

# Effect of music in a healing room for recovery from mental fatigue: A psychological experiment of the relation between relaxing music and listening space design

**Yasuhiro Goto**

Faculty of Psychology and Applied Communication, School of Humanities,  
Hokusei Gakuen University, Japan

Two experiments were performed in order to examine an interaction of relaxing music and listening space design. In Experiment 1, two types of music were prepared, and a change of room evaluation was investigated. The background music (BGM) used was either relaxing or non-relaxing. Participants were asked to rate the degree of harmony between music and room interior design. The results showed that (1) relaxing music was judged more appropriate for room interior design than non-relaxing music and (2) the room interior design was estimated as more calm when the BGM was relaxing. In Experiment 2, the change in the impression and the likes and dislikes concerning this room were examined by using two types of lighting: calm lighting and ordinary lighting. Sixty participants were asked to rate the impression concerning this room. The results showed that (1) the change in the impression from the lighting did not change the atmosphere formed by the interior design and (2) the good impression of the room improved when the calm lighting was used. This study showed that BGM, as well as a room acoustics and lighting, can play an additional role in a highly-designed indoor room.

*Keywords:* music; healing room; mental fatigue; relaxing music; listening space design

## **Address for correspondence**

Yasuhiro Goto, Faculty of Psychology and Applied Communication, School of Humanities, Hokusei Gakuen University, Nishi 2-Chome 3-1 Ohyachi, Sapporo 004-8631, Japan; *Email:* goto@hokusei.ac.jp