Listening to Violent Songs as a Form of Catharsis:

Its Effect on Selected High School Student's Aggression Level

An Undergraduate Thesis Presented to

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Summary, Conclusions and Recommendations

This chapter gives the summary of the study from the problems presented, methodology and findings. Conclusions were then formatted based on the findings. Recommendations were given at the end of the chapter.

Summary

This study was about the effect of listening to violent songs as a form of catharsis on the aggression levels of selected high school students. It aimed to determine if listening to violent songs would increase or decrease the subjects' aggression level. In line with the aim of the study, answers to the following questions were sought:

5. What are the pre-test mean scores of the experimental group and control group in the 5 subscales of the Aggression Questionnaire?
6. What are the post-test mean scores of the experimental group and control group in the 5 subscales of the Aggression Questionnaire?
7. Is there a significant difference between the AQ total post-test mean scores of the experimental and control group?
8. Is there a significant difference between the AQ total pre-test and post-test mean scores of the experimental and control group?

The following null hypotheses were tested at .05 level of significance to determine if there were significant differences between the scores of the experimental and control group in the Aggression Questionnaire:

3. There is no significant difference between the AQ total post-test mean scores of the experimental and control group.

4. There is no significant difference between the AQ total pre-test and post-test mean scores of the experimental and control group.

The researchers used the pretest/posttest design to measure the subjects' aggression level before and after the treatment. Purposive sampling was used to select 10 male third year high school students (aged 14-16 years old) from Asian Trinity School in Dasmarinas, Cavite. The experimental and control group were given a pre-test using the Aggression Questionnaire. Only the experimental group was asked to listen to violent songs (death metal) for 5 consecutive days. Each session lasted for 15 minutes. *After the treatment, both groups were post-tested using the same questionnaire.*

Below are the salient findings of the study:

1. The pre-test mean scores of the experimental group were slightly higher than the pre-test mean scores of the control group.
2. The post-test mean scores of the experimental group were higher than the post-test mean scores of the control group.
3. There was a significant difference between the AQ total post-test mean scores of the experimental and control group.
4. There was no significant difference between the AQ total pre-test and post-test mean scores of the experimental group.
5. There was no significant difference between the AQ total pre-test and post-test mean scores of the control group.

Conclusions

Based on the findings of the study, the following conclusions were formulated:

1. There was a significant difference between the AQ total post-test mean scores of the experimental and control group after the treatment was given to the experimental group. Hence, it was concluded that people who are listening to violent songs are more likely to have higher aggression levels than those who are not.

2. There was no significant difference between the AQ total pre-test and post-test mean scores of the experimental group, therefore, it was concluded that a cathartic method such as listening to violent songs does not reduce a person's aggression level.
3. There was no significant difference between the AQ total pre-test and post-test mean scores of the control group. Since the control group was not exposed to violent songs, it was concluded that there are input variables such as violence that could produce an effect on an individual's aggression level.

Recommendations

The following recommendations were based on the aforementioned findings and conclusions. Observations made during the course of this research also contributed to the formulation of the following recommendations:

1. For the students, to abstain from engaging in cathartic methods which involve violence such as listening to songs with violent lyrics.
2. For the parents, to get involved in choosing what type of music their children should listen to.
3. For school teachers, to consider using non-violent methods in addressing their students' aggressive behaviors.

Directions for Future Research

Through this study, future researchers are encouraged to:

1. Involve a larger number of participants.
2. Conduct the experiment in a longer timeframe to obtain significant results.
3. Replicate the study considering other forms of catharsis or other demographic variables such as age, gender and ethnicity.
4. Replicate the study to support and verify the findings.