Take a Pic, Get a Playlist
AI Recommended Mood–Based Playlists

Renuka Sookdeosingh

Research Findings

Multiple scientific studies have discovered that music and mood are closely related. As explained by Dr. Jenny Brockis in "*How Does Music Make You Feel*," music can enhance or hinder our wellbeing. Music is considered noise, and noise can cause stress to the brain. However, listening to music we enjoy boosts our mood through the release of dopamine and relaxes our brain. This is particularly useful when we need to be open to learning. Music also connects us as humans, as shown through the times where we synchronize our heartbeats and brainwaves at concerts. This can be beneficial for collaboration. Listening to music activates various parts of the brain that are responsible for movement, planning, attention, and memory. There is a fine line between where music is simply part of the background and when it becomes a distraction. All in all, music does have a major impact on our mood, especially considering our emotional state, personality, and musical preference.

Music is one of the things that can be used as therapy with no reported side effects. In the article "*How Does Music Affect Your Mood and Emotions*," Suzanne Boothby describes research on the concept of music as therapy. Key takeaways from this research include upbeat music bringing joy or reducing anxiety. Sad music can lift moods, though, for some, it can be connected to loss. Studies have shown that music therapy has the power to be an effective treatment for mood disorders caused by neurological conditions. Music therapy can reduce depression and anxiety, as it can improve mood and self-esteem. It could even be used to treat chronic conditions. Whether people are playing or listening to it, everyone will feel some sort of connection to music.

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One of the most common ways we reveal our moods is through our facial expressions. Technology has become so advanced that it can recognize specific facial features. The artificial intelligence technology in the Google Vision API works by identifying feature points of where someone's face should be in relation to their eyes. After detecting the facial landmarks from the face in the image, the Vision API can detect the person's most prominent emotion. In "*Classifying Emotion: A Developmental Account*," Zinck and Newen explain the facial expressions that constitute basic moods. A joyful expression is described to have relaxed and neutral eyes, with the corners of the lips raised to a smile. An angry expression includes lips that are pressed together or an open mouth with teeth shown. The person would also have wide-open eyes, raised eyebrows, and forehead wrinkles. Someone with a sad expression would have trembling lips or narrowed eyes and dropped eyelids. Finally, a fearful expression would have a hard stare, complete with furrowed brows and open eyes.

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