



Music Preference on Psychological well-being among Male and Female Adults

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Abstract

Music is soft and delicate language which talks everything and solve our problem very smoothly without any inquire. Music also boosts our mood, emotion, health, happiness and many more things. Music can be considered as self-medicated therapy. It helps to heal our emotions and well-being without medicine. Psychological well-being refers to the experience of good health, happiness, and prosperity and also includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. This study examined the effect of Music Preferences on Psychological well-being among Male and Female adults. Data was collected from 200 young adults. Purposive cum incidental sampling method were used. The tool used to assess the psychological well-being developed by D.S Sisodia and

Pooja Choudhary. Based on obtained data, it can be said this study implicated statistically no significant difference found in between psychological well-being and music preference among Male and Female adults.

Keywords: Music, Psychological well-being, Happiness, Health, Music Preference

INTRODUCTION

Rational

These days everybody is getting distressed or affected by the changing world's scenario, psychological aspects take places in our day to busy life and every person gets affected. People in these days are more stressed out which has negative impact on our psychological well-being. The purpose of the current study is to focus on how music preferences enhance psychological well-being. Music also contributed positive emotions. Music plays a role of medicine to heal the negative emotion. Music gives a therapeutic effect of life. Thus, this study attempts to emphasize the beneficial impact of music on the psychological well-being of people.

Music

Music could touch our innermost being, leading to an outburst of emotions. Even the strongest individuals can be moved to tears by music, as seen when athletes cry during National Anthems at the Olympics. Music can act as a means of catharsis for individuals' struggles and triumphs. One of the significant powers of music is its ability to connect people and communities with both real and imagined places. Music is often used to bring people together and establish a unique group identity. This is evident in the cultural aspirations and ideals expressed through music, such as Samba in Brazil, Mariachi in Mexico, or hula in Pacific Island communities. Ethnomusicologists

and sociologists have explored the role of music in the formation and preservation of cultural and social identities. Bennett (2000); Hebdige (1991); Merriam (1964); Mitchell (1996); and Stokes (1994); are among the scholars who have extensively discussed on music.

Music is soft and delicate language which talks everything and solve our problem very smoothly without any inquire. Music also boosts our mood, emotion, health, happiness etc. Music can be considered as self-medicated therapy. It helps to heal our emotions and well-being without medicine. The art form of music involves using rhythm, melody, and harmony to create expressive compositions using voices, instruments, or both. It is the practice of combining vocal or instrumental sounds in various forms of melody, harmony, rhythm, and timbre to produce emotionally charged compositions. Music is a gift from God that enhances the quality of life for society. It nourishes our soul and contributes to our physical and mental well-being. Music has the power to evoke positive thoughts and fond memories of places, people, or events. It is a gentle and universal language that speaks to us all and can resolve our problems without needing to ask.

Studies on the connection between music and emotions have identified that people have unique preferences when it comes to musical pieces that elicit emotions such as joy, happiness, anger, and sadness. Out of all emotions, individuals most frequently report experiencing positive emotions when listening to music. Additionally, it has been demonstrated that these positive emotions are linked to improved well-being, and enhancing one's well-being can have significant health benefits.

Types of Music

Pop: Pop music is perhaps the most obvious addition to this list. It could be said that pop is a compilation of other genres, which are mainstream in a certain time.

Rock: One of the top musical genres in existence, rock music originated in the 1940s and 50s in the form of rock & roll. However, its roots can be traced back to the rhythm and blues of the African American culture in the 1920s, merged with country music.

Ghazal: Ghazal is a poetic form that originated in Arab around 7th century AD. It is mainly famous in India and Pakistan. Ghazal traces its roots from the Arabic poetry. It can be said that a ghazal is a song wither to express the pain of loss or separation or beauty of love despite that pain.

Folk: Folk music has existed in many different parts of the world for centuries. Traditionally, this genre is essentially built upon people gathering to sing and play songs with others in their community.

Melody: Melody is perhaps the most identifiable element of a musical composition. It can be soulful vocal passage, a roaring guitar riff, or a rapid saxophone run. Melodies can be simple or intricate. They can stand alone or work together with other melodies in a more complex composition.

Romantic: Romantic composers sought to create music that was individualistic, emotional, dramatic and often programmatic; reflecting broader trends within the movements of Romantic literature, poetry, art, and philosophy.

Music as a Therapy

The use of music for achieving individual goals such as reducing stress, enhancing mood, and self-expression is referred to as music therapy. This therapeutic approach is based on evidence and is widely accepted in the healthcare community. Music therapy sessions may involve listening to music, singing, playing instruments, or composing music, and no musical skills or abilities are required to participate. Music therapy has the potential to provide psychological, emotional, physical, spiritual, cognitive, and social benefits, including lower blood pressure, improved memory, enhanced communication and social skills, self-reflection, reduced muscle tension, self-regulation, increased motivation, pain management, and increased joy. The United States War Department first defined and utilized formal music therapy in 1945 to help military personnel recover in Army hospitals through occupational therapy, education, recreation, and physical reconditioning. By the help of Music autistic children improve their communication.

Psychological well-being

Psychological well-being of an individual consisting of two type of happiness first one is hedonic and second one is eudaimonia. It also enhances mental health and resilience power of an individual. People whose psychological well-being is good who experiences positive emotions and feeling of happiness. Diener (2000) stated that sometime subjective well-being refers to the aspects of psychological well-being. It provides positive mental state like happiness, satisfaction, and positive emotion.

Carol Ryff developed the Six-factor Model of Psychological Well-being to identify the six factors that contribute to an individual's psychological well-being, happiness, and contentment. These

factors include positive relationships with others, personal mastery, autonomy, a sense of purpose and meaning in life, and personal growth and development. Achieving a state of balance between challenging and rewarding life events is necessary to attain psychological well-being, according to research by (Dodge et al., 2012).

Psychological well-being refers to an individual's emotional health and their overall ability to function. In a study published in "Applied Psychology: Health and Well-Being," the author defines psychological well-being as "the combination of feeling good and functioning effectively." It is important to note that the absence of distress does not necessarily indicate high psychological well-being. People with high psychological well-being are happy, capable, well-supported, and satisfied with life. Studies have shown that individuals with higher psychological well-being tend to have healthier and longer lives, a better quality of life, and fewer social problems. The World Health Organization also emphasizes the importance of mental and social well-being in addition to physical health and defines positive mental health as an individual's ability to realize their potential, cope with stress, work productively, and make contributions to their community (WHO, 2001).

Music related to psychological well-being

Preferences of music that evoke the person well-being and emotion like happiness, joy, sadness, anger etc. According to Laukka (2006) found in research positive emotion increase our well-being and negative emotion reduce well-being. Music plays a vital role to provoke psychological well-being. Music can affect people psychologically and physically. It reduces stress anxiety and person

express their emotion by the help of music. so many researchers found that Music affect or enlarge psychological well-being.

Review of Literature

Sreenivas and Yashaswi (2021) found that there was significant difference in Indian classical music and psychological well-being. Melissa and Joseph (2016) conducted a study on “Music engagement and subjective wellbeing” and the researchers found that music were significantly associated with higher psychological well-being.

A study conducted on “Role of Music in The Development Of Psychological Well Being” by stated that the music has significant impact on psychological well-being (Rana, 2018).

A study conducted by Papinczak et al. (2015) they found that there were no significant effect of music listening and psychological well-being.

In a study conducted by Clandillon (2001) on “A Study of the Effect of Music on Wellbeing and Emotion Between Age Groups” results shows that the study found to have significant difference between music and psychological well-being. Music genres were also found to have a higher emotional response to music. Joseph and Southcott (2015) found in their research that psychological well-being positively correlated with music engagement.

Morinville et al. (2013) found in their study a relationship between music and psychological well-being and that the relationship was positively correlated, which suggests that the person who listen to music their well-being will also increase.

Waghmare (2017) in his research “Gender Differences between Psychological Well-Being” found that psychological well-being of male is higher than female. The significant difference between of psychological well-being male and female are occur.

Objectives of the Study

- To examine the effect of music preference on psychological well-being among male and female.

Hypothesis

- There will be significant difference of music preference on psychological well-being among male and female.

Variables

Following variables are selected for the present study:

- **Independent Variable:** Music preference
- **Dependent Variables:** Psychological wellbeing.

METHODOLOGY

Sample

The sample size was 200 (N=200) adults in which 100 were males and 100 were females in age range 20-40 years. Sample would be drawn from different locations of Bihar. Purposive cum incidental sampling technique was used for the selection of the sample.

Research design: The present study would be in between group design.

Inclusion criteria

- Adults between 20 < > 40 years of age
- Residents of Patna
- Having interest in music

Exclusion criteria:

- Any history of psychotic disorder
- No interest in music
- Living outside Patna
- Below 20 and above 40 years of age

Tools

1. **Psychological well-being scale (PWBS-AA):** This scale was developed by D. S. Sisodia and Pooja Choudhary. This scale consists of 50 items in five dimensions which are

Satisfaction, Efficiency, Sociability, Mental Health, and Interpersonal Relation. It can administer on 16 to 60 years age.

2. **Personal Data Sheet:** This would be developed to investigate the personal demographic variables for this study purpose only the following personal demographic variables would be investigated: name, age, gender, educational status, socio economic status, music preference.

Results

TABLE 1

Table showing the mean, SD, -ratio, and level of significant of music preference of male and female on psychological well-being inventory

Music preference	Gender	N (200)	Mean	SD	t-test
Gazal	Male	25	175.83	47.65	0.07
	Female	25	162	42.57	
Romantic	Male	25	186.28	48.88	0.37
	Female	25	189.71	50.22	
Rock/pop	Male	25	142.16	34.02	0.73
	Female	25	126.33	21.37	
Melody	Male	25	166.66	43.11	0.21
	Female	25	178	47.71	

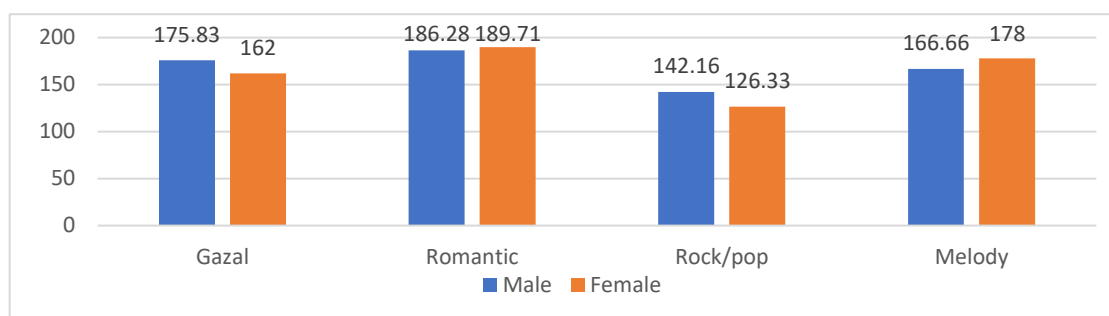


Figure 1 The mean difference of music preference of male and female on psychological well-being

Discussion of Results

Table (1) shows the obtained data psychological well-being of Gazal music listener male and female whose mean is 175.83 and 162 and SD are 47.65 and 42.57 respectively and t-ratio is 0.07 which is not significant at 0.05 level. The obtained value is less than table value. The mean of romantic music listener male and female are 186.28 and 189.71, SD are 48.88 and 50.22 respectively and t-ratio is 0.37 which is less than table value so, t-ratio is not significant at 0.05 level. The mean of rock/pop music listener male and female are 142.16 and 126.33, SD are 34.02 and 21.37 respectively and t-ratio is 0.73 which is not significant at 0.05 level. The mean of melody music listener male and female is 166.66 and 178, SD are 43.11 and 47.71 respectively and t-ratio is 0.21 which is not significant at 0.05 level because t value is less than table value. So, it can be said that obtained value of t-ratio in psychological well-being in music preference is less than the table value, hence the result obtained is not reliable. It can be said that the difference between two means is not actual and has occurred by chance.

Figure (1) shows the mean difference of music preference of male and female on psychological well-being. It can be said that in Gazal, and rock/pop, type of music male scores higher than female on psychological well-being. In melody music female score higher than male on psychological well-being. And in romantic music the score of male and female is quite similar female scores higher than male.

Thus, the hypothesis which stated above that there would be significant difference of music preference on psychological well-being among male and female has been rejected.

Conclusion

Based on result table, it can be said that there will be not significant difference between music preference on psychological well-being among male and female. The mean difference is occurred due to chance. Hence hypothesis is not proved.

Scope for Future Research

To obtain more accurate and applicable outcomes, future studies could involve a varied range of individuals within their sample. The current sample size utilized in this research is relatively small, therefore, it could be beneficial to increase the sample size. In addition, it may be useful to conduct separate research studies for various music cultures to understand how different music culture impact people's emotional intelligence, quality of life, perception of emotion and psychological well-being. Furthermore, it could be exploring the disparities in psychological well-being between music preference based on different age group and different religious.

Implications

This study could be planned for developing music preference on psychological well-being among male and female. People can know how music boost their mood and reduce stress. Additionally, also improve their psychological well-being (happiness, positive emotion, satisfaction, mental health, and interpersonal relationship etc.) and music can be included in music therapy.

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