

A Study on the Impact of Music on Human Emotions and Mental Health

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Abstract

music emotionally. This study used a research plan. It collected information from two sources. First it asked people questions using a questionnaire on Google Music is something that people around the world can understand and connect with. It has an impact on how we feel how we behave and how healthy our minds are. Music is not something we listen to for fun. It is also a way to control our emotions reduce stress and improve our mental health. This study looks at how music affects our emotions and mental health. It tries to figure out if listening to music regularly can help us feel more stable manage stress better and be more motivated. The study also checks if our age and gender affect how we respond to Forms. Fifty one people answered these questions. The study also looked at information from journals, books and other research studies about music therapy, emotional health and mental well-being. The information collected was analyzed using math and special tools like SPSS. This included looking at how something happened and doing special tests to see if there were any patterns. What the study found out is that most people think music is good for their emotions and mental health. Many people said that music helps them feel less stressed improves their mood helps them focus and gives them energy to do things. People between 18 and 24 years old seemed to like music the most. Felt it helped them emotionally. The study also found out that different types of music make us feel emotions. This helps us deal with stress and emotional problems pattern .The study concludes that music is a way to improve our mental health. It is cheap and easy to get. The study suggests that music should be used in schools, workplaces and hospitals to help people feel better emotionally and improve their quality of life. Music is something that can really help us. It can be a part of making our lives better. Music helps us feel good and stay healthy. We should use music often to help us with our emotions and mental health. Music is very important, for our well-being.

INTRODUCTION

Music has been a part of our lives for a very long time. It is something that people around the world enjoy no matter where they come from or what language they speak. Music is not something we listen to for fun it is also a way for us to express our feelings and connect with others. People of all ages use music to unwind, celebrate, focus and deal with times. These days a lot of people're feeling stressed, anxious and depressed because of school, work and personal problems so music is becoming more important for our mental health. Studies have shown that music affects the way our brain works by releasing chemicals like dopamine and serotonin, which make us happy and relaxed. Different kinds of music and rhythms can make us feel happy nostalgic motivated, calm or even sad. That is why music is now a part of therapy in hospitals, rehab centers, counseling services and schools.

This study is looking at how music affects our emotions and mental health. It wants to know if listening to music regularly can reduce stress improve our mood motivate us and make us feel better overall. It is also looking at whether our age and gender affect how we respond to music. The study is based on what people told us in surveys and what we already know from research, on music therapy and mental health. If we understand how music and our emotions are connected it can help teachers, doctors, employers and individuals find affordable ways to improve our mental health. This study might show that music is a way to

boost our emotional strength reduce stress and improve our overall life. Music is something that can help us feel better. That is why it is so important. The music we listen to can really affect our health and that is what this study is trying to figure out.

REVIEW OF LITERATURE

Gustavson and other researchers found out in 2021 that music is good for peoples health. Music helps people feel better emotionally when they listen to it sing or play instruments. It also helps reduce stress. **Babel, Baral and Srivastava** did an analysis in 2023 on ragas. They found out that listening to ragas helps people relax pay attention and feel good emotionally. They used machines to measure brain activity. **Borgohain** and other researchers looked at what people imagine when they listen to music. They found out that different types of music make people feel emotions and imagine things. This shows that music affects how people process emotions. **Verma** reviewed studies in 2023 on music therapy. The study found out that music therapy reduces anxiety improves mood and makes peoples mental health better no matter how old they are. **Peters** and other researchers did a review in 2024 on making music like listening to it singing or playing instruments. They found out that being into music helps people regulate their emotions and feel better psychologically. **Cassola** and other researchers reviewed studies in 2024 on music therapy for patients with health problems. They found out that music therapy makes peoples mood better reduces symptoms of health problems and helps people feel better emotionally when used with treatments. **Wang, Wu and Yan** looked at how music therapy helps adults with depression in 2023. They found out that music therapy reduces symptoms of depression and helps people feel better emotionally. **Lu and Song** did a review in 2025 on how music helps people regulate their emotions. They found out that music interventions are effective in reducing stress improving mood and supporting health in all types of people. **Deepa Iyer and Rajshri Ramakrishna** reviewed studies in 2023 on music therapy in India. They found out that music therapy helps people feel better emotionally improves health helps people recover from illnesses and improves quality of life. **Prasad** did a study in 2025 on how Carnatic ragas affect the emotions of students. The study found out that Carnatic music has an influence on balance, concentration and mental being in young adults. Music is really good for peoples health and well-being. Indian classical music and Carnatic music are types of music that have been shown to be beneficial for peoples health. Music, like classical music and Carnatic music helps people.

STATEMENT OF THE PROBLEM

Music is a part of our lives and it can really affect how we feel and think. People listen to music to have fun relax, get motivated and express their emotions. Different kinds of music can make us feel emotions like happiness, sadness, excitement, calmness or nostalgia. Music has an effect on our minds so it is being used more and more in schools, hospitals and therapy.

These days a lot of people are dealing with stress, anxiety, depression and emotional problems. As people face pressure at school, work and home we need to find ways to help people feel better. Music is one thing that can help us manage our emotions and feel supported. This study is trying to figure out how music affects our emotions and mental health. It wants to know if listening to music is good or bad for us and how it can help us deal with stress, anxiety and emotional problems. The study hopes to show how music can be used to improve our health and make our lives better. Music can be a tool for making us feel better and improving our lives. The study is looking at music. How it can help us with our mental health and well-being. Music is important for our health and it can really make a difference, in our lives.

NEED FOR THE STUDY

Music is something that everyone can understand. Music affects people in ways. Music can make people feel happy or sad. Music can change the way people behave and music can even make people feel better when they are not well. These days a lot of people are feeling stressed, anxious or depressed so we need to find ways to help people feel better. Music is very important when it comes to how people feel and their mental health. Music can make people feel happier. Music can help people relax. Music can even help people feel less stressed. A lot of people listen to music when they are going through times because music helps them feel better. Music is easy to find. Music is something that people can use to help them feel better when they need it. More and more people are using music to help them feel better in hospitals, rehabilitation centers and mental health programs. We need to do research, on music and how music affects people so we can understand how music can help people. This study is necessary because we need to know how music affects people and how we can use music to help people feel better and be emotionally stable. Music and emotions and mental health are all connected so we need to understand how music can help people with their health. Music is very important for people and music can help people in ways.

OBJECTIVES OF STUDY

- I want to find out how music impacts our health over time like how it can help with anxiety and keep our emotions under control.
- I am curious about how music makes us feel on a basis like whether it makes us feel happier and less stressed out.
- I also want to know if our age or whether we are a man or a woman changes how music affects us and if it is beneficial for our well-being and how listening to music affects us.

HYPOTHESIS

Null Hypothesis: There is no connection between music and how people feel and their mental well-being.

Alternative Hypothesis: Music really does affect how people feel and their mental health and music has an impact, on our wellbeing and music affects peoples feelings and mental health.

RESEARCH METHODOLOGY

The way we collect and understand data is really important to get the results we want. This study is about music and how it affects our feelings and mental well-being. We looked at old data to see what is going on. Music is what we are focusing on. We want to know how music, emotions and mental health are all connected. To get the information we need we did a things:

- We asked people to answer some questions for us
- We also got answers from the people who took part in our study

SOURCES OF DATA

I got my data from people who answered my questions on a Google Form. I was curious about what kind of music they listen to. How music affects their emotions and mental health is what I wanted to know. Fifty one people took part in this study. I also read books, journals and websites that talk about music, emotions and mental health. I looked at research articles and studies on music therapy too. The study had fifty one people in it. I chose these people because they were easy to reach and willing to answer my questions. This is called Convenience Sampling. I used the answers from these fifty one people to learn more, about music and

mental health. Music is what I am trying to understand. I want to know how music listening habits affect our health.

LIMITATIONS OF THE STUDY

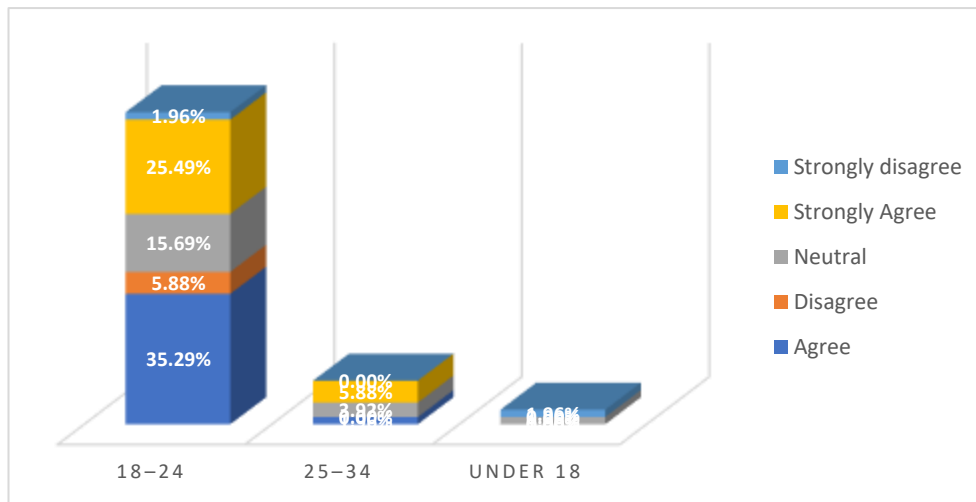
- This study focuses on adults between 18 and 24 years old. It does not include people from age groups.
- The study only had 51 participants, which's a small number of people.
- The results are based on what the participants shared about their thoughts and daily experiences.
- The study looks at kinds of music, not specific types or parts of songs.
- The people in the study are all, from backgrounds, which makes it hard to apply the findings to people from other places or cultures.

DATA ANALYSIS

Count of 2. gender	I experience deep feelings of nostalgia, sadness, or comfort when listening to slower, melancholic music.					
Row Labels	Agree	Disagree	Neutral	Strongly Agree	Strongly disagree	Grand Total
18–24	39.22%	3.92%	13.73%	27.45%	0.00%	84.31%
25–34	3.92%	0.00%	1.96%	5.88%	0.00%	11.76%
Under 18	0.00%	0.00%	0.00%	1.96%	1.96%	3.92%
Grand Total	43.14%	3.92%	15.69%	35.29%	1.96%	100.00%

Analysis:

The table looks at what people think about music that's slow and sad. It asks if people feel nostalgic or sad when they listen to this kind of music. table shows that people who're 18 to 24 years old like music that is slow and sad the most. In fact 84.31 percent of people in this age group answered the question. A lot of these people 39.22 percent said they agree with the statement and 27.45 percent said they strongly agree with the statement about music that's slow and sad. Most people, 78.43 percent said they like music that's slow and sad. This is because 43.14 percent of people said they agree with the statement about music that's slow and sad and 35.29 percent said they strongly agree with the statement about music that is slow and sad. A few people, 3.92 percent said they do not like music that's slow and sad and 1.96 percent said they strongly do not like music that is slow and sad. This means that most people feel good when they listen to music that's slow and sad, like music that is slow and sad.



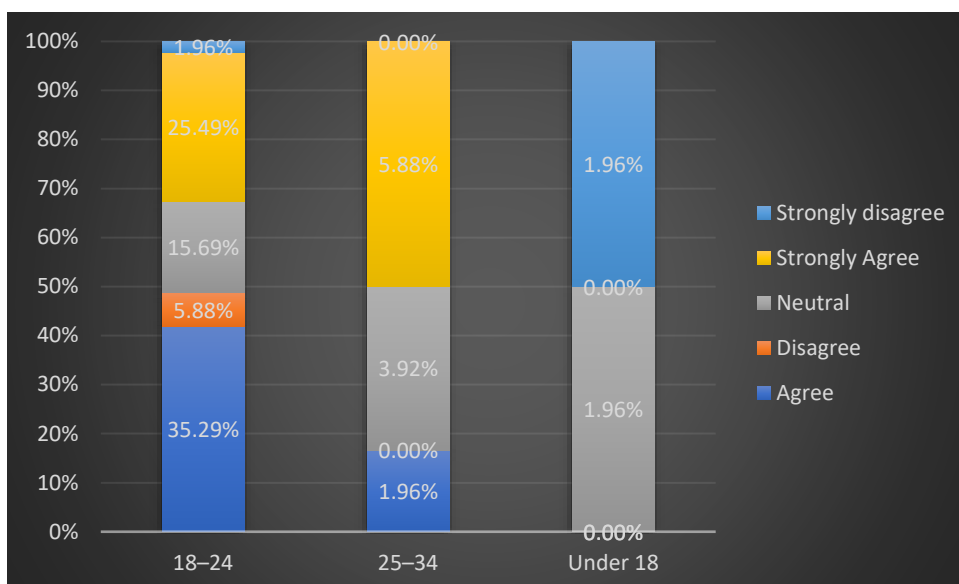
Interpretation:

The music that is slow and sad has an effect on peoples feelings. This is really true for people who're between 18 and 24 years old. When people in this age group listen to slow and sad music they often feel sad. They feel comforted. Sometimes they even feel nostalgic. Slow and sad music helps people express their feelings that is what most people think. There are some people who do not like sad music they have bad things to say about it. But for the part, slow and sad music is good for people it helps them deal with their emotions and stay healthy especially for younger people who listen to music. Slow and sad music is helpful, for people who're young.

Count of 2. gender	10. I regularly seek out new music or artists to experience different auditory styles.					
Row Labels	Agree	Disagree	Neutral	Strongly Agree	Strongly disagree	Grand Total
18-24	33.33%	3.92%	15.69%	27.45%	3.92%	84.31%
25-34	1.96%	0.00%	1.96%	7.84%	0.00%	11.76%
Under 18	0.00%	0.00%	1.96%	0.00%	1.96%	3.92%
Grand Total	35.29%	3.92%	19.61%	35.29%	5.88%	100.00%

Analysis

The table shows what people think about music. They were asked if they look for music or artists to hear sounds. Most people, seventy point five eight percent. Strongly agreed with this. This means they really like trying music and artists. Most people in the eighteen to twenty-four age group had this opinion, eighty-four point three one percent. In this age group thirty-three point three percent agreed. Twenty-seven point four five percent strongly agreed. Some people, nineteen point six one percent did not have an opinion. Nine point eight zero percent did not agree Three point nine two percent disagreed. Five point eight percent strongly disagreed. Young people, aged eighteen to twenty-four, like music and artists. They look for music often. New music and artists are important to them. They want to hear sounds. Most of them like trying things. They are open to music. The table shows their opinions clearly. It shows what they think about music and artists. They are interested in music and artists. Their opinions are clear. They, like music.

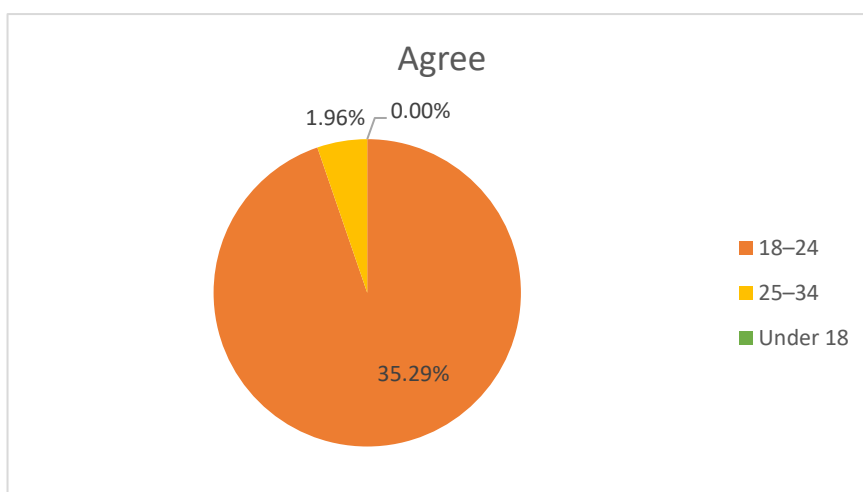


Interpretation:- The results show that young adults those between 18 and 24 years old really enjoy finding music and trying out different sounds. They seem curious and open to new music experiences. Most of them agree with this which means only a few do not like to try music. Young people are always on the lookout for music to listen to and they like to mix things up. They are willing to try kinds of music and do not stick to just one type of music. This shows that young adults are open to music diversity. They want to explore and find music that they really like. Music exploration is really important to adults. They want to find music. Young adults, like music.

Count of 2. gender	15. Over time, regular music listening has a positive, stabilizing effect on my overall mental well-being.					
Row Labels	Agree	Disagree	Neutral	Strongly Agree	Strongly disagree	Grand Total
18-24	27.45%	5.88%	15.69%	31.37%	3.92%	84.31%
25-34	3.92%	0.00%	0.00%	7.84%	0.00%	11.76%
Under 18	0.00%	0.00%	0.00%	1.96%	1.96%	3.92%
Grand Total	31.37%	5.88%	15.69%	41.18%	5.88%	100.00%

Analysis:

The table shows what people think about music and how it affects them. It asks if listening to music all the time helps people feel better in their minds .Most people think music helps them feel better. In fact 72.55% of the people who answered said they think music helps them. Some people think music helps a little, which's 31.37% of them. A lot of people 41.18% of them think music helps a lot. The people who are, between 18 and 24 years old were the group that answered. They really think music helps them.27.45% Of them think music helps a little.31.37% Of them think music helps a lot .Not everyone thinks music helps though. Some people, 15.69% of them do not think it helps or hurts.11.76% Of the people do not think music helps them all. This is split between people who just do not think it helps which's 5.88% of them and people who really do not think it helps which is also 5.88% of them. Music listening is something that people think about when they think about their well-being .Most people think that listening to music regularly is what helps them. They think music helps them feel better. People think about music when they think about their well-being. Music helps people feel better in their minds.



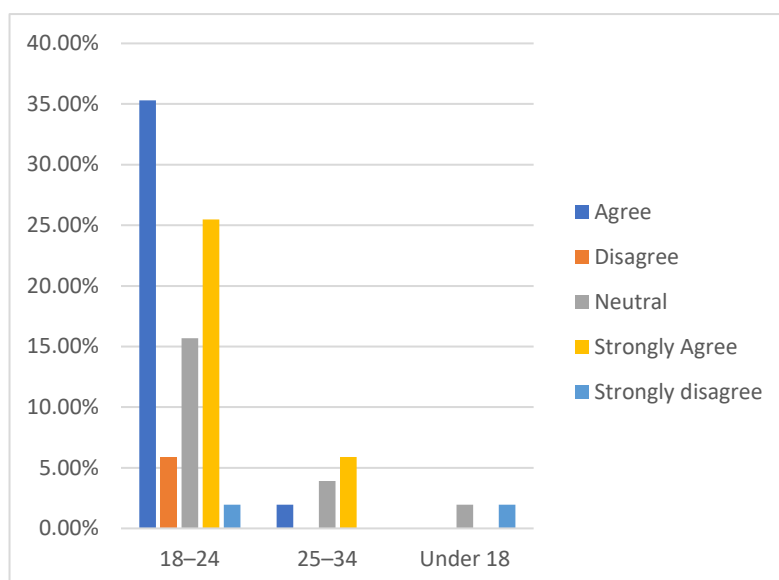
Interpretation:

Music is really good for peoples minds. It makes them feel better. Music helps people, who are 18 to 24 years old feel more stable. A lot of people think music is important for balance. It reduces stress. Music makes people feel happy and calm which is good for their health. Not many people disagree with this so music is a way to take care of yourself. Music helps you feel good. Regular music listening can really help with problems. It makes peoples lives better. Music is good for health. Music helps people in ways. Music makes them feel less stressed. Music makes them feel more happy. Music is really good, for peoples minds.

Count of 2. gender	I experience deep feelings of nostalgia, sadness, or comfort when listening to slower, melancholic music.					
Row Labels	Agree	Disagree	Neutral	Strongly agree	Strongly disagree	Grand Total
18-24	46.00%	2.00%	20.00%	14.00%	2.00%	84.00%
25-34	4.00%	0.00%	2.00%	6.00%	0.00%	12.00%
Under 18	0.00%	0.00%	2.00%	0.00%	2.00%	4.00%
Grand Total	50.00%	2.00%	24.00%	20.00%	4.00%	100.00%

Analysis:

The table shows what people think about listening to music while they study, work or do chores. Most people like listening to music while doing these things. In fact sixty-eight point six three percent of people who answered the question said they like listening to music. There are people who really like listening to music. That is nineteen point six one percent of people who answered the question about music. On the hand forty-nine point zero two percent of people who answered the question just like listening to music. Music is something people listen to every day. People who are eighteen to twenty-four years old said they listen to music a lot. That is eighty-four point three one percent of people who answered the question about music. Some of these people like listening to music. That makes forty-five point one zero percent of people who answered the question about music. Some of these people really like listening to music. That is thirteen point seven three percent of people who answered the question about music. There are people who do not care about listening to music. That is twenty-three point five three percent of people who answered the question about music. Some people do not like listening to music. That makes one point nine six percent of people who answered the question about music. Some people really do not like listening to music. That makes three point nine two percent of people who answered the question about music. Some people did not answer the question, about music. That makes one point nine six percent of people who were asked about music.



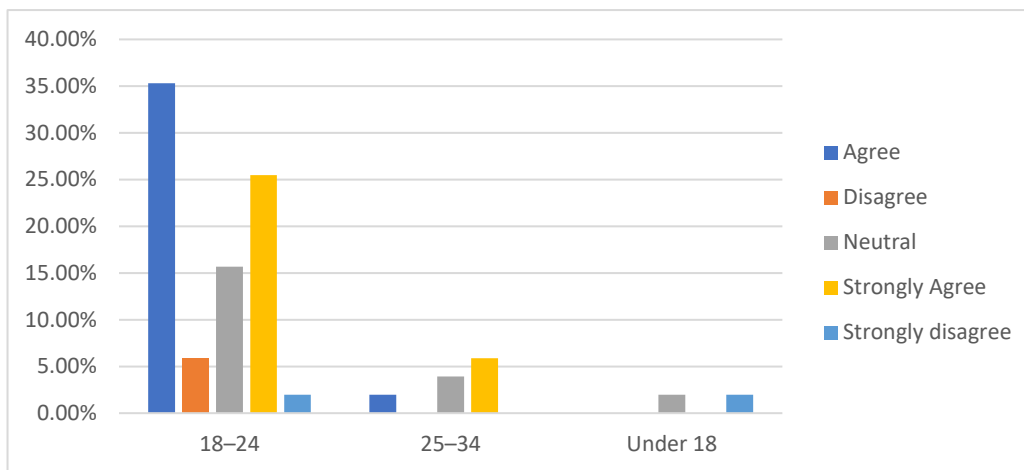
Interpretation

they are studying or working or doing things at home. Music helps these people focus and feel happy. Music makes their life better. Most people like music to be Music is something that people listen to every day. The people who are 18 to 24 years old really like music. They play music when playing when they are doing things. This shows that music is very important, to people. Music helps people get things done and feel good. People really like to listen to music when they are doing things. Music is a part of what people do every day. Music helps people be happy and get things done. Music is something that people like to have on when they are doing things at home or somewhere else.

Count of 2. gender	12. Certain fast-paced or energetic music quickly boosts my productivity and motivation.					
Row Labels	Agree	Disagree	Neutral	Strongly Agree	Strongly disagree	Grand Total
18-24	35.29%	5.88%	15.69%	25.49%	1.96%	84.31%
25-34	1.96%	0.00%	3.92%	5.88%	0.00%	11.76%
Under 18	0.00%	0.00%	1.96%	0.00%	1.96%	3.92%
Grand Total	37.25%	5.88%	21.57%	31.37%	3.92%	100.00%

Analysis:

The table shows what people think about this statement: "Certain paced or energetic music quickly boosts my productivity and motivation." A lot of people think this statement is true. In fact 68.62 percent of the people who answered the question said they like the idea that energetic music helps them. Some people like the idea, which is 37.25 percent and some people really like the idea, which is 31.37 percent. This means that people generally think energetic music helps them get things done and feel motivated. The people who are between 18 and 24 years old like the idea of music the most. Most of the people who answered the question, 84.31 percent were in this age group. A lot of them 35.29 percent like the idea of music and 25.49 percent really like the idea of energetic music. Some people, 21.57 percent did not have an opinion, about music. A few people, 9.80 percent did not like the idea of music. Some of them 5.88 percent just did not like music and 3.92 percent did not like energetic music at all. Energetic music is something that people think helps them. The people who like music think energetic music helps their productivity and motivation.



Interpretation:

Music that is fast and energetic really helps people get things done and feel motivated. This is especially true for adults, like people between 18 and 24 years old. They say energetic music helps them focus and gives them energy when working. Most people use this kind of music to do their work. Almost everyone likes using music to help them. So fast and energetic music seems to be a way to help people be more productive and stay motivated in their daily lives. Energetic music helps people get things done and feel good, about what they're doing with music. It makes people feel motivated and focused with energetic music.

SPSS TETS

Hypothesis Test Summary

	Null Hypothesis	Test	Sig.	Decision
1	The categories of Timestamp occur with equal probabilities.	One-Sample Chi-Square Test	1.000	Retain the null hypothesis.
2	The categories of 1. What is your age group? occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
3	The categories defined by 2. gender = male and Female occur with probabilities 0.5 and 0.5.	One-Sample Binomial Test	.000	Reject the null hypothesis.
4	The categories of 3. On average, how many hours a day do you listen to music? occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
5	The categories of 4. Which music genre do you listen to most frequently? (Select one main genre) occur with equal probabilities.	One-Sample Chi-Square Test	.014	Reject the null hypothesis.
6	The categories of 5. Do you have any formal background in music (e.g., playing an instrument, singing, or production)? occur with equal probabilities.	One-Sample Chi-Square Test	.120	Retain the null hypothesis.
7	The categories of 6. I actively use music as a background accompaniment to most of my daily routines (studying, working, chores). occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
8	The categories of 7. I intentionally curate specific playlists to match or alter my current mood. occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
9	The categories of 8. I pay close attention to the lyrics and message of a song rather than just the melody or beat. occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
10	The categories of 9. When I am feeling overwhelmed, turning on music is my immediate coping mechanism. occur with equal probabilities.	One-Sample Chi-Square Test	.004	Reject the null hypothesis.

Asymptotic significances are displayed. The significance level is .05.

Chi-Square Test:

Frequencies

10. I regularly seek out new music or artists to experience different auditory styles.			
	Observed N	Expected N	Residual
1	3	10.2	-7.2
2	2	10.2	-8.2

3	10	10.2	-.2
4	18	10.2	7.8
5	18	10.2	7.8
Total	51		

12. Certain fast-paced or energetic music quickly boosts my productivity and motivation.

	Observed N	Expected N	Residual
1	2	10.2	-8.2
2	3	10.2	-7.2
3	11	10.2	.8
4	19	10.2	8.8
5	16	10.2	5.8
Total	51		

Descriptive Statistics				
N	Minimum	Maximum	Mean	Std. Deviation

Findings

- Music is really good for peoples emotions and mental health most people think that.
- When people listen to slow and sad music it makes them feel nostalgic or sad or comfortable. This happens to a lot of people. 78 Percent of them. So music really affects people emotionally.
- A lot of people around 71 percent like to find music or artists. They are open to kinds of music.
- Listening to music every day is good for peoples health. 73 Percent of people think this is true.
- People like to listen to music when they are doing things like studying or working or cleaning the house. 69 Percent of people do this.
- Fast music is good for getting work done and being motivated. 69 Percent of people think so.
- Young people, from 18 to 24 years old like music. They think it is good for their emotions and mental health. They like music than other age groups do.

CONCLUSION

Music is really good for peoples feelings and mental health. When people listen to music all the time they feel more stable. They do not get as stressed. They feel happier. They want to do things more. Music also helps people deal with feelings they have every day. The study found that most people think music is good for them. So music and peoples feelings and mental health are connected. Music is something that people can use to make themselves feel better when they are sad or upset. The study says that music is very important for peoples health and feelings. That is why music is so good, for people. Music and human emotions and mental health are connected. That is what the study found out about music.

Suggestions

- I feel like listening to music every day helps me feel less stressed and more happy.
- I choose songs that I love. That make me feel good because different kinds of music can make me feel all sorts of emotions.
- Schools should help students chill out with music it would make dealing with schoolwork stress way easier.
- Companies can play music at work to make the place feel more pleasant I think that's an idea.
- Doctors should think about using music therapy to help people who are stressed, anxious or depressed it could really help them.
- You just have to be careful not to turn your music up loud or listen for too long or you might hurt your ears and that's not good.

Bibiliography

1. Babel, R., Baral, S. And Srivastava A. Did a study in 2023 about ragas and how they affect brain activity. They looked at studies to get their results. The study about ragas is very interesting. Classical ragas are a part of this study.
2. Borgohain, M. And some other people did a study in 2023 to see how Indian classical music affects the way people imagine things. They wanted to know how Indian classical music affects people. Indian classical music is what they were studying.
3. Cassola, C. And some other researchers did a study in 2024 about using music therapy to help people with health problems. They looked at studies to see what works best for people with health problems. Music therapy is what they were studying. Music therapy can help people with health problems.
4. Deepa Iyer and Rajshri Ramakrishna wrote a paper in 2023 about music therapy research in India. They talked about what music therapy's how it can help people. Music therapy research is what they were writing about. Music therapy can help people in ways.
5. Gustavson, D. And some other people did a study in 2021 about how listening to music affects health. They found out some things about music and mental health. Listening to music is what they were studying. Music can affect peoples health.
6. Lu, Y. And Song X. Are going to publish a study in 2025 about how music can help people manage their emotions. They looked at studies to see what they could find out about music. Music is what they were studying. Music can help people manage their emotions.
7. Peters, D. And some other researchers did a study in 2024 about how making music can help people manage their emotions. They looked at studies and found out some interesting things about music. Making music is what they were studying. Music can help people in ways.

8. Prasad is going to publish a study in 2025 about how Carnatic ragas affect students. This study will help us understand how music affects people. Carnatic ragas are what they were studying. Carnatic ragas can affect students in ways.
9. Verma did a study in 2023 about how music therapy can affect peoples mental, physical and social well-being. Music therapy is a type of treatment that uses music to help people. Music therapy is what they were studying. Music therapy can help peoples mental, physical and social well-being.
10. Wang, Y., Wu, L. And Yan H. Did a study in 2023 about how music therapy works for adults who are depressed. They found out that music therapy can be very helpful, for adults who are depressed. Music therapy is what they were studying. Music therapy can help adults who are depressed.