

Color Psychology Paper

Research Question:

How does color affect one's mood?

Review of Literature:

Colors may just seem simple and unimportant, but they affect our daily lives more than we may know. If someone is feeling angry, it could just be because they're angry, or it could be perhaps that they are surrounded by or looking at the color red. That's right! People's moods can change just because they are looking at different colors! There are many theories on how just a simple color can change one's whole mood.

According to Johnson (2007), color does affect mood by producing certain chemicals and stimulating different feelings such as hunger. For example, blue can make one feel calm because it releases calming chemicals, and red can make one hungry because it is an appetite stimulant. Yellow can make one feel irritated, and it is a fact that people lose their temper most in yellow rooms. However, pink is tranquilizing and can make one feel weak. In conclusion, Johnson says that depending on the color, one's body can do things (like producing chemicals) that cause a certain emotional reaction (mad, sad, etc.).

Another idea, by Smith (2007), is that the effect color produces is based on what one's body does in response. For example, yellow is mentally stimulating, and activates memory, whereas red increases confidence. Also, brown can make a person feel orderly and stable, while a dark blue can make one feel sad. Therefore, Smith says that different colors do in fact change one's mood and the consequences can be negative or positive.

A third writer, Wollard, (2000) seems to think that color can affect one's mood, but the effect also can depend on one's culture and what one's personal reflection may be. For example, someone from Japan may not associate red with anger, as people from the U.S. tend to do. Also, a person who likes the color brown may associate brown with happiness. However, Wollard does think that colors can make everyone feel the same, or close to the same, mood. According to Wollard, pink reduces aggression, which is why the walls of the jail cells in the Seattle prison are pink! Also, brown can make one feel comforted. Wollard feels that colors do affect one's mood, but there are other factors that can alter what one is supposed to feel.

Eric, John, and Paraag's (2007) main point about color psychology is that color has both a physiological and psychological effect. For example, green makes people feel relaxed because it relaxes their muscles and makes them breathe deeper and more slowly. Furthermore, blue lowers blood pressure, which makes one feel calm. Eric, John, and Paraag conclude that color affects one's mood because of what it does to the body.

Sample College Psychology Research Paper

James N. Druckman, Donald P. Green



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Table of Contents Sample College Psychology Research Paper

1. Understanding the eBook Sample College Psychology Research Paper
 - The Rise of Digital Reading Sample College Psychology Research Paper
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample College Psychology Research Paper
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample College Psychology Research Paper
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample College Psychology Research Paper
 - Personalized Recommendations

- Sample College Psychology Research Paper User Reviews and Ratings
- Sample College Psychology Research Paper and Bestseller Lists
- 5. Accessing Sample College Psychology Research Paper Free and Paid eBooks
 - Sample College Psychology Research Paper Public Domain eBooks
 - Sample College Psychology Research Paper eBook Subscription Services
 - Sample College Psychology Research Paper Budget-Friendly Options
- 6. Navigating Sample College Psychology Research Paper eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample College Psychology Research Paper Compatibility with Devices
 - Sample College Psychology Research Paper Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample College Psychology Research Paper
 - Highlighting and Note-Taking Sample College Psychology Research Paper
 - Interactive Elements Sample College Psychology Research Paper
- 8. Staying Engaged with Sample College Psychology Research Paper
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample College Psychology Research Paper
- 9. Balancing eBooks and Physical Books Sample College Psychology Research Paper
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample College Psychology Research Paper
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sample College Psychology Research Paper
 - Setting Reading Goals Sample College Psychology Research Paper
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample College Psychology Research Paper
 - Fact-Checking eBook Content of Sample College Psychology Research Paper

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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