



# **THE EFFECTS OF SONG LYRICS ON HUMAN MOOD**

A thesis  
Presented to  
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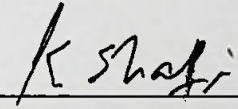
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(BS) Psychology

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**2013**

**APPROVAL SHEET**

I hereby certify that Maria Nadeem and Kiran Javed, students of B.S. Psychology (Spring 2008-Fall 2011), have completed their thesis work to my satisfaction and that the thesis is in the format of an editorial standard recognized by the faculty/department as appropriate for examination.

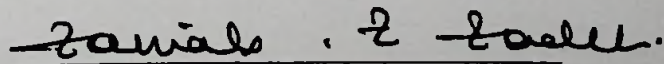


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Dr. Zainab F. Zadeh,  
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## ABSTRACT

This study seeks to address the impact of lyrics on human mood of adolescents. In the light of reviewing the literature, it was hypothesized that adolescents who listen to songs with decent lyrics would have more of a positive mood as compared to adolescents who listen to songs with obscene lyrics. In addition to this, it was also hypothesized that adolescents who listen to songs with decent lyrics would have less negative mood as compared to adolescents who listen to songs with obscene lyrics.

In order to assess the expression of positive and negative mood in adolescents, a personal information form and PANAS mood scale along with a mood checklist was used but first a consent form was signed. A total number of 50 adolescents, having 25 males and 25 females, were selected to participate in this study using purposive sampling. Their age ranges was from 13 to 19 years and were from grades 7 to 12. They were of middle and upper socioeconomic status.

Paired T-test was applied to analyze the results of PANAS Questionnaire and SPSS was used to get the comparisons. The results showed significant differences, thus verifying the hypothesis that adolescents who listen to songs with decent lyrics have more of a positive mood as compared to adolescents who listen to songs with obscene lyrics. It was also proved that adolescents who listen to songs with decent lyrics have less negative mood as compared to adolescents who listen to songs with obscene lyrics. Therefore, effects of song lyrics are validated on human mood. Avenues for future research have also been suggested as well as limitations and implications have been illustrated moreover in this report.