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Degrees of Familiar and Affective Music and Their Effects on State Anxiety

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Abstract

The success of the therapeutic use of music in various institutions and other research settings has pointed to the possibilities of using music to reduce anxiety in high-anxiety subjects. Ten sections of introductory psychology students ($n = 321$) were randomly assigned to one of four treatment conditions or the control group. Forms A and B of the Eight State Questionnaire (8SQ) were administered in a counterbalanced fashion prior to and following the music (or no music) treatment. Results proved to be statistically nonsignificant. However, a trend was noted for sedative music to have some anxiety-reducing effects upon high state anxiety subjects. Implications of the study and a need for research investigating the effects of music on simultaneous psychological and physiological measures of anxiety were discussed.

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