

Subjective mood induced by singing in karaoke

Junko Matsumoto (1) and Shiori Aoki (2)

(1) Naganao College of Nursing, Nagano, Japan
(2) Nagoya University Hospital, Nagoya, Japan

PACS: 43.75.Cd, 43.75.Rs

ABSTRACT

This study investigated the situation regarding participation in karaoke among college students in Japan and the subjective mood induced by karaoke singing. College students completed a questionnaire comprised of items regarding frequency of participation in karaoke, partners with whom respondents go to karaoke, number of partners respondents go to karaoke with, aims of participating in karaoke, degree to which karaoke singing reduces stress, mood before karaoke singing, and mood after karaoke singing. The results indicated that most respondents participate in karaoke once or twice per month and go with from 1 to 5 friends. The aims of participating in karaoke were for amusement, to pass time, to reduce stress, or for socializing and most respondents felt that karaoke singing reduced stress. With regard to mood after karaoke singing, respondents reported feeling more excited, active, and tired and less depressed, anxious and nervous than before karaoke singing. These results suggest that college students in Japan occasionally go to karaoke with several friends for amusement or to pass time and feel comfortably tired after karaoke singing. Furthermore these findings indicate that karaoke singing has positive effects on mood.

INTRODUCTION

In Japan karaoke singing is very popular and many people go to karaoke. Hatanaka & Miyakoshi (2003) indicated that karaoke singing reduced anxiety level among people who have strong anxiety, and suggested that the effect of karaoke singing is equal to that of mild exercise. However there is no finding about how mood is induced by singing karaoke in fact. In this study we investigated subjective mood induced by karaoke singing and situations regarding participation in karaoke among college students in Japan.

METHOD

Respondents

Respondents were 174 female and 12 male college students ranging in age from 18 to 33 ($M = 20.33$, $SD = 1.99$).

Questionnaire

We made a questionnaire constructed by following items.

1) Frequency of participation in karaoke

Respondents were asked to write a frequency of participation in karaoke per month.

2) Average time spending in karaoke

Respondents were asked to write average time spending in karaoke.

3) Number of partners respondents go to karaoke with

Respondents were asked to write a number of partners they go to karaoke with.

4) Partners with whom respondents go to karaoke

Respondents were asked to rate each frequency that they go to karaoke with friends, family, a boyfriend or a girlfriend, and acquaintances on a 4-point scale where 1 = not at all, and 4 = very frequent.

5) Aims of participating in karaoke

Respondents were asked to rate each frequency that they participate karaoke for amusement, to pass time, to reduce stress, for socializing, and to practice singing on a 4-point scale where 1 = not at all, and 4 = very frequent.

6) Degree to which karaoke singing reduces stress

Respondents were asked to rate degree to which karaoke singing reduces stress on a 4-point scale where 1 = not at all, and 4 = very frequent.

7) Mood before karaoke singing

Respondents were asked to rate each degree of mood to which they feel before karaoke singing on a 4-point scale where 1 = not at all, and 4 = very frequent. We selected 20 items from a Mood Inventory developed by Sakano et al. (1994).

8) Mood after karaoke singing

Respondents were also asked to rate each degree of mood to which they feel after karaoke singing on a 4-point scale where 1 = not at all, and 4 = very frequent. Items were identical with ones that used in measuring for mood before karaoke singing.

RESULTS AND DISCUSSION

Frequency of participation in karaoke

A percentage that respondents go to karaoke below once per month was 57.29. Percentages that they go to karaoke once or twice per month and three or four times per month were 37.11 and 2.79, respectively.

Average time spending in karaoke

Average time spending in karaoke was 3.59 hours ($SD = 1.14$).

Number of partners respondents go to karaoke with

Average number of partners respondents go to karaoke with was 3.88 ($SD = 1.48$).

Partners with whom respondents go to karaoke

Mean frequency that respondents go to karaoke with friends, family, a boyfriend or a girlfriend, and acquaintances were 3.29 ($SD = .85$), 1.46 ($SD = .74$), 1.36 ($SD = .68$), and 1.46 ($SD = .57$), respectively.

Aims of participating in karaoke

Mean frequency that respondents go to karaoke for amusement, to pass time, to reduce stress, for socializing, and to practice singing were 3.41 ($SD = .80$), 1.64 ($SD = .81$), 2.69 ($SD = 1.15$), 2.09 ($SD = .80$), and 1.35 ($SD = .64$), respectively.

Degree to which karaoke singing reduces stress

Mean degree to which karaoke singing reduces stress was 2.99 ($SD = .89$).

Mood before karaoke singing

Mean degrees of 'excited' ($M = 2.56$, $SD = .72$) and 'lively' ($M = 2.72$, $SD = .75$) to which they feel before karaoke singing were a little higher than other items as shown at figure 1.

Mood after karaoke singing

Mean degrees of 'excited' ($M = 2.93$, $SD = 1.09$) and 'lively' ($M = 2.88$, $SD = .71$) to which they feel after karaoke singing were also a little higher than other items as shown at figure 1.

We compared degree of each mood after karaoke singing with degree of ones before karaoke singing by a *T*-test.

As a result, there were significant differences between before and after karaoke singing in 'excited' [$t(181)=-4.74$, $p<.01$], 'tense' [$t(181)=11.81$, $p<.01$], 'lively' [$t(181)=-2.95$, $p<.01$], 'droopy' [$t(181)=-2.84$, $p<.01$], 'tired' [$t(181)=-3.87$, $p<.01$], 'exhausted' [$t(181)=-4.50$, $p<.01$], 'depressed' [$t(181)=4.62$, $p<.01$], 'anxious' [$t(181)=4.73$, $p<.01$], 'nervous' [$t(181)=2.92$, $p<.01$], and 'embarrassed' [$t(181)=-4.89$, $p<.01$] mood. In 'languid' mood there was a tendency of a significant difference [$t(181)=-1.70$, $p<.10$], and in other items there were no significances between before and after karaoke singing.

Respondents felt more 'excited', 'lively', 'tired', and 'exhausted' after karaoke singing than before it. On the other hand they also felt less 'tense', 'droopy', 'depressed', 'anxious', 'nervous', and 'embarrassed' than before it.

These results suggest that college students in Japan occasionally go to karaoke with several friends for amusement or to pass time for about from 2 to 4 hours and they feel karaoke singing can reduce stress. As regards mood, they feel elated mood both before and after karaoke singing. However they feel more elation and tiredness and less tension and anxiety by karaoke singing.

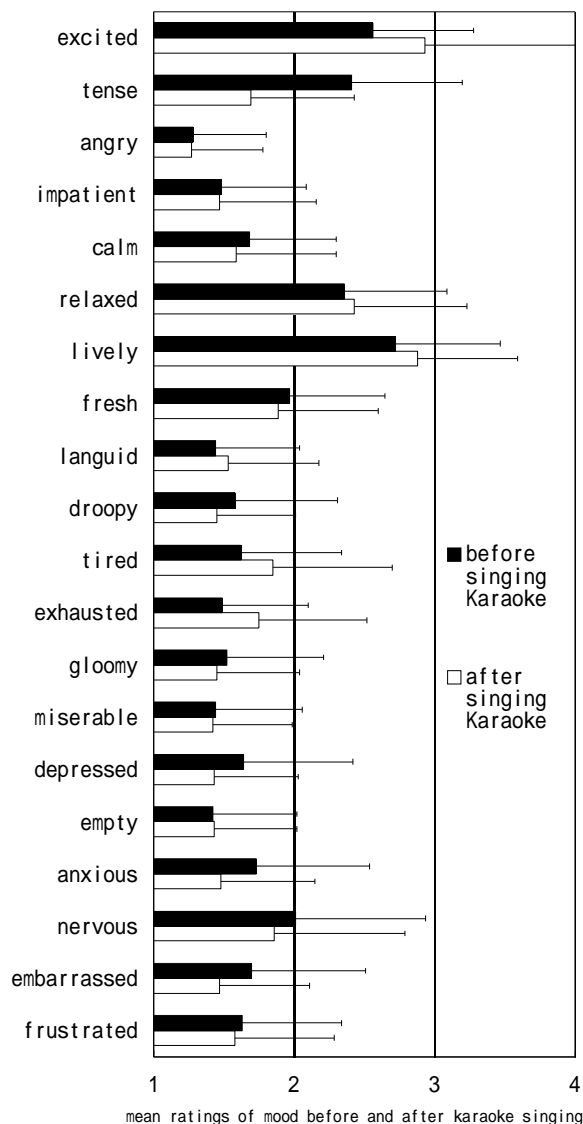


Figure 1. Mood before and after karaoke singing

CONCLUSION

These findings indicate that karaoke singing makes people feel comfortably tired and it has positive effects on mood.

REFERENCES

- Hatanaka, Y. & Miyakoshi, Y. (2003). Effect of Karaoke on stress response, *Shidax Research*, 3, 14-21.
- Sakano, Y., Fukui, T., Kumano, H., Horie, H., Kawahara, K., Yamamoto, H., Nomura, S., & Suematsu, H. (1994). Development and validation of a new Mood Inventory. *Japanese Journal of Psychosomatic Medicine*, 34, 629-636.