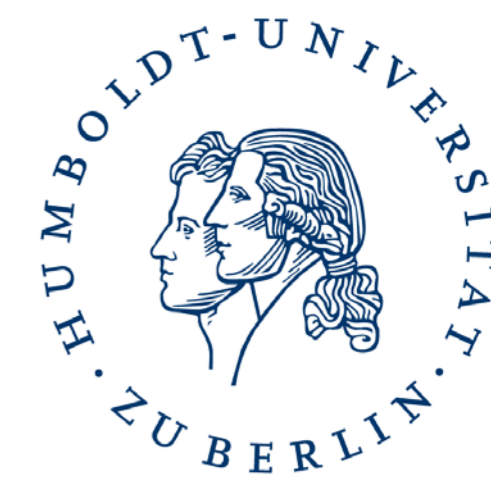


Pleasurable Sadness in Music



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„[...] it has been noted that people tend to avoid experiencing sadness in real life, but that they somehow find the experience of sadness pleasurable in music listening.“

Juslin. 'From everyday emotions to aesthetic emotions: Towards a unified theory of musical emotions' in *Physics of Life Reviews* Volume 10, Issue 3 (p. 258).

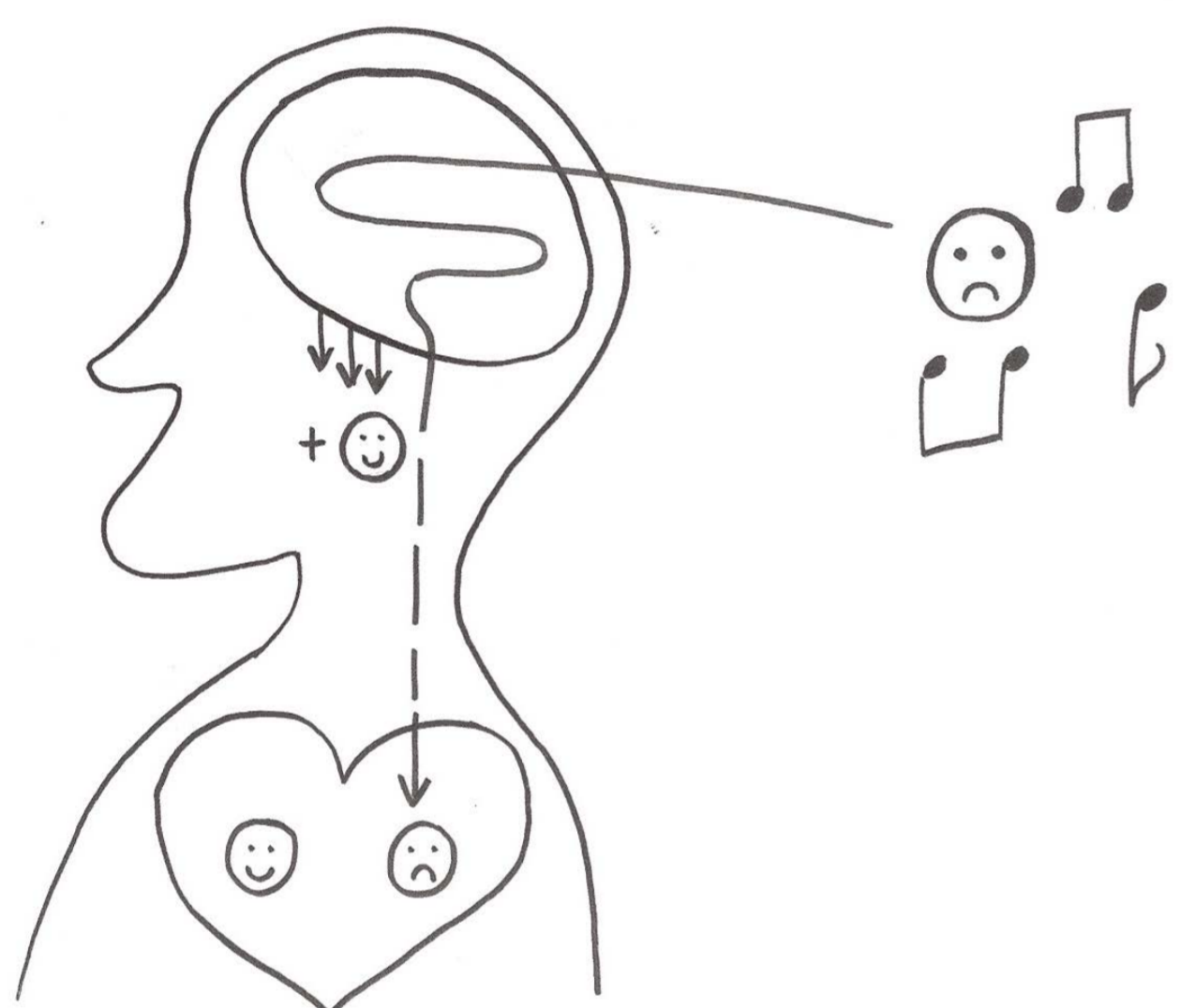
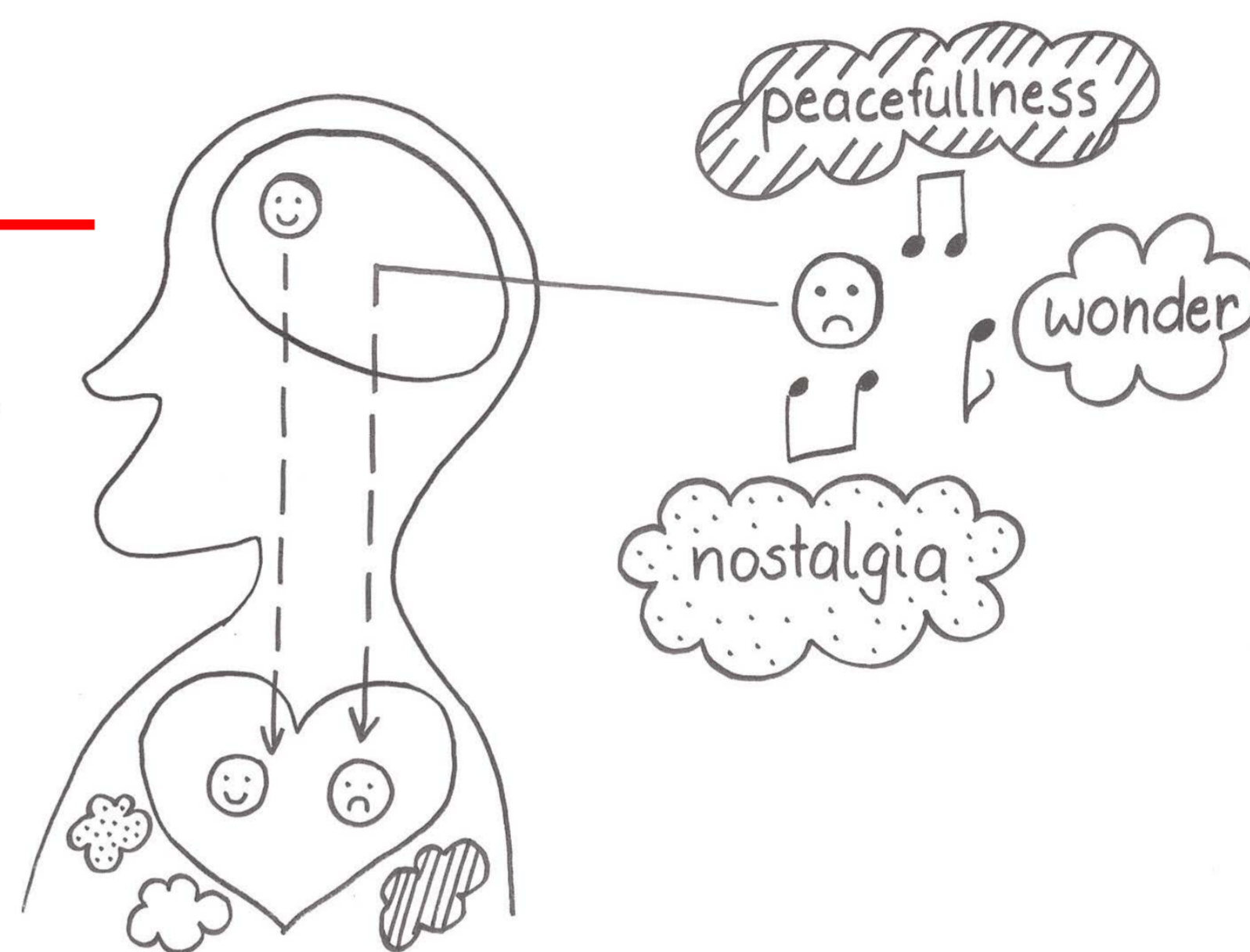
September 2013.

4 different theories:

I P. Kivy

listener **only perceives** sadness, but **does not experience** the emotion itself

-> does not account for cases of *genuine arousal* of sadness by music



II D. Huron

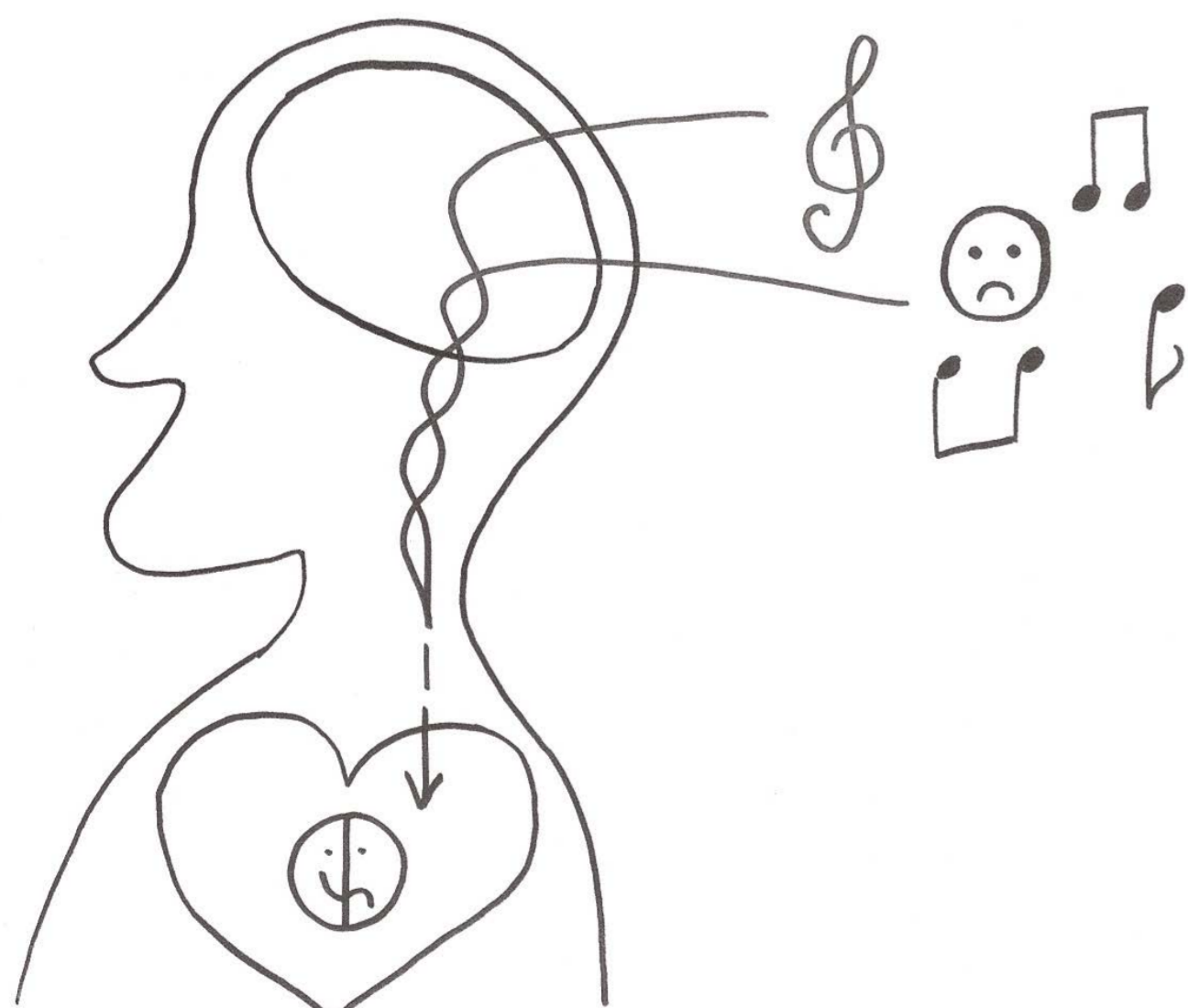
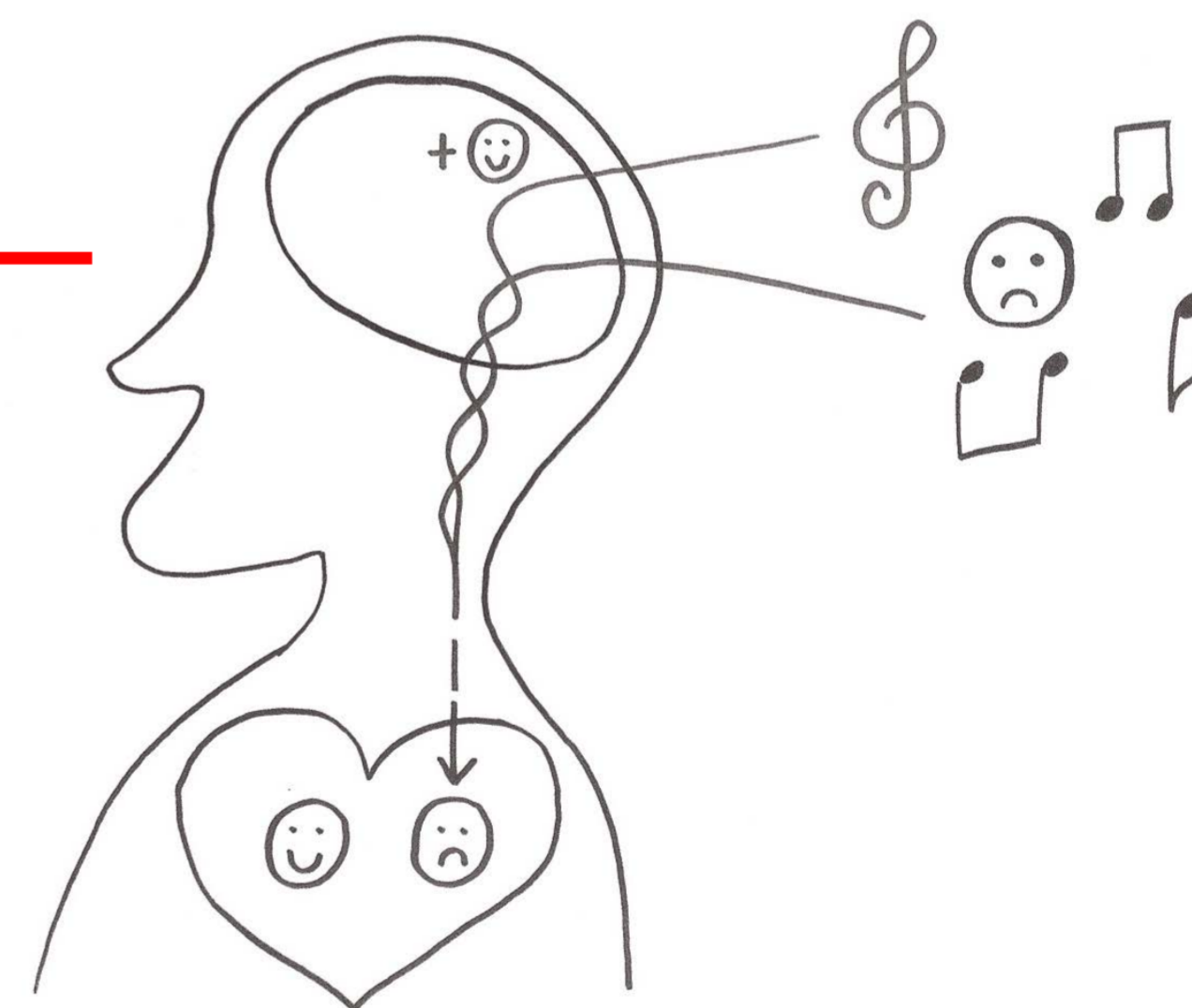
adaptive physiological responses (like hormones) **counteract pain/sadness**

-> only explains pleasure *following* sadness
-> fails to explain *how music is special* in this

III E. Schubert

aesthetical stimuli inhibit the aversion system (**preventing negative feelings** like sadness or pain)

-> *inconsistent* with recent findings (where subjects rated sad music as pleasurable but scary music as unpleasant)



IV P. N. Juslin

listener experiences **mixed emotions at the same time** (resulting from the interaction of the Contagion mechanism and the Aesthetical judgement mechanism)

-> actually accounts for *simultaneous experience* of genuine sadness and pleasure
-> explains *why music* (or art in general) evokes these special mixed emotions