

## Moon and Mood: The MoMo Effect

Urja Chandak<sup>1</sup> Avani Sawant<sup>2</sup>, Bhavna Patel<sup>3</sup>, Aashita Bhojak<sup>4</sup>, Veena Kumar<sup>5</sup>

<sup>1-4</sup>Students of TYBA Psychology, Department of Psychology, K.C College, Mumbai.

<sup>5</sup>Head, Department of Psychology, K.C. College, Mumbai.

**Corresponding author:** Urja Chandak

**Email** – urja1.chandak@gmail.com

### ABSTRACT

**Background:** This is a comparative analysis of gender differences and effects of phases of moon on Aggression and Sexuality. The phases of the moon included are New Moon, Full Moon, a week later of Full Moon and New Moon respectively, and Lunar Eclipse & Solar Eclipse.

**Methodology:** Statistical Analysis like t-test and correlation were used to understand the significance of the difference and the nature of the relationship between aggression and sexuality during various phases of moon.

**Results:** The calculated t-value is 1.671, after referring to the critical values of t, the results were found to be significant at 0.05 for aggression in men on full moon and new moon, The calculated t-value is 1.671, after referring to the critical values of t, the results were found to be significant at 0.05 for aggression in women on full moon and new moon, The calculated t-value is 1.671, after referring to the critical values of t, the results were found to be significant at 0.05 sexuality in men on full moon and new moon. The calculated t-value is 1.671, after referring to the critical values of t, the results were found to be significant at 0.05 for sexuality in women on full moon and new moon. Remaining results (non-significant) are discussed in detail in the results section.

**Conclusion:** Results of the study can be applied in various settings namely schools, colleges, offices, hospital settings, Mental Health Professional Settings for the Mental Health Professionals to create awareness.

**Keywords:** aggression, sex, sexuality, full moon (poornima), new moon (amavasya), mental health.

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### INTRODUCTION

The moon was formed approximately about 4.5 billion years ago. The moon is in synchronous rotation with Earth, and as it orbits around the earth once per month, the angle between the earth, the moon and the sun changes, this is seen as the cycles of the moon's phases. The time between successive two new moons is 29.5 days. The side of the earth that faces the moon has a strong effect and weaker on the opposite side. The effect is much stronger in ocean water than in the solid crust, so the water bulges are higher. These are some of the interesting effects of the gravitational forces between the earth and the moon [1].

Not only the gravitational effect but also the moon has certain psychological effects on one's mind and body. With different months come different full moons. January's full moon is known as the Wolf moon while the moon in March is believed to be a Worm moon. April and June have the Pink Moon and Strawberry moon respectively. Blue moons are not actually blue; it is actually a second full moon which appears in the calendar month, and not referring to the colour blue. It generally happens after every two and a half years. Lastly the Supermoons also known as the red moons, during this full moon the lunar orb is slightly bigger and brighter than average. Around two to three times a year, full moon comes close to the lunar orbit crosses the ecliptic, sun's path, seen from the earth. When this happens, earth casts its shadow on the full moon, causing a lunar

eclipse. Lunar Eclipse occurs when the earth comes in between the Sun and the Moon. Whereas Solar Eclipse occurs when the moon comes in between the sun and the earth.

The moon has influenced human culture for millennial, particularly the full moon. It has also inspired the invention of countless deities and even now people use ancient names like Strawberry moon and Harvest moon. The June Full Moon is known as the Strawberry Moon, because it's the start of berry picking season, when wild berries begin to ripen. Harvest Moon is the full moon that is seen nearest to the time of the autumn equinox [2-3].

Astrology explains the planetary positions on an individual's life, characteristic, thoughts, feelings and behaviours including occupations, and marital partner compatibility including the moon's influence on one's emotional life. The moon has been associated with the feminine, intuitive and deep inner psyche across many traditions [3]. It reflects how we feel about ourselves, deal with relationships and respond to situations. It has been observed that the perceived lunar effect between the specific stages of the roughly 29.5 day's cycle of the moon and behavioural and psychological changes in the living beings on earth, including humans.

Sexual orientation or sexuality is an enduring pattern of a romantic and sexual attraction, between people namely: heterosexuality, homosexuality, bisexuality and asexuality (a person who is not sexually attracted to anyone) [4]. Factors affecting sexuality are hormonal changes, genetics, physiological development and socio-cultural effects [5].

Social psychologists define aggression as the behaviour that is intended to harm another individual who doesn't wish to be harmed. Aggressive behaviour can cause physical or emotional harm to others as well as one self. The causal factors are Social causes namely: Provocation, Frustration, Social Exclusion, and Media Violence . Personality factors namely: Narcissism, Type A personality, Type B personality etc. Situational factors namely: Heat, Alcohol and Gun availability. Hormones also play an important role in triggering aggression. The male sex hormone, the testosterone, is associated with increased aggression in both humans and animals.

Aggression can be reduced in some healthy ways like Self-Regulation, Catharsis, and Reducing Aggression by thinking Nonaggressive thoughts, Punishment, Non-Violence etc. Also, medications are prescribed in certain extreme aggressive conditions like anti-anxiety drugs, anti-psychotic agents, lorazepam etc. to treat the aggressive behaviour or at least bring it under control. All the treatments will vary depending upon the underlying cause of the aggression of that particular individual.

The research aims to understand the effects of phases of moon on aggression and sexuality. Sexuality however is the idea of sex considered as a direct threat and it ignites fear of our own morality. As some of the researchers suggest maximum disturbance occurs in lunatic asylum. The term lunatic comes from the word lunar meaning moon. Culturally there have been references that depict relationship between phases of moon on human beings with reference to aggression and sexuality [6]. Several references have been associated moon with romanticism or sexuality. So, to find out whether moon effects really exist on aggression and sexuality, this research was undertaken.

**The power of the full moon:** Eric Chudler [4] discusses on the very correlation between the moon and the aggression levels that increase or dwindle from place to place. He stresses upon the increase in the rate of homicides around full moon and new moon. On the other hand, the researcher Eric Chudler could not find a correlation between them. He also throws light on the aggressive criminal behaviour and also some of aggressive behaviour found in animals. Whereas on the contrary, in a research named Madness and the moon: The Lunar Cycle and psychopathology by Mark Owens and Iain W. McGowan have elaborated on the significant association between the phases of moon and the frequency of violent behaviour through the Transylvanian effect.

Another study called The Dark side of the moon by Leonie A Calver and Barrie J Stokes did an observational study on patients with violent and acute behavioural disturbances who showed a need for the emergency department to be called in. During the whole research of the 91 patients who were observed 21 of them were presented during the full moon, doubled the number for other lunar phases. 60 of them had either alcohol intoxication or psychostimulant toxicity, and 5 attacked the staff. Hence the results concluded that Violent and acute behavioural disturbance manifested more commonly during the full moon [7].

A study by Cathy Owens et al titled as Lunar Cycle and Violent Behaviour did a robust research on, If Full Moon exerts influence on Violence and Aggression in a psychiatric setting. The research was done to know the correlation for which extraneous temporal variations were considered from 5 psychiatric settings across Northern Sydney [8]. However, the result that was sort to be derived was that there was no significant relationship between total violence and aggression or level of violence and aggression and any phase of the moon. Similar studies have been found with regard to the following result [9-11].

## METHODOLOGY

### Problem

To study the effects of phases of moon on Sexuality and Aggression in Men and Women. To determine a relationship between aggression and sexuality in a comparative analysis between men and women

### Objectives

1. To study the effects of phases of moon on Sexuality in Men and Women respectively.
2. To study the effect of phases of moon on Aggression in Men and Women respectively.
3. To understand the correlation between phases of moon and sexuality.
4. To understand the correlation between the phases of moon and Aggression.

### Hypothesis

1. The levels of aggression will be higher in women on full moon as compared to the levels of aggression in women on new moon.
2. The levels of aggression will be higher in men on full moon as compared to the levels of aggression in men on new moon.
3. The levels of sexuality will be higher in women on full moon as compared to the levels of sexuality in women on new moon.
4. The levels of sexuality will be higher in men on full moon as compared to the levels of sexuality in men on new moon.
5. There will be a relationship between aggression and sexuality in Men on Full Moon
6. There will be a relationship between aggression and sexuality in Women on Full Moon
7. There will be a relationship between aggression and sexuality in Men on New Moon
8. There will be a relationship between aggression and sexuality in Women on New Moon.

### Independent Variable: Phases of Moon

The levels of IV are New Moon and Full Moon

1. Cycle of moon
  - Full Moon: Phase of the moon in which the whole disc is illuminated
  - New Moon: The time at which the moon is in conjunction with the sun, when it is not visible from the earth
2. Different Cycles of moon
  - A. A week after full moon
  - B. A week after new moon

### Dependent Variable: Effects on Mood measured on scales of aggression and sexuality scores.

1. Aggression: Intention to harm someone
  - A. Hostility: Bitter or unfriendly behaviour
  - B. Verbal Aggression: Verbal assault on other person
  - C. Anger: feeling of displeasure or annoyance
  - D. Physical Aggression: causing physical harm towards other person
2. Sexuality: Capacity for sexual feelings. Ranging from holding hands, cuddling and getting physically intimate.

### Control Variables

Respondents should be having the following characteristics:

1. Living in Mumbai since last 5 years.
2. Age Group: 24-29 for Men and Women
3. Should be English speaking
4. Unmarried Individuals
5. Salaried Individuals
6. Should be having a job since last 2 years
7. On-going Study- willing to be a part for 1.5 months
8. People belonging to middle class family
9. Minimum graduation degree in any field
10. Currently living in a Nuclear family.

The Survey Method was used and the tool used was a self-report questionnaire.

**Sample Size:** Same 30 participants in each group in each cycle.

### Apparatus and Materials

**Sexuality:** The questionnaire used to measure sexuality is a standardized questionnaire namely The Arizona Sexual Experiences Scale (ASEX) [12]. The scoring for the following questionnaire was simply done by adding the numbers ticked by the respondents in the 5 questions. The lowest possible outcome can be 6 whereas the highest possible outcome can be 30. This means that a person's sex drive will be at its peak when the number obtained will be closer to 6 and it will be at its weakest when the number obtained is closer to 30. The ASEX also demonstrated strong test-retest reliability.  $R=.801$ ,  $p<0.01$ . Anova revealed significant differences on total ASEX scores between patients and controls and between females and males. In all cases women scored higher than men

**Aggression:** The standardized questionnaire used to measure aggression is The Buss-Perry Aggression Questionnaire with 29 items with a 5 point scale from "extremely uncharacteristic of me" to "extremely characteristic of me", measuring the respondents Verbal Aggression (5 items), Physical Aggression (9 items), Hostility (8 items) and Anger (8 items). The scoring was done by adding up the number between 1-5 and question no. 9 and 16 were reversed scored i.e. 1 was marked 5, 2 was marked 4 and 3 remained 3 and vice versa. The test- retest reliability of the questionnaire was 0.78 [13].

### Design:

Quasi experiment as the moon was taken as it is and repeated measure design was used, as each participant was exposed to both the levels of IV

Questionnaires were randomly distributed to men and women between the age group of 24 years- 29 years implementing several control variables. Participants were assured of privacy and confidentiality of their responses. No time limit was given and majority of respondents took 15-20 minutes to answer both the questionnaires. Researchers clarified doubts and queries of the respondents when the need arose. Respondents were de-briefed about the purpose and details of the experiment after the questionnaires were collected. The questionnaires were manually scored keeping in mind the scoring norm. Statistical Analysis was carried out using Microsoft Excel and various theories and researches were used to explain the findings

## RESULTS AND DISCUSSION

The aggression levels and the sexuality levels in men and women are compared during new moon and a week after new moon. On 3<sup>rd</sup> June, the total sum for aggression in men is 2516, Mean is 83.866, Range is 42, Standard Deviation is 10.170 and the median is 82. The total sum for aggression in women is 2634, Mean is 87.8, Range is 63, Standard Deviation is 10.170 and the median is 82. In the same way the total sum for sexuality in men is 389, Mean is 12.966, Range is 18, Standard Deviation is 3.80 and the median is 12.5. The total sum for sexuality in women is 457, Mean is 15.233, Range is 27, Standard Deviation is 3.80

and the Median is 15. On 10<sup>th</sup> June, the total sum for aggression in men is 2528, Mean is 87.26, Range is 33, Standard Deviation is 8.74 and the median is 84. The total sum for aggression in women is 2611, Mean is 87.03, Range is 57, Standard Deviation is 13.725 and the median is 85. In the same way the total sum for sexuality in men is 319, Mean is 10.63, Range is 15, Standard Deviation is 3.42 and the median is 10. The total sum for sexuality in women is 443, Mean is 14.76, Range is 20, Standard Deviation is 5.66 and the Median is 13.

The aggression levels and the sexuality levels in men and women are compared during full moon and a week after full moon. On 17<sup>th</sup> June, the total sum for aggression in men is 2456, Mean is 81.86, Range is 43, Standard Deviation is 10.46 and the median is 83.58. The total sum for aggression in women is 2571, Mean is 85.96, Range is 74, Standard Deviation is 15.10 and the median is 85. In the same way the total sum for sexuality in men is 369, Mean is 12.3, Range is 18, Standard Deviation is 3.71 and the median is 13. The total sum for sexuality in women is 452, Mean is 15.06, Range is 22, Standard Deviation is 5.44 and the Median is 15. On 23<sup>rd</sup> June, the total sum for aggression in men is 2337, Mean is 77.9, Range is 32, Standard Deviation is 8.511 and the median is 77.5. The total sum for aggression in women is 2531, Mean is 84.36, Range is 40, Standard Deviation is 9.24 and the median is 82. In the same way the total sum for sexuality in men is 429, Mean is 14.3, Range is 19, Standard Deviation is 5.50 and the median is 12.5. The total sum for sexuality in women is 508, Mean is 16.93, Range is 19, Standard Deviation is 5.37 and the Median is 17.

The aggression levels and the sexuality levels in men and women are compared during new moon and a week after new moon. On 2<sup>nd</sup> July, the total sum for aggression in men is 2458, Mean is 81.93, Range is 30, Standard Deviation is 8.25 and the median is 81. The total sum for aggression in women is 2585, Mean is 86.16, Range is 28, Standard Deviation is 6.97 and the median is 87.5. In the same way the total sum for sexuality in men is 488, Mean is 16.83, Range is 23, Standard Deviation is 7.03 and the median is 15. The total sum for sexuality in women is 488, Mean is 16.266, Range is 22, Standard Deviation is 6.44 and the Median is 16. On 9<sup>th</sup> July, the total sum for aggression in men is 2351, Mean is 18.36, Range is 46, Standard Deviation is 11.47 and the median is 79. The total sum for aggression in women is 2543, Mean is 84.76, Range is 40, Standard Deviation is 10.46 and the median is 86.5. In the same way the total sum for sexuality in men is 456, Mean is 15.2, Range is 20, Standard Deviation is 6.26 and the median is 13.5. The total sum for sexuality in women is 481, Mean is 16.03, Range is 20, Standard Deviation is 5.97 and the Median is 16

The aggression levels and the sexuality levels in men and women are compared during full moon and a week after full moon. On 16<sup>th</sup> July, the total sum for aggression in men is 2406, Mean is 80.2, Range is 41, Standard Deviation is 9.59 and the median is 81.5. The total sum for aggression in women is 2612, Mean is 87.06, Range is 38, Standard Deviation is 9.34 and the median is 87.5. In the same way the total sum for sexuality in men is 418, Mean is 13.93, Range is 19, Standard Deviation is 5.33 and the median is 12. The total sum for sexuality in women is 418, Mean is 13.93, Range is 20, Standard Deviation is 5.09 and the Median is 12.5

On 23<sup>rd</sup> July, the total sum for aggression in men is 2482, Mean is 82.73, Range is 26, Standard Deviation is 6.75 and the median is 82. The total sum for aggression in women is 2429, Mean is 80.96.8, Range is 30, Standard Deviation is 8.68 and the median is 81.5. In the same way the total sum for sexuality in men is 539, Mean is 17.96, Range is 24, Standard Deviation is 6.56 and the median is 18.5. The total sum for sexuality in women is 501, Mean is 16.7, Range is 24, Standard Deviation is 6.66 and the Median is 16. An inferential statistical test was conducted to know whether the obtained data was due to chance or due to experimental manipulation. Since there are two means present, and we want to know the significance of difference between two means. Appropriate inferential statistics used was t-test. t- repeated measures design was used and the formula is

Degree of freedom (df) refers to number of observations that are allowed to vary after statistics have been calculated. The df formula for t-repeated is N-1. Levels of significance refer to the extent to which the researcher is willing to attribute the result due to chance or experimental manipulation. The two accepted

levels of significance in Psychology are 0.05 and 0.01 level. 0.05 level of significance mean that out of 100 replications only 5 times the result will be due to chance and remaining 95 times due to experimental manipulation. Similarly, 0.01 level of significance means out of 100 replications only 1 time the result will be due to chance and the remaining 99 times due to experimental manipulation.

The hypothesis states that the levels of aggression will be higher in women during full moon as compared to the levels of aggression in women on new moon. The calculated t- value is 1.671. After referring to the critical values of t, the data was found to be significant at 0.05. Which means out of 100 replications 5 times the results will be due to chance and the remaining 95 times the results will be due to effects of moon on aggression. This could be due to:

- Moon being feminine in nature might have a greater effect on women.
- Women seem to express aggression in more passive or suppressed form.
- Since New Moon is the start of the moon it is believed that the aggression levels will be little less in women during New Moon as compared to aggression levels on Full Moon. This is because during full moon the whole disc is illuminated.
- The water in our body roughly amounts to 70% of our physical existence and is affected by the cycle of moon in the same way as its gravitational forces control the tides. The balance of our mind shifts because of fluids in our body which in turn affects our mood to the extreme.

Since the data was found to be significant, we reject the null hypothesis and accept the alternative hypothesis. The hypothesis states that the levels of aggression will be higher in men during full moon as compared to the levels of aggression in men during new moon. The calculated t- value is 1.671. After referring to the critical values of t, the data was found to be significant at 0.05. Which means out of 100 replications 5 times the results will be due to chance and the remaining 95 times the results will be due to effects of moon on aggression. This could be due to

- The increase in the levels of aggression on full moon days maybe due to “human tidal waves” caused by the gravitational pull of moon
- A study done by University of Washington in 1978 found that there was an increase in reported aggravated assaults around the full moon
- According to a study done by University of Washington 34318 crimes occurred in a 1-year period: crimes occurred more frequently during the full moon

Since the data was found to be significant, we reject the null hypothesis and accept the alternative hypothesis.

The hypothesis states that the levels of sexuality will be higher in women during full moon as compared to the levels of sexuality in women during new moon. The calculated t- value is 1.671. After referring to the critical values of t, the data was found to be significant at 0.05. Which means out of 100 replications 5 times the results will be due to chance and the remaining 95 times the results will be due to effects of moon on sexuality. This could be because of one or more following reasons:

- Michael Ra Boucahrd, a Hawaii-based, board-certified clinical sexologist says that the cycles of the full and new moons influence our sexual tendencies and feelings.
- Metaphysical reasons can be considered as women are nature incarnate and in order to reproduce and multiply, they are more likely to have high levels of sexuality.
- According to Discovery Health, our bodies are made up mostly of water, so the pull of the moon acts as a catalyst in childbirth due to the rising tides. Also, the rising oestrogen levels rise during Full Moon.

Since the data was found to be significant, we reject the null hypothesis and retain the alternative hypothesis.

The hypothesis states that the levels of sexuality will be higher in men during full moon as compared to the levels of sexuality in men during new moon. The calculated t- value is 1.671. After referring to the critical values of t, the data was found to be significant at 0.05. Which means out of 100 replications 5 times the

results will be due to chance and the remaining 95 times the results will be due to effects of moon on sexuality. This could be due to:

- According to astrology, we feel more connected to our partners due to the gravitational pull of the moon on the earth.
- Men become inwardly focused, feel escalated libido and feel more tempted to satisfy their sexual desires.
- Testosterone level is high in men during full moon as found in one study and that is the reason for high sexuality levels, making men's libido higher.

Since the data was found to be significant, we reject the null hypothesis and accept the alternative hypothesis.

Pearson Product Moment was used to find the correlation between two variables. Correlation means association, the extent to which two variables are related. Every correlation is expressed in terms of direction and intensity. The formula used to find correlation is

To calculate the df the formula is  $N-2$ .

The hypothesis states that there will be a relationship between aggression and sexuality in men on full moon. The calculated  $r$  value is 0.00375. This means that there is a positive low relationship between the variables. After referring to the critical values of  $r$ , the data was found to be not significant which means the results were more due to chance and less due to true correlation between them. This could be due to

- The level of sexuality and aggression varies from person to person. Individual difference might have operated.
- Since it was a self-reporting technique the respondents may have reported inappropriately.
- Socially desirable answers may have occurred
- According to Baron and Branscombe men tend to display more aggressive behaviour in order to exercise control over others.

Since the data was found to be non-significant, we retain the null hypothesis and reject the alternative hypothesis.

The hypothesis states that there will be a relationship between aggression and sexuality in women on full moon. The calculated  $r$  value is 0.0848. This means that there is a positive low relationship between the variables. After referring to the critical values of  $r$ , the data was found to be not significant which means the results were more due to chance and less due to true correlation between them. This could be due to:

- The level of sexuality and aggression varies from person to person. Individual differences might have operated
- Socially desirable answers may have occurred. As sex is something that is not openly spoken about there might be a feeling of shyness.
- According to Freud's Ultimate theory of aggression he regarded aggressiveness as a component of the sexual instinct and sometimes as an independent drive separate from sexuality.

Since the data was found to be non-significant, we retain the null hypothesis and reject the alternative hypothesis

The hypothesis states that there will be a relationship between aggression and sexuality in Men on New Moon. The calculated  $r$  value is 0.0446. This means that there is a positive low relationship between the variables After referring to the critical values of  $r$ , the data was found to be not significant which means the results were more due to chance and less due to true correlation between them. This could be due to:

- All the aspects of aggression and sexuality might have not been measured in the questionnaire.
- According to Leonard Berkowitz, violent thoughts increase the potential for aggression.
- According to Freud, aggressive urges could occur in the absence of sexual conflict. Aggressive urges like verbal aggression and hostility.

Since the data was found to be non-significant, we retain the null hypothesis and reject the alternative hypothesis

The hypothesis states that there will be a relationship between aggression and sexuality in Women on New Moon. The calculated  $r$  value is 0.0031. This means that there is a positive low relationship between the variables. After referring to the critical values of  $r$ , the data was found to be not significant which means the results were more due to chance and less due to true correlation between them. This could be due to:

- The wording of the questionnaire might have been misunderstood or not understood at all by some respondents.
- As the questionnaires were distributed 8 times after filling out the questionnaire for a few times, practice and familiarity effect would have occurred.
- In Murray's need – press system (1983), he regarded the psychoanalytic dual theories of drives as “another instance of unnecessary semantic confusion because each drive can be fragmented in many partial drives”.

Since the data was found to be non-significant, we retain the null hypothesis and reject the alternative hypothesis.

### **Ancillary Observation**

The hypothesis states that there will be a difference in the levels of aggression in women during the phases of moon as compared to levels of aggression in men during the phases of moon (full moon, new moon). The calculated  $t$  value is 1.976. After referring to the critical values of  $t$ , the data was found to be not significant. This means that the result was more due to chance and less due to the effects of moon. This could be due to

- the difference in the levels of aggression between men and women might be because
- Men mostly use direct forms of aggression and compared to women.
- Women usually express aggression in a passive way, indirect and subconscious way
- Men tend to be more open about aggression.

Since the data was found to be non-significant, we retain the null hypothesis and reject the Alternative hypothesis.

The hypothesis states that there will be a difference in the levels of sexuality in women during the phases of moon as compared to levels of sexuality in men during the phases of moon (full moon, new moon). The calculated  $t$  value is 1.976. After referring to the critical values of  $t$ , the data was found to be not significant. This means the result was more due to chance and less due to effects of moon. This could be due to:

- Women are more likely to be passive about topics related to sexuality as it a taboo topic.
- All aspects of sexuality might not have been covered in the questionnaire.
- Since it was a self-report technique the respondents may have reported it inappropriately.
- Respondents may have occurred in Socially Desirable answers that are, it is expected that men will have a high sex drive and women may have low sex drive, so to match to the societal norms, the true responses may have not been measured.

Since the data was found to be non-significant, we retain the null hypothesis and reject the alternative hypothesis

The hypothesis states that the levels of aggression will be higher during full moon as compared to the levels of aggression during new moon. The calculated  $t$  value is 1.657. After referring to the critical values of  $t$ , the data was found to be not significant which means that the result was more due to chance and less due to effects of moon. This could be due to

- All the aspects of aggression might have not been included in the questionnaire.
- Different cultures have different perspectives of aggression. What might be considered as aggressive in one culture might not be considered aggressive in other culture
- Correlation method does not state the Causal relationship between the two variables

Since the data was found to be non-significant, we retain the null hypothesis and reject the Alternative hypothesis

The hypothesis states that the levels of sexuality will be higher during full moon as compared to the levels of sexuality during new moon. The calculated  $t$  value is 1.657. After referring to the critical values of  $t$ , the data was found to be not significant which means that the result was more due to chance and less due to effects of moon. This could be due to

- The respondents might have engaged in socially desirable answers and so it might have affected the results.
- The wording of the questionnaire might have had an effect on the answers of the respondents.
- The respondents might have not revealed their true views on sexuality.

Since the data is found to be non-significant, we retain the null hypothesis and reject the Alternative hypothesis.

#### Improvements for Further study:

1. The research on the same topic can be done using different variables Self-esteem, decision-making, Menstrual Cycle of women, Depressive levels, Anxiety Levels.
2. A larger sample size.
3. Different Statistical analysis like regression and ANOVA could be used to understand the phenomenon better
4. Cultural and cross-cultural differences can be studied
5. Formulation of own Questionnaire instead of using a Standardized questionnaire could be done. So that all the aspects of aggression and sexuality gets measured.
6. Formulation of a different hypothesis predicting different relationships.
7. Usage of a different standardized questionnaire by different authors.
8. To increase the reliability of the research a longitudinal and latitudinal study can be conducted.
9. While measuring the Aggression and Sexuality Levels in women their Menstrual Cycle could be correlated with the cycle of the moon
10. Biofeedback mechanism can be used to find out physiological changes during different phases of moon.
11. Collecting data from various pathology and health check-up laboratories, clinics to understand specifically what changes occur in human's body during different stages of moon.

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