

# Music and Emotions of Teenagers in Benin

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Data collection instrument was a self-administered questionnaire with questions on:

- The social situation of the respondents (age, sex, ethnicity, nationality, level of education, city, nationality, level of education),
- Music preferences (sort, genre/type),
- Music consumption characteristics (frequency of listening, preferences of listening conditions, listening time, listening channel, music themes listened and link of each theme with the mood of the moment),
- The favorite singers or stars and the descriptive elements to which the choice relates (look history, music, and choreography),
- The role and function of each type of music
- Results found after listening

Explanations are provided on each question before the questionnaire is submitted.

We had initially 290 teenagers who freely accepted to respond to the self-administered questionnaire; 21 poorly answered questionnaires were rejected, thus limiting the study to the remaining correctly answered 269 questionnaires. For data processing and analysis, the SPSS software was used. The threshold of significance retained was  $\alpha = 5\%$ .

As ethical dispositions, the respect for human dignity and family intimacy were strictly adhered to, and anonymity was strict throughout the study. All the respondents had earlier given their consent, verbally.

There was no conflict of interest concerning this research work.

## Results

### Socio-demographic characteristics



Some of the places where the respondents listened to music were: their rooms (66.5%), elsewhere in the house (46.8%), at the workplace or training center (7.8%), out of the house and away from the workplace or training center (19.7%), at any place (29.7%). The 7.8% who mostly listened to music while at the training centers were made up of trainees of the informal sector (26.8%) and trainees of the formal sector (4.4%). (with chi-square=24.321; df=1; p=0.000).

Teenagers claimed that listening to music in particular decors



Feelings that are somewhat dif cult

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