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Effect of Indian Classical Music on Psychological wellbeing

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Abstract

Indian Classical Music is the essence of Indian culture and tradition. This study attempts to explore the effect of Indian classical music (Hindustani or Carnatic) on psychological wellbeing of a selected population. Data was gathered from 30 young adults who were acquainted with and had received the training in Indian classical music (Musicians) and from 30 more adults who were not acquainted and trained in Indian classical music (non-Musicians). The tool used to assess the wellbeing was the psychological wellbeing scale designed and standardized by Carol D Ryff (1989). The obtained data were tabulated and analyzed using 't' test. This study implicated statistically significant difference between the two groups in their level of psychological wellbeing.

Keywords: Indian Classical Music, Musicians, Non-musicians, Psychological Wellbeing

Introduction

Indian Classical Music is the classical music of our nation which has two major forms, viz., Hindustani, and Carnatic music. Hindustani and Carnatic music are referred to even in our ancient Indian scriptures.

Well-being is a dynamic concept that includes subjective, social, and psychological dimensions along with health-related behaviors.

With this background the authors of this study have tried to gain an insight into the effect of the classical music of India on the psychological wellbeing.

Problem

To study the effect of Indian Classical Music on the psychological wellbeing of young adults.

Objectives

- To study the psychological wellbeing of young adults with the knowledge of classical music of India.
- Compare the psychological wellbeing of young adults with and without the knowledge & training in the classical music of India.

Hypothesis

The level of psychological wellbeing of young adults who are acquainted with the classical music of India will be significantly different from those who aren't acquainted with the same knowledge.

Variables

Independent Variable

- Knowledge and training in the classical music of India.

Dependent Variable

- Psychological wellbeing

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Operational Definition

- 1. Knowledge of classical music of India: (Musicians)**
Individuals with formal training in Hindustani or Carnatic music and have cleared the related minimum qualifying examination.
- 2. Without the knowledge of classical music of India: (Non-Musicians)**
Individuals without the formal training in Hindustani or Carnatic music.
- 3. Psychological wellbeing:**
Psychological wellbeing is the extent to which an individual is happy, contented with one’s life. It is a state of positive mental health.

Research Design

Between Group research design is adopted.

Sample

Technique of Snowball sampling was adopted. Sample consists of 60 subjects. These subjects were young adults (25-40 Yrs). 30 subjects had the knowledge and related formal training in Hindustani or Carnatic music, 30 did not have any formal training or knowledge of Hindustani or Carnatic music. The subjects were married and employed.

Inclusion Criteria

1. Young adults (25-40 Yrs).
2. Married, employed, and acquainted with the knowledge of classical music of India.
3. Married, employed, and not acquainted with Hindustani or Carnatic music.

Exclusion Criteria

1. Young adults who have acquaintance but lack the formal training in Hindustani or Carnatic music.
2. Young adults who are single, divorced, separated, and not employed.

Materials

Ryff Psychological wellbeing scale (1989). It is a 6-point rating scale comprising of 42 items. Higher the score, better is the wellbeing.

Analysis and Results

Table 1: Shows the Psychological wellbeing, Mean, SD, ‘t’ scores of young adults, with and without the acquaintance and formal training in Hindustani or Carnatic music.

	Group A - Young adults acquainted and trained in Hindustani or Carnatic music.	Group B - Young adults neither acquainted nor trained in Hindustani or Carnatic music.
Total	5615	5334
Mean	187.15	177.8
Standard Deviation	12.43	16.65
N	30	30
Df	58	
"t" Value	2.54*	
Interpretation	Significant @ 0.05 level	

Discussion

This study was conducted to gain an insight into the effect of Hindustani or Carnatic music on psychological

wellbeing. Psychological wellbeing scale was administered, and data was collected from 60 young adults (25-40 Yrs.). Sample consisted of 30 subjects with and 30 subjects without the acquaintance and formal training in Hindustani or Carnatic music.

From table 1, on an average the score obtained by the subjects with the knowledge of Hindustani or Carnatic Music is 187.15 and by those without this knowledge is 177.8. The difference is 9.35.

Standard deviation indicates the extent of individual differences. The obtained SD is 12.43 by “Group A” and 16.65 by “Group B”. Individual differences are greater amongst the subjects who are not acquainted with Hindustani or Carnatic music.

‘t’ test was computed, and the obtained ‘t’ value is 2.54. This indicates a significant difference in the level of psychological wellbeing of young adults with and without the knowledge of Hindustani or Carnatic music.

Thus, the acquisition and formal training in Hindustani or Carnatic music has a desirable impact on the psychological wellbeing of young adults. An article of Healthline also implicated that music could boost happiness and relieve anxiety by referring the studies and researches conducted by “PLOS ONE” (Tuomas Eerola, Henna-Riikka Peltola) which was published on June 14, 2016.

Conclusion

1. The level of psychological wellbeing of young adults who are acquainted with Hindustani or Carnatic music is significantly better than those young adults who are not acquainted with the same.
2. The results are in accordance with the hypothesis.
3. Acquisition of Hindustani or Carnatic music has a desirable effect on psychological wellbeing.

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