

Impact of Indian Classical Music on Quality of Life

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ABSTRACT

Indian Classical Music is the essence of Indian culture and tradition. The present study attempts to study the impact of the knowledge of Indian Classical Music on the quality of life. Data was collected from 30 young adults with the knowledge and formal training in Indian Classical Music and from 30 more adults who did not have the knowledge or formal training in Indian Classical Music. Data was compiled, tabulated, and analyzed using 't' test. The results of the study indicated that there is statistically significant difference in the quality of life of young adults with the knowledge of Indian Classical Music when compared to those without the knowledge of Indian Classical Music.

Keywords: *Indian Classical Music, Quality of Life, Musicians, Non-Musicians*

Indian Classical Music is the classical music of our nation which has two major forms, viz., Hindustani, and Carnatic music. The roots of our classical music can be traced to ancient Vedic literature.

Quality of life is the extent to which an individual is healthy, happy, comfortable and can enjoy his everyday life. WHO defines, QOL as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. Enhancement of QOL is the desired and cherished goal of every individual.

A study conducted by Choolayil Anoop C., Putran Laxmi (2020), found that music therapy helped to elevate the mood state and improve the overall quality of life of institutionalized elderly. Another study conducted by Kotwal M R, Rinchhen C Z, Ringe V V (1998), found that Indian Classical Music helped to reduce the level of stress and anxiety among patients who were undergoing gastroscopy. A study conducted on Australian older adults by Terrence Hays and Victor Minichiello (2008), found that music helped to enhance the quality of life of the elderly. Another study by Marie Cooke, Wendy Moyle, and David Shum (2010), found that music helped the elderly to alleviate depression. A study by Carla Gramaglia, Eleonora Gambaro, Camilla Vecchi, Davide Licandro, Giulia Raina, Carla Pisani, Vincenzo Burgio, Serena Farruggio, Roberta Rolla, Letizia Deantonio, Elena Grossini, Marco Krengli, Patrizia

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Zeppegno (2019), has found that music therapy helps to lessen the level of anxiety and depression among patients suffering from cancer.

With the above background the authors of the present study have made an attempt to explore the impact of Indian classical music on the quality of life of young adults.

Problem

To study the impact of Indian Classical Music on the quality of life of young adults.

Objectives

- To study the quality of life of young adults with the knowledge of Indian Classical Music.
- Compare the quality of life of young adults with and without the knowledge of the Indian Classical Music.

Hypothesis

There will be a significant difference in the quality of life of young adults with and without the knowledge of Indian Classical Music.

Variables

Independent Variable

- Knowledge of Indian Classical Music

Dependent Variable

- Quality of life

Operational Definition

1. Musicians:

Individuals who have had formal training in Indian Classical Music and have cleared the related qualifying examination.

2. Non-Musicians:

Individuals who do not have knowledge or formal training in Indian Classical.

3. Quality of Life:

Quality of life means the general wellbeing of an individual which includes life satisfaction, physical health, education, employment, finance, religious beliefs, and environment.

Research Design

Between Group research design is adopted.

Sample

Snowball sampling technique was adopted. Sample consisted of 60 subjects in the age range of 25-40 years. 30 subjects had the knowledge of Indian Classical Music related formal training and the remaining 30 did not have any knowledge of the Indian Classical Music and did not have any formal training. And all the subjects were married and employed.

Inclusion Criteria

1. The subjects were young adults in the age range 25-40 years.
2. The subjects were married, employed, and had knowledge of Indian Classical Music.
3. The subjects are married employed and without the knowledge of Indian Classical Music.

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Exclusion Criteria

1. Young adults who have knowledge of Indian Classical Music but do not have formal training.
2. Young adults who are single, divorced, separated, and not employed.

Materials

Quality of life scale developed by WHO in 1970 (created originally by American psychologist, John Flanagan) which is 5-point rating scale and consists of 26 items. The scale consists of items pertaining to physical, psychological, social, and environmental quality of life. Higher the score, better is the quality of life.

ANALYSIS AND RESULTS

Table 1: Shows the Quality of Life, Mean, SD, 't' scores of young adults, with and without the knowledge of Indian Classical Music.

| | Group A - Musicians | Group B - Non-Musicians |
|--------------------|---------------------------|-------------------------|
| Total | 2910 | 2820 |
| Mean | 97 | 94 |
| Standard Deviation | 7.24 | 9.24 |
| N | 30 | 30 |
| Df | 58 | |
| "t" Value | 1.98* | |
| Interpretation | Significant at 0.05 level | |

DISCUSSION

The present study was carried out with the aim of studying the impact of Indian Classical Music on the Quality of Life. Quality of Life scale was administered, and data was collected from 60 young adults. 30 subjects who had the formal training and the knowledge of Indian Classical Music and the remaining 30 did not have the formal training and the knowledge of the Indian Classical Music.

From table 1, on an average the score obtained by the Musicians is 97 and by non-Musicians is 94. The difference is 3.

Standard deviation indicates the extent of individual differences. The obtained SD is 7.24 by the Musicians and 9.24 by the non-Musicians. Individual differences are greater amongst the subjects without the knowledge of the Indian Classical Music when compared to those with the knowledge of Indian Classical Music.

't' test was computed, to find out if there are any significant differences between the two groups and the obtained 't' value is 1.98, which indicates that there is a significant difference in the quality of life of young adults with and without the knowledge of Indian Classical Music.

From the obtained results it was found that the Indian Classical Music has a positive impact on the quality of life of young adults. Study conducted by Sravanti L. Sanivarupu in 2015 had also implicated the positive impact of Indian Classical Music on physical and psychological quality of life. The obtained results are in accordance with the hypothesis.

Positive impact of music on quality of life is supported by various reviews. The possible explanations for the same could be that music helps in the development of healthy self-

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identity, positive self-esteem and helps to overcome loneliness. It is also found that music helps to alleviate the mood state and foster happiness.

CONCLUSION

1. Results found that there is a significant difference in the quality of life of young adults with and without the knowledge of Indian Classical Music.
2. The results of the study are in accordance with the hypothesis.
3. Indian Classical Music has a positive impact on the quality of life.

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Conflict of Interest

The author(s) declared no conflict of interest.

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