

## Abstract

Rock music is a genre of music that evolved from Rock and roll and Pop music from the mid-1960s until recently. Researchers have studied the relationships between art and mood (Petrillo and Winner, 2005); in addition, rock music as a form of art could also relate to emotion. The study tested whether listening to rock music is a way of catharsis and if it could help people reduce stress in life events. A total of 189 participants were recruited for the study. The study includes a treatment group, a control group, and a compare group. The differences between the three groups are the music video they watched (treatment group watched the rock music video, control group watched no music video, and compare group watched classical music video). The whole survey was designed through an online system (Wenjuanxing.com), and three sheets of the questionnaire were collected online. By reading a short story scenario, participants were asked to watch a 3-minute music video and record their emotional status. After comparing the pre-post state anger level, people have better-reduced anger by listening to rock music, whereas other groups do not show many changes before and after the music listening. We conclude that rock music can be seen as a way of catharsis and could reduce negative emotions.

*Key Words:* Rock Music, catharsis, anger, emotions