of emotions that are inducible, mechanism of emotion induction and their empirical measurement techniques. Music and lyrics are the commendation of each other. Production and enjoyment of music is found in every type of culture regardless of its social norms ([Nettle, 2000](#)).

The research about cognitive aftereffects of music is yet handicapped due to a lack of applicable study prototype and systems of study. This is because of a deficiency in analysis theoretically and conceptually to evoke the emotion via music. Among main three computation methods for emotion induction, directions and patterns of different emotions, as well as charged emotional supplies not any one is suitable for the target. Keeping focus over a small strength of cognitive effects from simpler to complex forms of emotional processes in music listeners, like fruitful pleasing feel induced by musical content is not a server of adaptive behavioural application. Likewise, a descriptive emotional aftereffect of musical content confined to the valence and waking up close off computation of the qualitative difference craved by the research to delicate cognitive emotional impacts of musical contents. As result eclectic account for cognition is accomplished by study doers to meet the needs of a certain study may dearth legality along with integrity and impart a tough collation of research results. Another botheration complication is the biasness for conclude the fact which says “emotions” and “feelings” are analogues.

Methods of Research

Focus group strategy will be carried out to collect the data from the target population. People will be interviewed simultaneously and the group discussion will be carried out in a controlled

environment. This type of interviewing is carried out to collect the preliminary data to understand the reason behind any phenomenon. In this research audiences will be facilitated to listen different musical tones from 2000 to 2015 and then a questionnaire will be provided to get the answer about different variables. This type of research can be conducted very quickly and is low in cost.

Qualitative research will be conducted to find the answers of research questions. The reason of choosing this type of research is that every person will have different response on listening music due to different experience with musical tempo, mode and mood state. Qualitative research will be applied due to following reasons:

- Every listener will be in different mood state and their reaction after listening music will be in different pattern.
- Every person is fundamentally different and cannot be pigeonholed as well as their music choices and experiences will be different.
- Listening of different types of music lead them to their past experience and memories.

Method used in Study

In this research the researcher has applied qualitative methodology to analyse the impact of music on mood and vocabulary. Researcher applied this technique to study the role of music in depression reduction provoking good memories of past bringing the listener out from the depressive and hopeless mental state. This also explored the positive aspect of nostalgic experience.

Thus, the current research has found the impact of music on moods and vocally expressed emotions in nostalgia adopting the mentioned methodology.

Population

Working people from different professional departments who use to listen music to divert attention from worries and trigger their mood in their leisure are the population of the given research. They were selected as population as they have hectic routines with endless work load that cause a permanent mental stress in them.

Sample Size

Sample is the subset of the population that represents the entire population. 200 people from Punjab level working groups from social media contacts were taken as sample to conduct the research and analyse the results. They were contacted to collect data by using whatsapp groups, Facebook or through emails.

Unit of Analysis

Unit of analysis is the thing to be found out in the research currently conducted. It can be word, image, title or the story (Wimmer et al., 1991: 164 & [Sarantakos, 1998: 282](#)). In the current study the unit of analysis is the impact over the mood, memory and vocabulary in the listener after

listening to their selected music list. The purpose of this study is also to know the use of music in therapy that helps to reduce depression and mental stress taking the person towards pleasure of life. Various studies were conducted to know about the use of music to reduce depression. This study is the extension that will help people to keep the joy of life at front desk memorising the past's happy moments.

Data Presentation & Analysis

This chapter is about the analysis of all data of the research collected by the respondents representing the total frequency covering all the choices available to them. It also includes the effect of different types of music to the listener explaining their different mood experiences.

Effects of Music

Study of average percentage of different effects of music on the mood different people after listening musical contents:

Table 15. Statistical Details of Effects of Music Listening on Listeners:

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

t-value = 22.327

P-value = .000

(highly significant)

Table 16. Frequency of Obtained Data

	Frequency	Percent	Valid Percent	Cumulative Percent
Positive	93	46.5	46.5	46.5
Negative	33	16.5	16.5	63.0
Neutral	25	12.5	12.5	75.5
no change	28	14.0	14.0	89.5
did not notice	21	10.5	10.5	100.0
Total	200	100.0	100.0	

Analysis

Effect on the mood is the core variable of the research. Same musical content may give different impact to various listeners depending upon the nature of the listener or the mental state and circumstances of the listeners. Above data shows different effects after listening the musical content over the listeners. 10.5 % of the music listeners don't notice but just enjoy to listen. 12.5 % showed neutral change in them while 14.5 % felt no change in them after listening musical content. 16.5 % felt negative change in their mood and 46.5 % responded positively. So, it can be

concluded that music listening on the major strength of listener leave a positive impact making them feel good in any way leaving the stress behind diverting the mood from worries to pleasure.

Effect of listening old Songs on the Listeners

Study of Average Percentage of Effect of Listening Old Songs on the Listeners

Statistical Data of Effects of Listening Old Songs

Table 17

N		Mean	Std. Error of Mean	Std. Deviation
Valid	Missing			
200	0	3.76	.091	1.281

t-value = 41.515

P-value = .000

(highly significant)

Table 18

	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	

Analysis

Listening old music after years may induce various experiences and feel back of different incidents of life. Somebody may has listen the musical content at the death time of someone while the other person may has listen the same at the wedding. So, they will experience nostalgia quite differently. Table 18 shows the kind of change after listening old musical content after long time period. 4.5 % of the old song listeners get polite in nature and soft in mood, 17 % of the listeners get sad missing the movements they enjoyed in the past. 18.5 % get emotional and 18 % of the listeners get happy and start feeling fresh. Highest frequency 42 % of the old musical content listeners get into their past and experience nostalgia.

Mood Relaxing Type of Music

Study of average percentage of the data that gives details about the type of music that make a listener relax after listening it

Table 19. Statistical Details of Music Category that Relaxes Mood of Listener

N		Mean	Std. Error of Mean	Std. Deviation
Valid	Missing			
200	0	2.36	.077	1.093

t-value = 30.467

P-value = .000

(highly significant)

Table 20. Frequency of Obtained Data

	Frequency	Percent	Valid Percent	Cumulative Percent
Pleasing	51	25.5	25.5	25.5
Loud	72	36.0	36.0	61.5
Sad	32	16.0	16.0	77.5
romantic	45	22.5	22.5	100.0
Total	200	100.0	100.0	

Analysis

Different kinds of musical contents leave various effects to different listeners. Same song or musical content may give different reaction at different times due to different mental state. A strength of music lovers get relax listening fast and high tempo songs. Others take this as noise pollution and love to listen soft and low beat songs to get relax. Music lovers were also asked to know the type of music that relax them in tired, hectic and tense routines. 16% of the music listeners showed their choice as sad music, 22.5 % loved romantic music enjoying the pleasure of their love story. 25 % of the listeners liked pleasing songs, 36% of the music listeners love to listen loud music. This shows that listeners of loud musical content get relax.

Results

This segment of the research discusses the hypothesis and research questions under study. Keeping the analysis as a ground base, answers of research questions are saturated. As results are concluded, hypothesis is categorised as null or alternative hypothesis.

Furthermore, the core of the findings, answers of basic research questions, and acceptance or rejection of the proposed hypothesis “music evokes nostalgia and triggers the mood by bringing change in vocabulary words” has been elaborated in detailed depths. Major strength of the respondents deviated towards the positive change in their moods and responses after listening musical content. They experience nostalgia when listen any musical content after multiple years. After collection of data from the respondents and analysis of the collected data shows that musical contents of a particular time a listener enjoyed to listen, takes them into their old times making them experiencing nostalgia. 42 % the highest number of the respondents deviated towards the experience of nostalgia by listening old musical contents.

Analysis of the data showed that most strength of the respondents feel a positive change in them. They get into their past times after listening old musical contents. Analysis of the empirical data shows that old music contents reminds the listener their past events causing an experience of nostalgia. It also concludes that music can be used as a mood diverter and play a role in reduction of depression. Fast beat music or pleasing musical contents can be used to treat a patient of mental stress. In addition musical contents can play a role to make a listener feel energetic and excited to give a better performance in work place.

References

- Anspach, C. K. (1934). Medical dissertation on nostalgia by Johannes Hofer, 1688. *Bulletin of the Institute of the History of Medicine*, 2(6), 376-391.
- Barrett, F. S., Grimm, K. J., Robins, R. W., Wildschut, T., Sedikides, C., & Janata, P. (2010). Music-evoked nostalgia: affect, memory, and personality. *Emotion*, 10(3), 390.
- Batcho, K. I. (2007). Nostalgia and the emotional tone and content of song lyrics. *The American journal of psychology*, 361-381.
- Besson, M., & Faïta, F. (1995). An event-related potential (ERP) study of musical expectancy: Comparison of musicians with nonmusicians. *Journal of Experimental Psychology: Human Perception and Performance*, 21(6), 1278.
- Besson, M., Faïta, F., Peretz, I., Bonnel, A. M., & Requin, J. (1998). Singing in the brain: Independence of lyrics and tunes. *Psychological Science*, 9(6), 494-498.
- Best, J., & Nelson, E. E. (1985). Nostalgia and discontinuity: a test of the Davis hypothesis. *Sociology & Social Research*.
- Campbell, W. K., & Sedikides, C. (1999). Self-threat magnifies the self-serving bias: A meta-analytic integration. *Review of general Psychology*, 3(1), 23-43.
- Cheung, W. Y., Wildschut, T., Sedikides, C., Hepper, E. G., Arndt, J., & Vingerhoets, A. J. (2013). Back to the future: Nostalgia increases optimism. *Personality and Social Psychology Bulletin*, 39(11), 1484-1496.
- Clore, G. L., Schwarz, N., & Conway, M. (1994). Affective causes and consequences of social information processing.
- Fritz, T., Jentschke, S., Gosselin, N., Sammler, D., Peretz, I., Turner, R., ... & Koelsch, S. (2009). Universal recognition of three basic emotions in music. *Current biology*, 19(7), 573-576.
- Gabrielsson, A. (2001). Emotions in strong experiences with music.
- Gabrielsson, A., & Juslin, P. N. (1996). Emotional expression in music performance: Between the performer's intention and the listener's experience. *Psychology of music*, 24(1), 68-91.
- Hofer, J., & Harder, J. J. (1934). *Dissertatio medica de nostalgia, oder Heimwehe*. Bertschius.
- Juhl, J., Routledge, C., Arndt, J., Sedikides, C., & Wildschut, T. (2010). Fighting the future with the past: Nostalgia buffers existential threat. *Journal of Research in Personality*, 44(3), 309-314.
- Juslin, P. N., & Laukka, P. (2004). Expression, perception, and induction of musical emotions: A review and a questionnaire study of everyday listening. *Journal of new music research*, 33(3), 217-238.
- Juslin, P. N., Liljeström, S., Västfjäll, D., Barradas, G., & Silva, A. (2008). An experience sampling study of emotional reactions to music: listener, music, and situation. *Emotion*, 8(5), 668.
- Krumhansl, C. L., & Schenck, D. L. (1997). Can dance reflect the structural and expressive qualities of music? A perceptual experiment on Balanchine's choreography of Mozart's Divertimento No. 15. *Musicae Scientiae*, 1(1), 63-85.
- Leboe, J. P., & Ansons, T. L. (2006). On misattributing good remembering to a happy past: An investigation into the cognitive roots of nostalgia. *Emotion*, 6(4), 596.
- McCann, W. H. (1941). Nostalgia: a review of the literature. *Psychological bulletin*, 38(3), 165.

- Mezulis, A. H., Abramson, L. Y., Hyde, J. S., & Hankin, B. L. (2004). Is there a universal positivity bias in attributions? A meta-analytic review of individual, developmental, and cultural differences in the self-serving attributional bias. *Psychological bulletin*, 130(5), 711.
- Nettle, D., & Romaine, S. (2000). *Vanishing voices: The extinction of the world's languages*. Oxford University Press on Demand.
- Patel, A. D. (2006). Musical rhythm, linguistic rhythm, and human evolution. *Music Perception*, 24(1), 99-104.
- Routledge, C., Arndt, J., Sedikides, C., & Wildschut, T. (2008). A blast from the past: The terror management function of nostalgia. *Journal of Experimental Social Psychology*, 44(1), 132-140.
- Sarantakos, S. (2012). *Social research*. Macmillan International Higher Education.
- Schellenberg, E. G., Krysciak, A. M., & Campbell, R. J. (2000). Perceiving emotion in melody: Interactive effects of pitch and rhythm. *Music Perception*, 18(2), 155-171.
- Scherer, K. R. (1986). Vocal affect expression: A review and a model for future research. *Psychological bulletin*, 99(2), 143.
- Scherer, K. R., & Zentner, M. R. (2001). Emotional effects of music: Production rules.
- Sedikides, C., Wildschut, T., & Baden, D. (2004). Nostalgia: Conceptual Issues and Existential Functions.
- Sedikides, C., Wildschut, T., Arndt, J., & Routledge, C. (2006). Affect and the self. *Affect in social thinking and behavior: Frontiers in social psychology*, 197-215.
- Sedikides, C., Wildschut, T., Arndt, J., & Routledge, C. (2008). Nostalgia: Past, present, and future. *Current directions in psychological science*, 17(5), 304-307.
- Sedikides, C., Wildschut, T., Gaertner, L., Routledge, C., & Arndt, J. (2008). Nostalgia as enabler of self-continuity. *Self-continuity: Individual and collective perspectives*, 227-239.
- Vess, M., Arndt, J., Routledge, C., Sedikides, C., & Wildschut, T. (2012). Nostalgia as a resource for the self. *Self and Identity*, 11(3), 273-284.
- Wildschut, T., Sedikides, C., Arndt, J., & Routledge, C. (2006). Nostalgia: content, triggers, functions. *Journal of personality and social psychology*, 91(5), 975.
- Wildschut, T., Sedikides, C., Routledge, C., Arndt, J., & Cordaro, F. (2010). Nostalgia as a repository of social connectedness: the role of attachment-related avoidance. *Journal of personality and social psychology*, 98(4), 573.
- Zentner, M., Grandjean, D., & Scherer, K. R. (2008). Emotions evoked by the sound of music: characterization, classification, and measurement. *Emotion*, 8(4), 494.
- Zhou, X., Sedikides, C., Wildschut, T., & Gao, D. G. (2008). Counteracting loneliness: On the restorative function of nostalgia. *Psychological science*, 19(10), 1023-1029.