



Research Paper

Effect of Music Preference on Psychological well-being among Adults

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Abstract

Music encompasses an interesting ability to evoke emotions in people. Music as the most enjoyable human experiences. Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a sense of purpose and meaning in life, and private growth and development. It is attained by achieving a state of balance plagued by both challenging and rewarding life events.

Objective: To see the effect of music preference on psychological well-being among adults. To assess the psychological well-being among male and female adults in term of their music preference

Method: The sample was comprised of 200 adults whose age ranging from 20 to 40 years. Purposive cum incidental sampling methods was used.

Tools: Psychological well-being scale developed by D. S. Sisodia and Pooja Choudhary.

Result and conclusion: On the basis of data, it can be said that there were no differences found in between psychological well-being and music preference among adults.

Keyword: Music preference, psychological well-being, Adult, Music, Happiness, emotion

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I. INTRODUCTION

Statement of the problem: This study is an attempt to explore the preference of adults in music. Music has impact on well-being of adults. The music preference depends on age and gender. Different age group people listen different types of music like young adults like to listen rock music. Male like to hear tough music than female. Music is the best way to express their self. In our day-to-day busy life most, people prefer music to relax. The type of music which we listen express our current mood and emotions. Today music therapy is used as treatment of various psychological problems. This study is intended to gain an understanding of psychological well-being with music preference among adults. Specifically, this study seeks to determine if a relationship exists between the musical preferences, psychological well-being and of adult people.

Music listening is enjoyed around the world. However, we have little understand of how people use and experience music in their daily lives (Charmorro-Premuzic & Furnham. 2007), and how cultural background, gender and other factor may influence the uses of music. Involvement in musical activities has been shown to have positive effects on mood (Valentine & Evans, 2001), quality of live (Clift et al., 2010 and engagement (Davidson, 2011), and to be a very rewarding leisure activity (Lamont, 2011).

Music has a remarkable ability to conjure up emotions in individuals. According to Pereira et al. (2011), it has been found to be one of “the most pleasurable human experiences”. Music has the ability to evoke feelings of happiness, sadness and even fear to name but a few (Goycoolea, Levy, & Ramirez, 2013).

LeBlanc (1982) developed the model that directly focuses on the formation of music preferences. According to this model, the preference for a piece of music depends on input information and the characteristics of the listener. The input information consists of the “musical environment” (such as complexity or the referential meaning of the music) and the “cultural environment” (such as peers, family, educators). The characteristics of the listener are factors such as personality, gender, ethnic group, or musical ability. The input variables are thought

to interact with each other and are filtered by the characteristics of the listener before they contribute to a decision about whether a given piece of music is accepted or rejected.

Psychological well-being

Psychological well-being of an individual including hedonic and eudaimonic happiness. It also shows the resilience power of an individual. It is one of the core properties of our mental health. To enhance and promote it one should understand the underlying characteristic linked with psychological well-being and then one can use effective training programs to improve it.

Psychological wellbeing has two important facets. The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological wellbeing is referred to as subjective wellbeing (*Diener, 2000*). Its positive mental state such as happiness and satisfaction.

Research on music and emotion has also revealed individual differences in preferences for pieces of music that evoke emotions like happiness, joy, sadness, and anger (*Chamorro-Premuzic & Furnham, 2007; Rickard, 2004; Schellenberg, Peretz, & Vieillard, 2008; Zentner, Grandjean, & Scherer, 2008*). Positive emotions were the most frequently felt reactions to music (*Laukka, 2006*). Moreover, it was shown that such positive emotions are related to increased well-being (*Laukka, 2006*) and promoting well-being can have important health effects.

II. REVIEW OF THE LITERATURE

Dr. Durgesh K. Upadhyay (2014) in his research study found that music is even significantly correlated with psychological well-being.

Erol Demirbatir , Ayhan Helvacı , Nilufer Yılmaz , Gulnihal Gul , Ajda Senol and Nazan Bilgel in 2013 found that no statistically significant relationships were found between socio-demographic characteristics and their psychological well-being.

Creech, Hallam, McQueen, & Varvarigou, (2013). Found that listening to music provide a source of positive emotion and to contribute to psychological well-being.

Nicola Sigg in 2009 found a correlation was also observed between some music preference factors and some aspects of psychological wellbeing.

Petri Laukka in 2007 found that listening music were significantly associated with psychological well-being and results give important insights into older adults' uses of music in everyday life and give clues regarding possible relationships between musical activities and well-being.

Damiano Macona, Carlo Baldari, Arnaldo Zelli in 2006 found that there no significant effect of music in psychological well-being.

Objectives of the study:

- To find out the effect of music preference on psychological well-being among adults.
- To assess the psychological well-being among male and female adults in term of their music preference

Hypothesis

1. "Music preference of the adults will have significant effect on their psychological well-being".
2. "Gender will be a factor of difference in music preference among adults".

Variables: Following variables are selected for the present study:

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

III. METHODOLOGY

Sample: The sample would comprise of 200 (N=200) adults in which 100 will be male and 100 will be female of age ranging from 20 to 40 years. Sample would be drawn from different locations of Bihar. Purposive cum incidental sampling methods will be used for the selection of the sample.

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

Inclusion criteria:

Adults between 20 to 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.

Result Table

TABLE 1

Group	Music preference	Psychological well-being			
		N (200)	Mean	SD	t-test
A.	Gazal	50	169.25	45.73	0.21
	Romantic	50	172.91	42.74	
B.	Gazal	50	169.25	45.73	1.57
	Rock/pop	50	139.25	45.44	
C.	Gazal	50	169.25	45.73	0.18
	Melody/old song	50	172.33	33.74	
D.	Romantic	50	172.91	42.74	1.93
	Rock/pop	50	139.25	45.44	
E.	Romantic	50	172.91	42.74	0.03
	Melody/old song	50	172.33	33.74	
F.	Rock/pop	50	139.25	45.44	1.97
	Melody/old song	50	172.33	33.74	

From table 1 it can be observed that psychological well-being of romantic (Mean=172.91, SD=42.73) music listener is higher than melody/old song (Mean=139.25, SD=33.74), gazal (Mean=169.25, SD=45.73), and rock/pop (Mean=139.25, SD=45.44) listener. The differences between the Mean among the types of listeners is not statistically significant.

Hence the first hypothesis which stated that “Music preference of the adults will have significant effect on their Psychological well-being” has been rejected.

TABLE 2

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	166.28	54.88	0.37
	Female	25	189.71	31.22	
Rock/pop	Male	25	152.16	34.02	0.83
	Female	25	126.33	51.37	
Melody	Male	25	178	18.8	0.51
	Female	25	166.66	43.11	

From the table 2 it can be find that Gazal (Male, Mean=175.83, SD=47.65 and Female, Mean=162, SD=42.57), Romantic (Male, Mean=166.28, SD=54.88 and Female, Mean=189.71, SD=31.22), Rock/Pop (Male, Mean=152.16, SD=34.02 and Female, Mean=126.33, SD=51.37) and Melody (Male, Mean=178, SD=18.8 and Female, Mean=166.66, SD=43.11). It can be said that in Gazal, rock/pop, melody type of music male scores higher than female on psychological well-being. In romantic music female score higher than male on psychological well-being but the difference of mean is not significant.

Thus, the second hypothesis which stated that “Gender will be a factor of difference in music preference among adults” has been rejected.

IV. Conclusion-

On the basis of obtained data and result table 1 we can say that statistically not significant difference was found between old song/melody, romantic, rock/pop, gazal. We can say that difference is came by chance factor.

On the basis of result table 2 we can say that there will be not significant difference between music preference on psychological well-being among gender.

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