

Translating Self into Sound: The Sonification Experiment

1. **Introduction:** Begin by briefly explaining the concept of sonification, which is the process of representing data or information through sound.
2. **Experiment Explanation:** Inform the participants that you will be conducting an experiment to help them experience sonification firsthand.
3. **Experiment Steps:** Conduct the following steps for the experiment:
 - a. **Puls Measurement:**
 - Instruct participants to take their pulse for 15 seconds while displaying a timer in the background.
 - Ask them to multiply the count by 4 to calculate their beats per minute (BPM).
 - b. **First Data Set- Choosing Your Sound:**
 - Present the first data set, which is based on their pulse rate.
 - Explain that different pulse rate ranges correspond to different sounds.
 - Provide the following options:
 - Above 100 BPM: Create a short spoken Sh sound
 - 90-100 BPM: Create
 - 80-89 BPM:
 - 70-79 BPM:
 - 60-69 BPM: Create a p sound with your mouth
 - Below 60 BPM: (e.g., Stamp on the ground)
 - c. **Second Data Set- Emotional State as Rhythm:**
 - Introduce the second data set, which involves participants choosing an emotional state.
 - Explain that each emotional state is represented by a specific rhythm.
 - Offer the following emotional state options:
 - Happiness/Joy: (e.g., Upbeat and lively rhythm)
 - Sadness: (e.g., Slow and melancholic rhythm)
 - Anger: (e.g., Intense and aggressive rhythm)
 - Fear: (e.g., Suspenseful and erratic rhythm)
 - Excitement: (e.g., Energetic and pulsating rhythm)
 - Calmness: (e.g., Gentle and soothing rhythm)
 - d. **Third Data Set- Dynamics:**
 - Introduce the third data set, which relates to the participants' height.
 - Explain that different height ranges correspond to different sound dynamics.
 - Provide the following options:
 1. Very Small (Height < 150 cm / 4'11"): Very soft sound
 2. Small (Height 150 cm- 165 cm / 4'11"- 5'5"): Soft sound
 3. Big (Height 165 cm- 180 cm / 5'5"- 5'11"): Loud sound
 4. Very Big (Height > 180 cm / 5'11"): Very loud sound
4. **Conclusion:** Conclude the exercise by highlighting how the participants' pulse rate, emotional state, and height were transformed into different sounds, showcasing the essence of sonification. Emphasize that this exercise provided them with a practical experience of how data can be translated into auditory experiences.