



**CALIFORNIA STATE SCIENCE FAIR  
2007 PROJECT SUMMARY**

<b>Name(s)</b> <b>Alexandria G. Fuertes</b>	<b>Project Number</b> <b>J0612</b>
<b>Project Title</b> <b>How Does Music Affect Us Psychologically?</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> The objective of my project is to determine whether or not music affects us psychologically. I believe music will either increase or decrease memory retention as well as alter mood and creativity.</p> <p><b>Methods/Materials</b> Informed consent was received from 22 subjects, 7 male and 15 females, ranging in age from 12 to 72. Memory retention and creativity were tested using no-music as a baseline - then again tested while playing 3 different genres of music in the background. A series of tests using word flash cards were performed to help measure memory retention. Subjects were also asked to draw a picture; these pictures were then analyzed for creativity. Subjects were asked to write down their emotions and separately, asked to write down how the music made them feel. Blood pressure readings were also taken.</p> <p><b>Results</b> Classical music played in the background boosted memory retention scores 32.5%, a lot higher than any other music genre. Playing no music closely followed classical music at 23.3%.</p> <p><b>Conclusions/Discussion</b> My conclusion is that music definitely has an affect on us psychologically; surprisingly, not in all the ways I had originally hypothesized.</p>	
<b>Summary Statement</b> The purpose of my project is to scientifically determine whether or not music increases or decreased memory retention, as well as alter mood or creativity.	
<b>Help Received</b> My step-father helped me set up templates and charts in Excel. My mom helped me glue items onto my poster board.	