



Influence of Worship Songs to Mood

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Abstract

The mood is defined as an emotional state or condition of the mind. Worship song is a type of song dedicated to God. It is usually sung to give praise and glorify God. This research aimed to find out how the moods of students with and without worship songs are assessed, and the significant difference in the moods of the students with and without worship songs. A total of five (5) BS Psychology students were randomly selected to participate in the study. They were asked to listen to different worship songs and answer the mood test after. The researcher used the T-test. Based on the gathered results, it was observed that there is a difference between the moods of the students with and without worship songs ($X=3.20$; $X=3.40$) ($SD=.45$; $SD=.55$). However, it was not significant ($t\text{-value}=1.00 > .05$ level of significance; $p\text{-value}=.374 > .05$ level of significance). Moreover, I concluded that calmness in the moods of people could somehow be enhanced by worship songs. Thus, I recommend to the future researchers to use this as the basis for their research. In addition, upbeat songs like electronic dance music is highly recommended to use. Also, limit the number of songs to be played and the time allotment given in listening to the music.

Keywords: Music, Worship Songs, Mood

WORSHIP SONGS AND MOOD

Music plays an important role in one's life. It is used as an entertainment by many. Music also explains what we feel. Through music, we may be able to convey our feelings to others. Through the lines of the song or melody, we may express our emotions and feelings. The mood is operationally defined as an emotional condition or feeling. Music has a dynamic capacity to influence our emotions and affections (Moser, 2012). As an outlet for our emotions, we tend to listen to music. Worship songs make a connection between us and God. It is often used to glorify and give Him praise. It serves as a tool to show our love for Him and an outlet of His love for us. Worship songs may also aid in alleviating our moods. It may lessen and pacify what we feel through the lyrics and melodies we hear.

Music vitalizes emotions which affect the moods of an individual with the help of the neurotransmitters which include the oxytocin and dopamine (Goldstein 2017). Music lets the brain release dopamine which makes us feel good. Its rhythm and lyrics affect how we feel about the song which improves our mood (Taylor, 2016).

According to Miranda (2012), listening to music influences motivation, builds up the mood, characterizes personality, and distinguishes social identity which boost the self-esteem of an individual. In

addition, hearing a song helps us feel an emotion which affects our mood. Music engages with our emotional dimensions which make us feel the meaning it conveys (Smith, 2012).

Furthermore, Hampton (2016) on her study states that listening to music develops focus and improves mood and memory. Thrilling music awakens, excites, entertains, and put the audience into action (Pratte, 2014).

Moreover, Christian music may aid in one's increase in energy levels because it lifts the spirit. It also aids in calming emotions and brings back to the right and positive outlook and state of mind with God. Worship songs also modify the spiritual atmosphere in the environment which makes an individual feel good in terms of their moods and also feel motivated (Bradley, 2017). Christian Rock music affects the soul and its melody is one of the factors that contribute to the mood (Winters, 2016).

Furthermore, worship songs involve us with God intellectually and emotionally (Moser, 2012). It makes us connected to God. Other than that, it affects our mood, makes our brain work, and improves our emotions. It has an influence on our emotions and intellect because it gives a sense of relief and it makes us comfortable and happy (Hartland, 2017).

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The Cognitive Appraisal Theory by Richard Lazarus strengthened this study. It states that thinking must take place before experiencing emotions. A stimulus must first occur to be followed by the thought which then directs to physiological response concurrent to emotion. Worship songs will act as a stimulus which may lead to the variation in the mood of the students.

In line with this, I aimed to find out (a) how the moods of students without worship songs are assessed, (b) how the moods of the students with worship songs are assessed, and (c) the significant difference in the moods of the students with and without worship songs.

Hence, I hypothesized that worship songs had no influence on the mood of the students. Moreover, there was no significant difference with the moods of the students with and without worship songs.

Method

Participants

In the experiment, there were five (5) BS Psychology students who are 18 years old, randomly selected from the control group (without worship songs) and experimental group (with worship songs).

Materials

In this study, the materials used were music (worship songs)

and a speaker. I also used a pen and the Brief Mood Introspection Scale.

Procedure

The experiment took place in a room where the materials were prepared. This experiment had two parts. The participants were placed in the control group (without worship songs) and experimental group (with worship songs) as well. In the first part, the participants in the control group were not given any music, I just gave them the BMIS test to answer. In the second part, after a ten-minute break, the experimental group were given fifteen minutes to listen to different worship songs then I gave them the BMIS test to answer.

Results

Table 1
Influence of Worship Songs to Mood

Treatment Condition	Mood					
	X	SD	df	t-value	p-value	Interpretation
Without Worship Songs	3.20	.45	4	1.00	.374	Not Significant
With Worship Songs	3.40	.55				

Based on the statistical findings, it can be seen from the table 1, that the moods of the students in the experimental group (with worship songs) was higher ($X=3.40$; $SD=.55$) than the moods of the students in the control group (without worship songs) ($X=3.20$; $SD=.45$). The findings further revealed the computed $t\text{-value}=1.00 > .05$ level

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of significance; $p\text{-value}=.374>.05$ level of significance.

Discussion

As mentioned in the previous findings, the respondents who were exposed with worship songs appeared to have more pleasant moods as compared with those who have not listened to worship songs. It was observed by the researcher during the process that the experimental group with worship songs gave more attention to the beat, melody, and the lyrics of the songs. They tend to tap their feet following the beat of the songs. However, they tend to feel sleepy at the latter part of the experiment. The findings were also consistent with Bradley (2017). He found out that worship songs boost energy levels because it lifts the spirit. It also alleviates the mood and induces positivity in the state of mind.

Hence, based on the statistical data, I concluded that calmness in the moods of people could somehow be enhanced by worship songs.

The study recommended to the future researchers to use this as the basis for their research. In addition, upbeat songs like electronic dance music are highly recommended to use. Also, limit the number of songs to be played and the time allotment given in listening to the music.

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