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Does Mood Affect Learning and Memory?

Meila Fleming

Mood is the state of mind or emotion. However, does mood affect learning and memory? I stumbled upon the question one day in my eight o'clock class completing an assignment on research questions. The only thing that I remembered from class is my teacher stating that learning is affected by one's mood. Research has been researched on this topic in the past but in different forms. One of the articles that I found was about research on the Effects on Learning, Behavior, and Mood. The other article that is similar to my study is long-term effects of emotion and cognition. Most research shows in fact, mood does affect learning. Learning and memory occur more when one is happy or interested in what is being taught. My hypothesis is that mood does in fact affect learning.

Method

Participants

I will be recruiting participants that attend college I will decide to choose college students because most of them are busy and usually do not sleep until later hours of the night. To choose the participants they will be given questionnaires to find out what time they go to sleep. I wont college students that are not morning people that only get between 6 or 7 hours of sleep a night. Even though I am not testing sex differences, I would like to have an even amount of men to women. I would like to have 20 participants per group (10 men and 10 women).

Materials

The materials that I will be using are four rooms, two equipped with televisions and VCRs.

Pencil and paper

80 test

Questionnaires

Sleeping facilities

Two professors

Procedure

The study that I will be conducting will be within-subjects design. I choose a within-subject design because I want to study the same group in a good and in a bad mood. I will have two even sex groups, one group will be asked to watch a video (comedy) to jump-start their good mood. Keep in mind there will be two groups tested. The first group placed in a room with very anxious professor that loves to teach and he will lecture. All of the participants will receive a pencil and a piece of paper to take notes. After they do asked to complete it to show how much information retained. The second group of participants will be asked to watch a movie (controversial) to jump-start their bad mood. Then the second will be placed in a room with professor who is very strict. A week later of the second group will be given a test to see how much information they retained. All participants will start these procedures at 7:00 in the morning, assuming that being asked to be at an experiment that early will have an affect on their mood.

First I will recruit participants on a college campus and distribute questionnaires. The questionnaires will consist of two questions. The questionnaire will ask, what time do you go to sleep at night? The second question will be how many hours of sleep do you get a night? I will only use the participant that get between 6 and 7 hour of sleep each night. They will sleep over night in a facility prepared for sleeping. They will be asked to

go to sleep after 12:00am and before 1:00am. All of the participants will wake up at 7:00am they will be placed in a separate room according to their group. The participant will view the video, after viewing the videos then they will be placed in a classroom. In the classroom, they will hear a professor lecture for an hour and forty-five minutes. Being given a pencil and paper they will be allowed to take notes. The notes will be collected after class so they won't be able to study. A week later, these participants will be called back and asked to take a test to see how much information they can recall. The next day the group will switch roles and be asked to watch the other movies. The process will then be repeated. After all the testing is done the results will be compared.

Implications

I expect to find that my hypothesis is correct, that mood does affect behavior. I will reject the null hypothesis stating that mood does not have an effect on learning or memory. This finding implicates that if a person is in a good mood then they might be able to learn rather than when in a bad mood. My study might encourage teachers to make their classes more interesting so that students might learn more. It will also help people realize that if they are in a good mood they might be able to achieve more.

References

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