

A Gender Study on the Effect of Music

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ABSTRACT

Music plays a key role in our lives. It is a way in which our feelings and emotions can be expressed. It brings positivity to our lives and helps in connecting to our inner selves. It acts as fuel to our minds and thus fuels our creativity. It has the power to command our attention, inspire and unite us. Music is all around us and all we have to do is just listen to it, like in the chirping of birds, the sound of waves and raindrops, and also the rustling leaves in the wind. Some people listen to music to escape from the pain they are going through or some listen to it so that they can be at their serenity. Because of tough competition and struggles in life, many young adults are suffering from various health issues and mental health problems such as anxiety, stress, etc. The purpose of the study is to analyze the effect of music in men and women ranging from 20 to 30 years in age. The study was conducted on a total of 140 participants i.e., 70 male and 70 female. Standardized scales were used to study the effect of music in young men and women. The results found out that males are higher than females in cognitive regulation. We can further expand our horizons for research by studying the effect of different genres of music on people.

Keywords: Gender, Music, Men, Women

“Where words fail, music speaks”. - Hans Christian Andersen

Music is the greatest creation of mankind and is also known to be the universal language of humanity. It helps us express who we are and what we are as human beings. Music listening acts as a boon for our mind and soul. When we are tired, sad, or going through breakups or the loss of loved ones, listening to music makes us feel better. Emotional stimulations are the most important factor that heightens the pleasure that the person listening to the music experiences. (van den Bosch, Salimpoor & Zatorre, 2013).

Music is a celebration of our lives. It is something that gives us company when we are alone and it uplifts us when we have lost all hopes. Without music our lives will be nothing, even our hearts have beats and rhythms. Whenever we listen to our favorite music, our brain releases dopamine hormone which makes us feel good and happy.

According to Yirka (2019), it is observed from the research that the hormone, dopamine, acts as a vital element in the sensation of pleasure that the people listening to the music experience.

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Music has no rules and boundaries and when people want to escape from the negativity around them, they listen to music. According to Stanborough (2020), music has a great influence on human beings. It enhances memory, lightens the mood, helps in reducing depression, anxiety, and fatigue enhances our overall efficiency and response to stimuli. Listening to music is the most mysterious part of human behavior. Most commonly, the behaviors exhibit the motives to survive and procreate. Only a few odd behaviors of human beings can be compared to listening to music. Listening to music is the most popular activity that human beings ought to perform in order to attain leisure as music is the greatest companion which is omnipresent in our lives (Schäfer, Sedlmeier, Städtler, Huron, 2013). Music listening is one of the most gratifying experiences. Music has no resemblances to any other satisfying experiences and has no proven biological value, still, people continue to listen to music for pleasure (Salimpoor, Benovoy, Longo, Cooperstuck, Zatorre, 2009).

According to the Oxford Handbook of Music Psychology (2009), music plays a vital role in physical and psychological well-being. Listening to the music of one's liking has powerful effects on the behavior that is outside voluntary control and on mood and affect. According to Sezer (2011), a persons' music taste in daily life has grave effects on a persons' anger situations and psychological symptoms.

Music has healing power and it is also used as a form of therapy by many doctors around the world to treat patients for their better recovery. According to Kavurmaci, Dayapoğlu & Tan (2020), it is one of the non-pharmacological treatment approaches used for curing sleeping troubles, moreover as a therapy, it is safe, free from pain, and the most economical treatment which in turn, has no side effects and can be used in all the health areas.

Music

It is defined as the science or art of ordering tones or sounds in succession, in combination, and in temporal relationships to produce a composition having unity and continuity (Webster, 2021). Music is the art of arranging sounds in time to produce a composition through the elements of melody, harmony, rhythm, and timbre. It is one of the cultural universal aspects of all human societies. (Wikipedia, 2021).

Music is a vital part that makes us human and a mode to recognize and directly experience our humanity (Higgins, 2012).

Music has a great positive influence on each and every person on this planet. It is found in every culture and many times it is related to anxiolytic and analgesic properties (Kent, 2006).

In day-to-day life, music has a great influence on people and how people compose their bodies, how they carry themselves out, how they experience the time flow, how much energized and emotional they are about themselves, about others, and about the situation (DeNora, 2000).

Purpose

The purpose of the study is to analyze the effect of music in men and women ranging from 20 to 30 years of age.

Hypothesis

There will be a significant difference in the effect of music on men and women.

METHODOLOGY

Sample

The study was conducted on a total of 140 participants i .e. 70 men and 70 women from Prayagraj and Delhi. The sample lied in the age group of 20 to 30 years.

Measures

The **AFML Scale** (Groarke & Hogan, 2018), adaptive function of music listening scale is a 46 item measure composed of 11 factors on a 5 point Likert scale ranging from 1 = strongly disagree to 5 = strongly agree.

Procedure

The participants were informed about the purpose of the research and the questionnaires were made filled through Goggle forms. The participants were thanked for their cooperation and help. Standardized psychological tests were administered to the participants.

RESULTS

The responses of the participants were analyzed using a t-test to see the significance of the effect of music in men and women ranging from 20 to 30 years of age.

Table 1. showing the N, Mean, and Standard deviation of all variables.

	Gender	Stress regulation	Strong emotional experiences	Ruminati on	Sleep	Reminisce nce	Anger regulati on	Anxiety regulati on	Awe and appreciati on	Loneline ss regulati on	Cognitiv e regulati on	Identi ty
N	F	70	70	70	70	70	70	70	70	70	70	70
	M	70	70	70	70	70	70	70	70	70	70	70
Mean	F	16.1	23.9	14.1	6.43	15.1	25.0	25.4	11.7	11.1	6.14	14.5
	M	16.6	22.7	14.7	6.56	14.0	25.9	26.2	11.0	10.5	7.10	14.2
Standar d deviati on	F	3.32	4.77	3.80	2.66	3.80	7.03	6.64	2.46	3.52	2.63	4.04
	M	3.73	6.08	3.93	2.75	3.59	7.06	6.87	2.50	3.37	2.51	4.24

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Table 2. showing the correlation of all variables.

	Stress regulation	Strong emotional experiences	Rumination	Sleep	Reminiscence	Anger regulation	Anxiety regulation	Awe and appreciation	Loneliness regulation	Cognitive regulation	Identity
Stress regulation	—										
Strong emotional experiences	0.294 ***	—									
Rumination	0.314 ***	0.568 ***	—								
Sleep	0.256 **	0.182 *	0.275 **	—							
Reminiscence	0.020	0.295 ***	0.233 **	0.053	—						
Anger regulation	0.539 ***	0.246 **	0.322 ***	0.362 ***	0.076	—					
Anxiety regulation	0.580 ***	0.243 **	0.345 ***	0.305 ***	0.045	0.789 ***	—				
Awe and appreciation	0.060	0.187 *	0.040	0.025	0.257 **	0.091	0.174 *	—			
Loneliness regulation	0.392 ***	0.284 ***	0.372 ***	0.394 ***	0.132	0.506 ***	0.589 ***	0.223 **	—		
Cognitive regulation	0.317 ***	0.130	0.213 *	0.339 ***	0.045	0.334 ***	0.361 ***	0.053	0.414 ***	—	
Identity	0.425 ***	0.368 ***	0.310 ***	0.432 ***	0.192 *	0.572 ***	0.550 ***	0.151	0.444 ***	0.400 ***	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 3. showing the t-test.

	Group	N	Mean	SD	Statistic	df	p
Stress regulation	F	70	16.06	3.32	-0.838	138	0.403
	M	70	16.56	3.73			
Strong emotional experiences	F	70	23.86	4.77	1.206	138	0.23
	M	70	22.74	6.08			
Rumination	F	70	14.1	3.8	-0.853	138	0.395
	M	70	14.66	3.93			
Sleep	F	70	6.43	2.66	-0.281	138	0.779
	M	70	6.56	2.75			
Reminiscence	F	70	15.09	3.8	1.784	138	0.077
	M	70	13.97	3.59			
Anger regulation	F	70	25.03	7.03	-0.744	138	0.458
	M	70	25.91	7.06			
Anxiety regulation	F	70	25.43	6.64	-0.651	138	0.516
	M	70	26.17	6.87			
Awe and appreciation	F	70	11.7	2.46	1.635	138	0.104
	M	70	11.01	2.5			
Loneliness regulation	F	70	11.14	3.52	1.176	138	0.242
	M	70	10.46	3.37			
Cognitive regulation	F	70	6.14	2.63	-2.199	138	0.03
	M	70	7.1	2.51			
Identity	F	70	14.54	4.04	0.469	138	0.64
	M	70	14.21	4.24			

DISCUSSION

The results found out that there is a positive correlation between strong emotional experiences and stress regulation ($r=0.294, p < .001$). We also found that rumination is positively correlated to stress regulation ($r =0.314, p < .001$) and to strong emotional experiences ($r =0.568, p < .001$) and sleep is positively correlated to stress regulation ($r =0.256, p < .01$), strong emotional experiences ($r =0.182, p < .05$) and also to rumination ($r =0.275, p < .01$). Moreover reminiscence is positively correlated to strong emotional experiences ($r =0.295, p < .001$) and also to rumination ($r =0.233, p < .01$) and anger regulation has a positive correlation with stress regulation ($r =0.539, p < .001$), strong emotional experiences ($r =0.246, p < .01$), rumination ($r =0.322, p < .001$) and sleep ($r =0.362, p < .001$).

The results also found that anxiety regulation is positively correlated to stress regulation ($r =0.580, p < .001$), strong emotional experiences ($r =0.243, p < .01$), rumination ($r =0.345, p < .001$), sleep ($r =0.305, p < .001$) and also to anger regulation ($r =0.789, p < .001$). We also discovered that awe and appreciation is positively correlated to strong emotional experiences ($r =0.187, p < .05$), reminiscence ($r =0.257, p < .05$) and to anxiety regulation ($r =0.174, p < .05$) and loneliness regulation has positive correlation with stress regulation ($r =0.392, p < .001$), strong emotional experiences ($r =0.284, p < .001$), rumination ($r =0.372, p < .001$), sleep ($r =0.394, p < .001$), anger regulation ($r =0.506, p < .001$), anxiety regulation ($r =0.589, p < .001$) and also to awe and appreciation ($r =0.223, p < .01$). Further we found out that cognitive regulation is positively correlated to stress regulation ($r =0.317, p < .001$), rumination ($r =0.213, p < .05$), sleep ($r =0.339, p < .001$), anger regulation ($r =0.334, p < .001$), anxiety regulation ($r =0.361, p < .001$) and loneliness regulation ($r =0.414, p < .001$).

Further we found that identity is positively correlated to stress regulation ($r =0.425, p < .001$), strong emotional experiences ($r =0.368, p < .001$), rumination ($r =0.310, p < .001$), sleep ($r =0.432, p < .001$), reminiscence ($r =0.192, p < .05$), anger regulation ($r =0.572, p < .001$), anxiety regulation ($r =0.550, p < .001$), loneliness regulation ($r =0.444, p < .001$) and also to cognitive regulation ($r =0.400, p < .001$). However, there is a significant difference in the cognitive regulation. The results found out that males are higher than females in cognitive regulation ($t=2.199$).

When people are going through stressful times, they experience both negative and positive emotions (Folkman & Moskowitz, 2000; Scott, Sliwinski, Mogle & Almeida, 2014). Individuals who were alone, sad, or lonely had poor quality of sleep (Matthews, Danese, Gregory, Caspi, Moffitt & Arseneault, 2017). According to Trahan (2018), many people are there who have a habit of listening to various types of music of their choice which helps them in their sleeping difficulties. Music is successfully used in therapeutic and clinical settings and moreover, it is a side-effect-free option, feasible, and cost-effective in the treatment of sleep loss.

CONCLUSION

The research study analyzed the effect of music in men and women ranging from 20 to 30 years of age. The results found out that there is a significant difference in cognitive regulation. In males, the cognitive regulation is higher than in females. People should listen to music every day as it helps in making our boring daily life interesting and fun. It helps in boosting our creativity, lifts up our moods, improves our social skills, and helps us to relax and be calm during stressful situations.

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Conflict of Interest

The author declared no conflict of interest.

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