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

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Journal of Music Therapy, Volume 17, Issue 1, 1 March 1980, Pages 2–15,
https://doi.org/10.1093/jmt/17.1.2
Published: 01 March 1980
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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