

摘要

本研究旨在探索聆賞者對四種情緒類型音樂（快樂、柔和、悲傷與恐懼音樂）的喜愛度與感受情緒，採調查研究法，以 217 位非音樂系大學生為研究對象，自變項為四種情緒類型音樂與性別，依變項是喜愛度與感受情緒。研究結果發現：（1）聆賞者對「四種情緒類型音樂」的「喜愛度」達顯著差異，其中「快樂音樂」和「柔和音樂」的喜愛度最高，「悲傷音樂」次之，「恐懼音樂」最低。且「四種情緒類型音樂 × 性別」在「喜愛度」達顯著差異，聆聽「恐懼音樂」時女生比男生的喜愛度低。（2）「四種情緒類型音樂 × 性別」在「十種感受情緒」達顯著差異，聆聽「柔和音樂」時，女生比男生感受到更高「平靜的」與更低「悲傷的」情緒；當聆聽「悲傷音樂」時，女生比男生感受到更低「快樂的」、更低「有活力的」、也更高「悲傷的」情緒。最後提出音樂在情意教學與心理輔導的應用。

關鍵詞：情緒音樂、感受情緒、音樂喜愛、音樂聆賞

Abstract

This study investigates music liking and felt emotions while listening to four types of emotional music: happy, tender, sad, and scary music. Surveys were used to conduct this study. The subjects were 217 college students of non-music majors. The independent variables were four types of emotional music and gender, and the dependent variables were music liking and felt emotions. The results showed that first, listeners have significantly different music liking for the four types of emotional music. Subjects clearly like both happy and tender music the most, sad music is second, and scary music is the lowest. Moreover, the interaction effect of four types of emotional music and gender shows a significant difference in music liking. Females do not like scary music as much as males. Second, the interaction effect of four types of emotional music and gender shows a significant difference in ten felt emotions. Females felt more peaceful and less sad than males while listening to tender music. In addition, sad music made females feel less happy, less energetic, and sadder than males. The research results propose that music can be used effectively in teaching and psychological counseling.

Keywords: emotional music, felt emotions, music liking, music listening