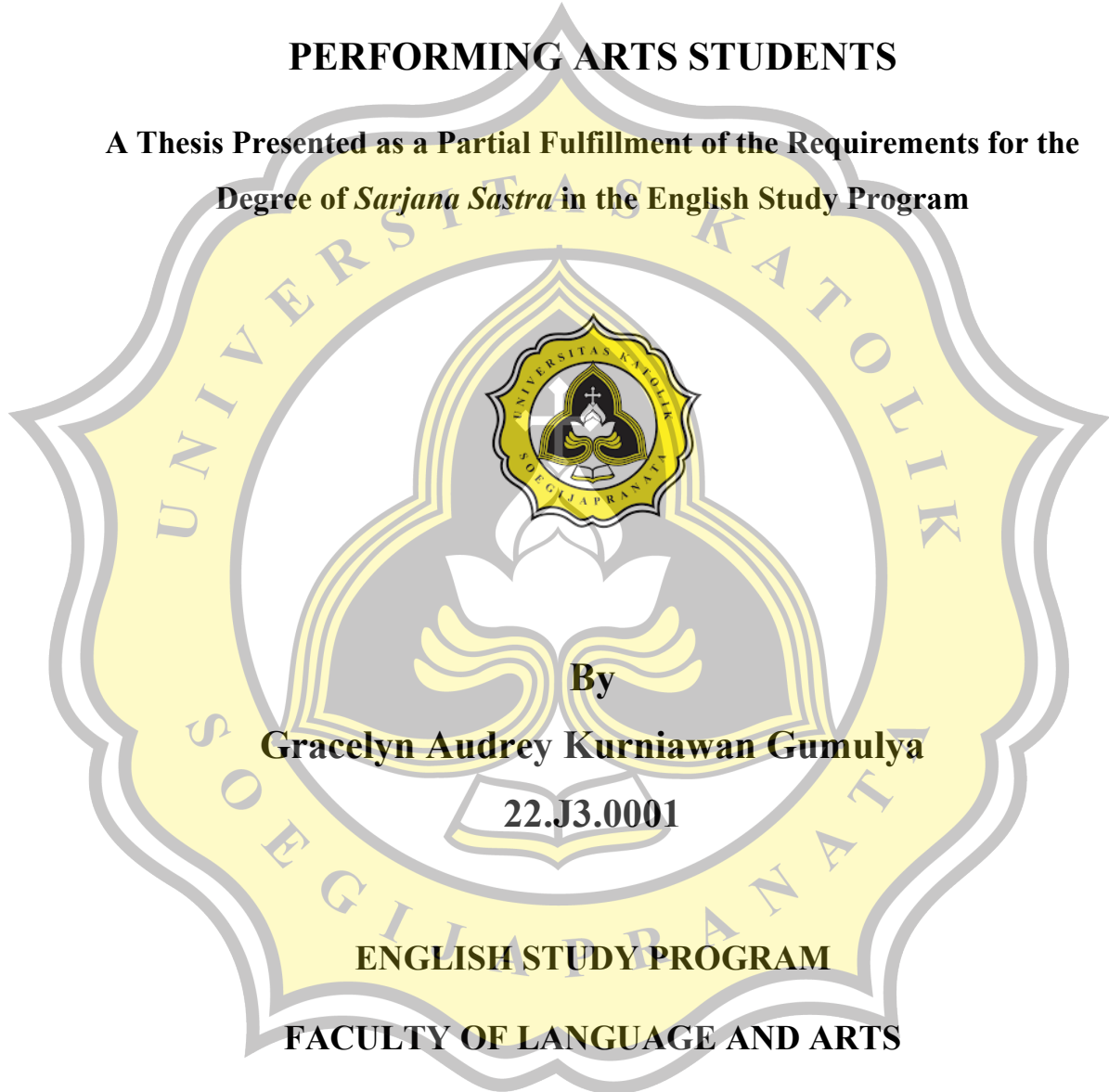


**THE EFFECTS OF BACH'S CLASSICAL MUSIC ON
MENTAL STATES: A CASE STUDY ON DIGITAL
PERFORMING ARTS STUDENTS**

**A Thesis Presented as a Partial Fulfillment of the Requirements for the
Degree of *Sarjana Sastra* in the English Study Program**



By

Gracelyn Audrey Kurniawan Gumulya

22.J3.0001

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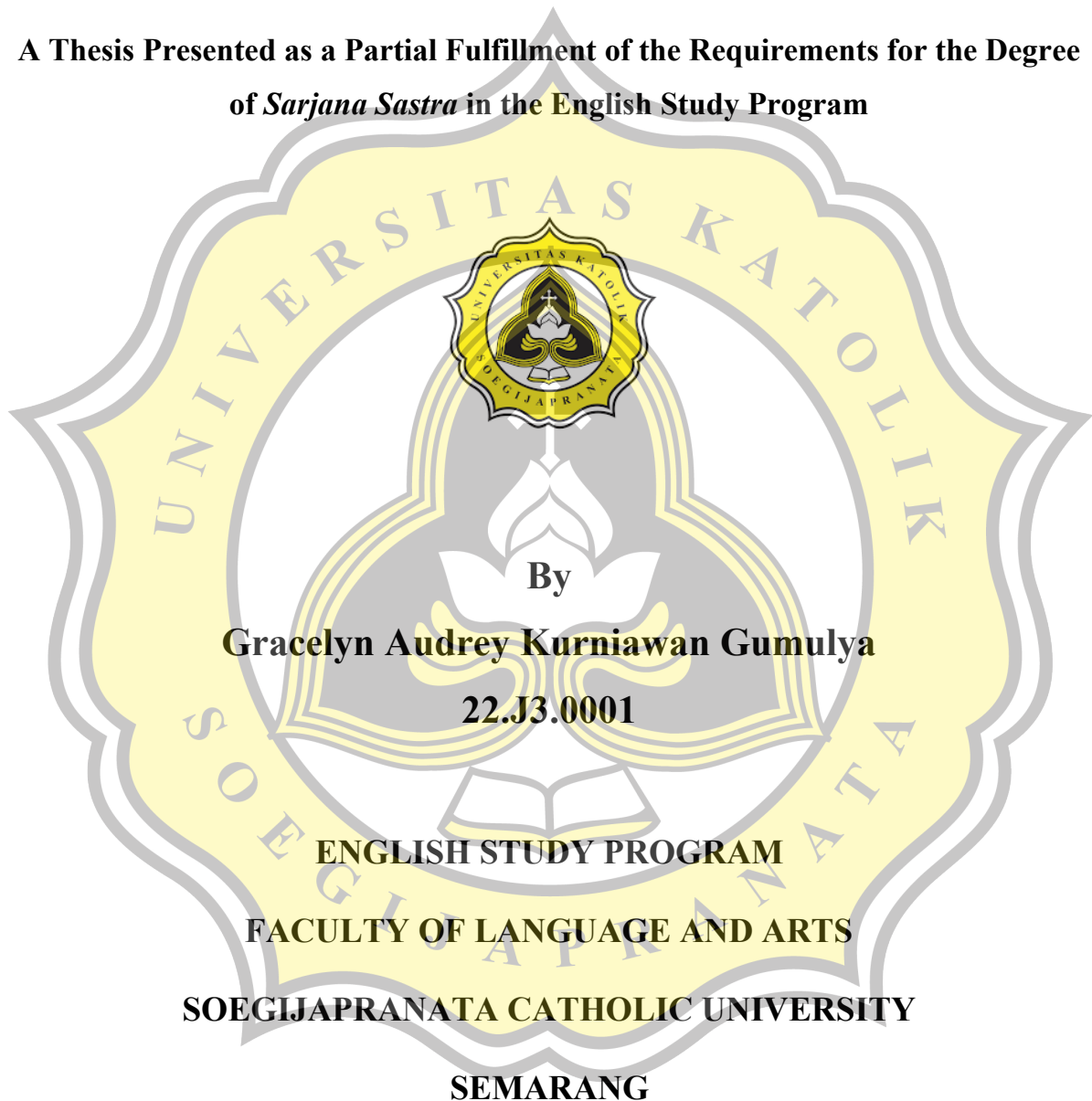
SOEGIJAPRANATA CATHOLIC UNIVERSITY

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ABSTRACT

Johann Sebastian Bach is a world-renowned classical composer whose masterpieces have been and still continue to influence listeners of many generations. In the modern world, university students often face significant pressure and stress, especially Digital Performing Arts (DPA) students while creating digital artworks. This study specifically examines how the moderately slow tempo found in Bach's classical music masterpieces can be a practical tool to help these students relax during high-pressure academic periods. By focusing on legendary pieces such as *Jesu*, *Joy of Man's Desiring*, *Air on the G String*, and *Sheep May Safely Graze*, the research explores the psychological benefits of Baroque melodies. This research utilizes a quantitative experimental design to measure the unseen impact of these compositions on participants' mental states before facing an exam. Through the application of Carl E. Seashore's theory, the research breaks down musical elements such as pitch, loudness, duration, and timbre to understand how they effectively reduce stress. Findings suggest that the consistent and peaceful flow of Bach's music acts as a non-invasive form of relief for overstimulated minds. Apparently, the strategy of listening to these classical scores helps participants maintain their emotion stable and lucid before facing an exam. This study concludes that integrating traditional classical music into modern digital study routines is able to lower anxiety levels. The researcher hopes this data will encourage students to use classical music as a reliable comfort zone along their busy academic responsibilities.

Keywords: Johann Sebastian Bach, reduce stress, classical music

ABSTRAK

Johann Sebastian Bach adalah komposer musik klasik ternama di dunia yang karya-karya besarnya telah dan terus memengaruhi pendengar dari berbagai generasi. Di dunia modern, mahasiswa sering menghadapi tekanan dan stres yang signifikan, terutama mahasiswa Digital Performing Arts (DPA) saat membuat karya seni digital. Studi ini secara khusus meneliti bagaimana tempo lambat yang ditemukan dalam karya-karya musik klasik Bach dapat menjadi alat praktis untuk membantu mahasiswa bersantai selama periode akademik yang penuh tekanan. Dengan berfokus pada karya legendaris seperti *Jesu, Joy of Man's Desiring*, *Air on the G String*, dan *Sheep May Safely Graze*, penelitian ini mengeksplorasi manfaat psikologis dari melodi Barok. Penelitian ini menggunakan desain eksperimental kuantitatif untuk mengukur dampak tak terlihat dari komposisi tersebut terhadap kondisi mental partisipan sebelum menghadapi ujian. Melalui penerapan teori Carl E. Seashore, penelitian ini merinci elemen musik seperti nada (*pitch*), kenyaringan (*loudness*), durasi, dan timbre untuk memahami bagaimana elemen-elemen tersebut secara efektif mengurangi stres. Temuan menunjukkan bahwa aliran musik Bach yang konsisten dan damai bertindak sebagai bentuk kelegaan non-invasif bagi pikiran yang terlalu terstimulasi. Tampaknya, strategi mendengarkan skor musik klasik ini membantu partisipan menjaga emosi mereka tetap stabil dan jernih sebelum menghadapi ujian. Studi ini menyimpulkan bahwa mengintegrasikan musik klasik tradisional ke dalam rutinitas belajar digital modern mampu menurunkan tingkat kecemasan. Peneliti berharap data ini akan mendorong mahasiswa untuk menggunakan musik klasik sebagai zona nyaman yang dapat diandalkan di tengah tanggung jawab akademik mereka yang sibuk.

Kata Kunci: Johann Sebastian Bach, mengurangi stress, musik klasik