

Sad music helps mend broken hearts

18th May, 2013



New research suggests listening to sad music can help overcome the heartbreak of an ended relationship. The study contradicts common wisdom that upbeat music is best when feeling the blues after emotional turmoil. It might account for why people

began singing the blues – music to accompany painful or miserable times. The research is from the University of California at Berkeley. It says people find comfort in listening to tunes that reflect their negative mood. It also says weepy movies and books, or gloomy artwork provide comfort and console broken hearts. Study co-author Stephen Palmer said: "Emotional experiences of aesthetic products are important to our happiness and well-being."

The research is to be published in the August edition of the "Journal of Consumer Research" and is titled: "Interpersonal Relationships and Preferences for Mood-Congruency in Aesthetic Experiences." The authors say: "Consumers experience serious emotional distress when intimate relationships are broken, and look for a surrogate to replace the lost personal bond...[In] negative moods, [they] might choose aesthetic experiences consistent with their mood (sad music; tear-jerking dramas) even when more pleasant alternatives are also available." They report on another study that found we prefer "angry music" when we are frustrated - by being interrupted, by someone being late, or after losing an Internet connection.

Sources: Telegraph.co.uk / jcr-admin.org

Writing

To help mend a broken heart, listening to happy, upbeat music is better than listening to sad music. Discuss.

Chat

Talk about these words from the article.

new research / sad music / common wisdom / miserable / weepy movies / aesthetic / relationships / mood / emotional distress / personal bond / frustrated / interrupted

True / False

- New research goes against what we usually think about broken hearts. T / F
- The research said blues music started to mend broken hearts. T / F
- Researchers said people like to listen to things that match their mood. T / F
- A co-author said art doesn't help people who are brokenhearted. T / F
- The research says we look for a musical substitute for a lost love. T / F
- The study said we would choose nicer music if it were available. T / F
- People prefer to listen to jazz when they are frustrated. T / F
- The study said not being connected to the Internet was a frustration. T / F

Synonym Match

- | | |
|-----------------|---------------|
| 1. overcome | a. sad |
| 2. relationship | b. substitute |
| 3. turmoil | c. comfort |
| 4. weepy | d. defeat |
| 5. console | e. harmony |
| 6. edition | f. confusion |
| 7. congruency | g. close |
| 8. intimate | h. nice |
| 9. surrogate | i. romance |
| 10. pleasant | j. issue |

Discussion – Student A

- Do you like blues music?
- How would relationships be different if we never got a broken heart?
- Do you need a surrogate or substitute for someone you lost?
- What different music do you play to suit your different moods?
- What do you do when you are frustrated?
- What would life be like without music?
- How do you act when you are brokenhearted?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|--------------------------------|-----------------------------|
| 1. sad music can help overcome | a. artwork |
| 2. The study contradicts | b. with their mood |
| 3. emotional | c. and well-being |
| 4. gloomy | d. dramas |
| 5. important to our happiness | e. common wisdom |
| 6. published in the | f. an Internet connection |
| 7. when intimate | g. the heartbreak |
| 8. experiences consistent | h. relationships are broken |
| 9. tear-jerking | i. turmoil |
| 10. losing | j. August edition |

Discussion – Student B

- What springs to mind when you hear the term 'broken heart'?
- How many times have you had a broken heart?
- How many times have you broken someone's heart?
- What's the best thing to do to overcome a broken heart?
- What kind of music or movie is best for a broken heart?
- Why do humans get broken hearts?
- What's the weepiest movie you've ever seen?
- Is it easy for you to be brokenhearted? Why?

Spelling

- The study icodncratts common wisdom
- nymppcooa painful or miserable times
- genaeivt mood
- eyewp movies
- Inscooe broken hearts
- athticsee products
- in the August dentoi
- iinatmet relationships
- a etrsgorau to replace the lost personal bond
- tcseinotns with their mood
- more pleasant sarivtleant
- being errptuedtin

Answers – Synonym Match

1. d	2. i	3. f	4. a	5. c
6. j	7. e	8. g	9. b	10. h

Role Play

Role A – Blues music

You think blues music is best to help people overcome a broken heart. Tell the others three reasons why. Tell them things that are wrong with their music. Also, tell the others which is the worst of these (and why): classical music, rock and roll or folk music.

Role B – Classical music

You think classical music is best to help people overcome a broken heart. Tell the others three reasons why. Tell them things that are wrong with their music. Also, tell the others which is the worst of these (and why): blues, rock and roll or folk music.

Role C – Rock and Roll

You think rock and roll is best to help people overcome a broken heart. Tell the others three reasons why. Tell them things that are wrong with their music. Also, tell the others which is the worst of these (and why): classical music, blues or folk music.

Role D – Folk music

You think folk music is best to help people overcome a broken heart. Tell the others three reasons why. Tell them things that are wrong with their music. Also, tell the others which is the worst of these (and why): classical music, rock and roll or blues.

Speaking - Music

Rank these and share your rankings with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|-----------------|-----------|
| • blues | • techno |
| • country | • jazz |
| • rock and roll | • pop |
| • classical | • hip-hop |

Answers – True False

a	T	b	F	c	T	d	F	e	T	f	F	g	F	h	T
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.