



The Influence of Digidal Drugs on Young Perception

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Abstract

Mental representations of sounds cannot be observed directly, but one way to study these representations scientifically is through a variety of tests that analyse how people react after such sensory experiences.

The research is focused on highlighting the effects of digital drugs on visual stimuli perception and physiological reactivity. Drugging with sounds, I-dosing or digital drugs are very new concepts in the field of Internet. These are a series of audio files which, if listened to with one's headphones on their ears, induce hallucinogenic effects, modify emotional states, the biological states and the ability to concentrate or attention. These files contain stereo sounds and infrasound, which, according to experimental studies, synchronize with brain waves, having the effect of simulated experiences or emotional tones. After listening to such file, the subject might show effects similar to consumption of marijuana, cocaine or opium.

The method: The participants in this study were 63 undergraduate students from the Faculty of Psychology and Educational Sciences, aged between 18 and 22 years ($m=19.83$; $S.D.=1.17$). The instruments and materials: The polygraph Lafayette, LX series 4000 platinum, cognitive task perception test (GESTA) and i-dosing music.

The results show that there is a significant influence between the control group and experimental group. Therefore the group listening i-dosing music obtained statistically significant lower performance at cognitive task perception test and statistically significant higher physiological reactivity than the control group measured by the polygraph.

The conclusions point out that those who listen to i-dosing type files should be warned about the effects of such files on mental and biological health.