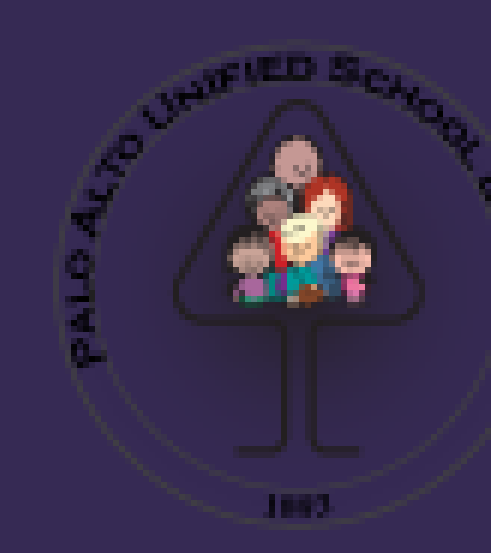


# The Impact of Music Types on Palo Alto Teen's Moods

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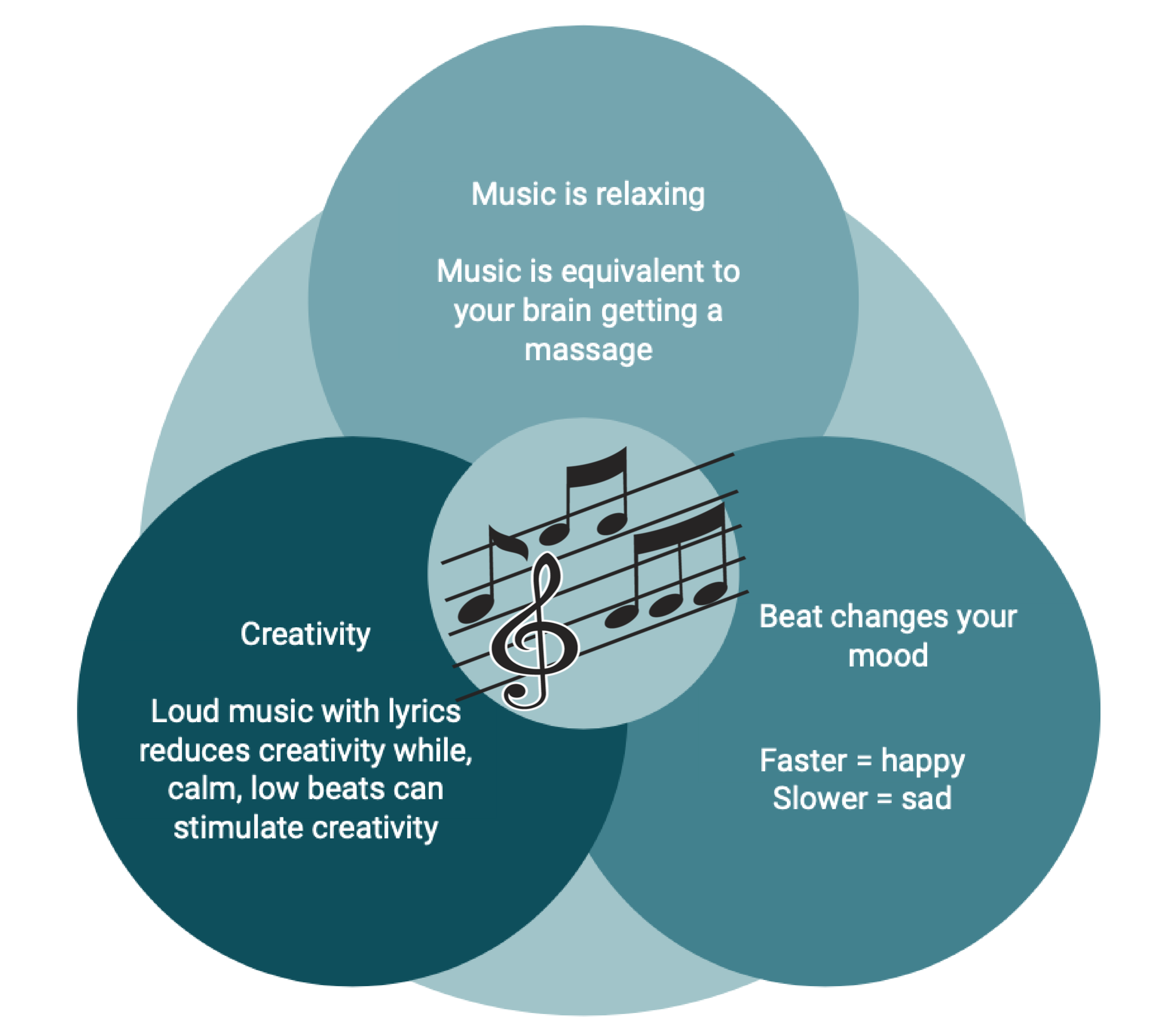
## Introduction

- How music changes the mood of people
- “the music we listen to affects the way we perceive the world, which can have a direct impact on our mood”
  - What type of music and the beat and even speed can affect the mood
- Generally when listening to music, we engage our neocortex
  - neocortex: the center for higher brain functions, such as perception, decision-making and language

## Research Methodologies

- I conducted a brief case study of music and the well being of teens in Palo Alto
- I sent two survey
  - 1 to Gunn students and 1 to Paly students
- I had the different schools listen to two different songs
  - those songs being Party in the USA by Miley Cyrus and Someone like you by Adele
- I received both qualitative and quantitative results from my survey

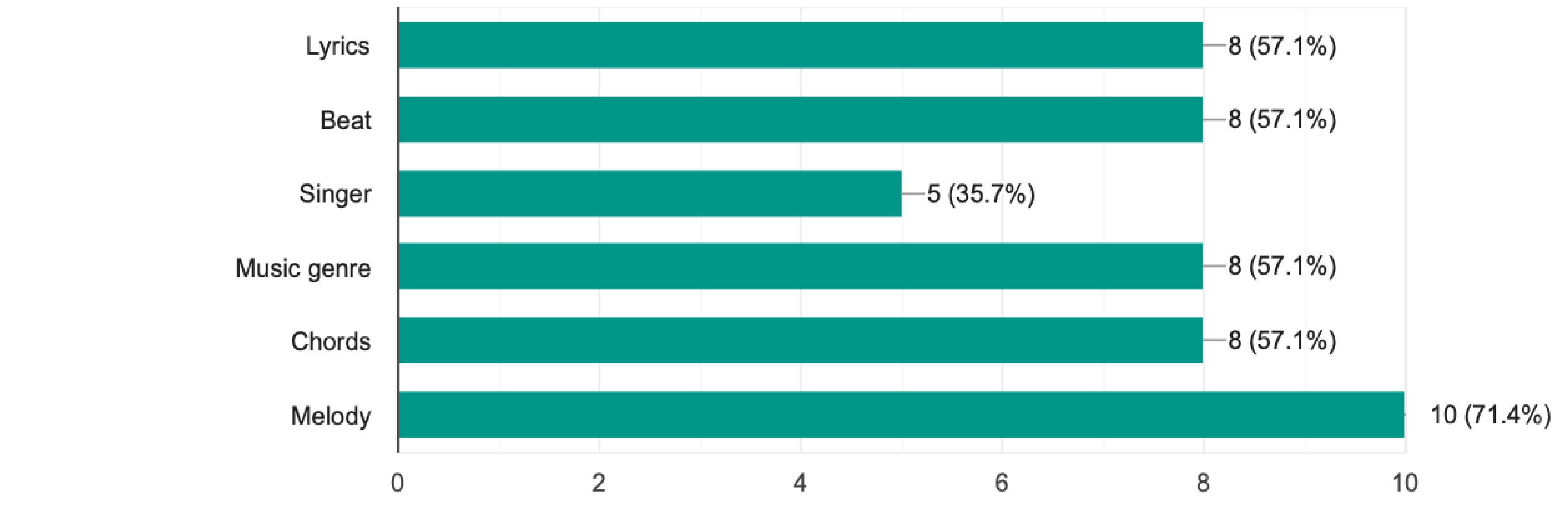
## Data & Findings



### Figure 1:

What parts of a song move you? (Check all that apply)

14 responses



Part of Song	Number of Responses	Percentage
Lyrics	8	57.1%
Beat	8	57.1%
Singer	5	35.7%
Music genre	8	57.1%
Chords	8	57.1%
Melody	10	71.4%

Data from students at Gunn High School:

- 14 students took part in this survey
- In this graph, we see that majority of students agree that multiple aspects of music components move them

- Figure 2: is points brought up and proven in many articles
- Beat changes your mood is proven in my data in figure 1 as many students said they were moved by the beat/ melody

## Conclusions

- Music is supposed to help the well being of teenagers in Palo Alto. The different types of music can impact teens mood, for example, fast paced music can increase happiness amongst teenagers. Just slower paced can decrease the mood of teens.
- According to research and data I collected, there are multiple aspects of music that contribute to the way teenagers react and take in music.

## Implications

- Music can impact your well being
- Up beat music heightens your mood
- more melancholic music can lower your mood

## Next Steps

- Create a music playlist for
  - studying
  - to be in a happier mood

## ACKNOWLEDGEMENTS / REFERENCES

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