Effects of Peaceful Music on Anger

Student’s Name

Institution

**Abstract**

The purpose of the study is to investigate the psychological effects of different types of music in young adults. It studied the effect of classical, heavy metal and self selected versus without music and time regarding the emotional states and physiological around students. In order to determine the effect of music two variables dependant and independent variables were used. The variables were used to determine whether different types of music have different types of psychological effect to people. However, fifty six (56) of 15 men and 41 women with a mean age of 21 college students were used to conduct the study. Participants were asked to listen to different types of music and basically self selected types of music to determine the effect of music played to a participant. It was determine the effect and whether the music contributes to the reductions of anger and whether listening to self selected music can reduce anger and lower anger scores. However, dependant variables, relaxation were used to determine the rating scale to obtain the right level of relaxation so that anger could be measured. The result indicates that students who listened to self selected relaxing or classic music have high chances of realizing reduction in anger and lower sympathetic nervous system arousal. The quantitative result also indicates that students in all situations reported a reduction in anger and therefore, listening to self selected music contributes to the reduction of anger. The study therefore, supported the hypothesis; it means that listening to different types selected music or classic music as greatest effect to people.