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Research Project: Candidate Interest #1

The Effects of Music on the Induction of Emotional States Over Time

Within the realm of embodied cognition, there is a massively influential paradigm that has drawn attention in the last decade called embodied music cognition, which holds that music cognition is strongly determined by a person's corporeally mediated interactions with music. This area of research has garnered a lot of attention considering it is compliant with the *replacement hypothesis,* which assumes perception-action couplings and the resources spread throughout the brain, body, and environment are integral parts to cognition (Wilson, A.D., & Golonka, S. ,2013).

There have been a number of studies performed in recent years within this realm of research, many of which use the *valence-arousal* model of emotion (designates the extent of 'happiness' vs 'sadness'), measure Skin Conductance Level (SCL), and measure the heart rate (HR) response. However, not many of these studies have looked at how these emotions evoked through music change over time.

There are also many extraneous variables I believe need to be controlled in order to encapsulate the effect music has on cognition. Variables such as age, personality, and even music preference were often **not** controlled or accounted for within prior studies. My hopes are that this project will help answer some of the questions I have on embodied music cognition: To what extent will *music preference* affect prolonged emotional states? Will the inductive emotional states remain relatively constant? Will they fluctuate? How will kinesthetics/dancing affect this?