

Breaking News English.com

Energy levels of songs affect memories – 28th August 2025

Level 0

The energy of music affects our memories. A researcher said the tempo and mood of songs affected what people remembered. She said high-energy music made people remember funny and happy things. However, slower and acoustic music brought back memories of calmness, sadness, and romance.

In the study, 233 people listened to songs from their childhood. The feelings people had about the songs affected their memories. How much a person liked a song changed the memories they had. Acoustic songs brought back emotional memories. The research will be put onto an online database of musical memories.

Level 1

A study found that the energy of music affects our memories. Researchers looked at the memories people had after listening to music. A music psychologist said the tempo and mood of songs affected what people remembered about their past. She said high-energy music made people remember funny and happy events. However, slower and acoustic music brought back memories of calmness, sadness, and even romance.

In the study, 233 people listened to songs from their childhood. The researchers said the feelings people had about music affected their memories. They said how much a person liked a song changed what memories they had. One researcher said acoustic songs brought back memories that contained "complex emotions like romance". The research will be put into a database of musical memories and uploaded onto a website.

Level 2

A study has found that the energy levels of music affect what we remember. Two researchers in London looked at the kinds of memories people had after listening to different types of music. A music psychologist and a neuroscientist researched how the tempo and mood of songs affected what people remembered about their past. The researchers found that high-energy music made people remember funny and happy events. Slower and acoustic music brought back memories of calmness and sadness. It even made people think about romantic experiences.

The researchers asked 233 people about their memories. The people listened to popular songs from their childhood. The neuroscientist said the feelings people had about music affected their memories. She said: "It's not just the musical features that influence memory, but also how much a person likes a song." The music psychologist said acoustic songs brought back memories that were "vivid and unique" and contained "complex emotions like romance". The research will be put into a database of musical memories on a website.

Level 3

A new study has found that the energy levels of music affect what we remember. Two researchers from Goldsmiths, University of London looked into what kinds of memories people had after listening to different types of music. Music psychologist Safiyyah Nawaz and neuroscientist Dr Diana Omigie investigated how the tempo and mood of songs affected what people remembered about their life. The researchers found that high-energy music made people remember funny and happy events from their past. In contrast, slower and acoustic music brought back memories of calmness and sadness. It even made people recall romantic experiences.

The researchers asked 233 people about the sorts of memories they had after listening to music. The people listened to popular songs from their childhood and early adulthood. Dr Omigie said the feelings people had for music affected their memories. She said: "It's not just the musical features that influence memory, but also how much a person likes a song." Ms Nawaz said: "Acoustic songs were associated with memories that were more vivid, unique, and characterized by complex emotions like romance." She added that energetic songs were linked to "social, exciting, high-energy memories". The research will be put into a database of musical memories on the website memoryrecords.xyz.