

Emotional Well-Being and Happiness Among Musicians and Non-Musicians

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ABSTRACT

Emotional well-being refers to the emotional quality of an individual's everyday experience, the frequency and intensity of experiences of happiness, joy, stress, sadness, anger, and affection that make one's life pleasant or unpleasant. Music can be effectively emitting a response that creates a feeling of pleasure has been proved empirically. The present research aims to study the relationship between emotional wellbeing and happiness in musicians and non-musicians. The research is a non-experimental quantitative research design and for fulfilling this purpose, Warwick Edinburgh Mental Well-being scale (WEMWBS) and Oxford Happiness Questionnaire (OHQ) was administered on a sample of 144 participants, from the age 18-25. The sample consisted of 99 non-musicians and 44 musicians. The normalcy test has been found that the test is non parametric, thus Mann Whitney U test has been used. Also, Spearman's Rank correlation was used to find the correlation of emotional well-being and happiness among musicians and non-musicians. The findings indicated that, even though there is no significant difference in both happiness as well as emotional well-being among musicians and non-musicians, it was found that there is a significant relationship between emotional well-being and happiness in Musicians as Non-musicians.

Keywords: *Emotional well-being, Happiness, Musicians and Non-musicians*

Health was defined by the World Health Organization in 1947 as "a state of complete bodily, mental, and social well-being." The NHS has always prioritized physical well-being, but the green paper Our Healthier Nation suggests that this may need to alter. It emphasizes the importance of emotional well-being for health: health is described as "being confident and positive while coping with life's ups and downs." These assertions are backed up by a growing amount of epidemiology, social science, and experimental research that suggests that initiatives that focus solely on physical well-being at the expense of mental and social well-being may be counterproductive. Mental and social wellness are less well defined than physical wellness. The meaning of the phrase mental health is still a point of contention.

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Emotions, both positive and negative, can affect the way a person evaluates their well-being and happiness in life (Pavot & Diener, 2004). Emotional well-being refers to the emotional quality of an individual's everyday experience, the frequency and intensity of experiences of joy, stress, sadness, anger, and affection that make one's life pleasant or unpleasant.

On the positive side, improved emotional well-being has been linked to increases in coping ability, self-esteem, work performance and productivity, and even longevity. Our moods are determined by our thoughts, which are nothing more than the firing of neurons. And the feelings that our ideas produce cause our bodies to release compounds that are highly addictive, such as adrenaline and cortisol. The desire to constantly feed off these addictive drugs, like any other addiction, causes the body to think and feel in specific ways.

Making music has been shown to improve wellbeing in a variety of settings, including everyday use, community, clinical, and schooling. Music has also been linked to moments of peak performance, such as energized attention or flow. Despite this, music activity has traditionally been viewed as a hazard to overall health when performed professionally. Several mediators have been proposed in this regard.

Joy, pleasure, contentment, and fulfilment characterize happiness as an emotional state. While there are many different definitions of happiness, it is frequently described as involving positive emotions and a sense of fulfilment in one's life. It's crucial to reEmotional well-being refers to the emotional quality of an individual's everyday experience, the frequency and intensity of experiences of joy, stress, sadness, anger, and affection that make one's life pleasant or unpleasant. Happiness isn't a continual state of ecstasy.

Many people agree that music is a pleasurable stimulus (Dube & Lebel, 2003). Music can be effectively emitting a response that creates a feeling of pleasure has been proved empirically (Krumhansl, 1997; Sloboda & Juslin, 2001, as cited in Salimpoor, Benovoy, Larcher, Dagher, danZatore, 2011). A recent Australian study confirms what we presumably already knew: people who dance and attend concerts on a regular basis are generally happy. While it may seem self-evident, comparing happiness to musical enjoyment can reveal a lot about how music influences our minds.

Your happiness contributes significantly to your entire well-being. Emotions are an area of a person's health that is frequently overlooked. However, if your emotional health suffers, your physical health will suffer as well. The phrase "emotional health" simply refers to how you feel – your general happiness and well-being. It's a great benefit if you're emotionally fit. People who are in good emotional shape have a healthy balance of leisure, activity, and work in their lives. They are self-assured and do not have low self-esteem. They believe that their lives have meaning. Have a stronger ability to accept change and go with the flow.

METHOD

Research design

The research design selected for this study is a Non-Experimental Quantitative Research Design.

- H01 –There is no significant difference in emotional well-being in Musicians and Non-musicians.
- H02 - There is no significant difference in happiness between Musicians and Non-musicians.

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Table 1 Shows Mann Whitney U test among Musicians and Non-musicians for Happiness and Emotional Intelligence

	Happiness	EWB
Mann-Whitney U	2453.000	2471.500
Asymp. Sig (2 tailed)	.646	.700

Note: * $p > 0.05$, U= Mann Whitney U

In the above table Happiness has scored 2453.000 for Mann Whitney U test, and p values as 0.646 which is greater than 0.05 and hence there is no significant difference in happiness in musicians and non-musicians. Hence the null hypothesis, there is no significant difference in happiness between Musicians and Non-musicians is accepted.

Emotional well-being has scored 2471.500 for Mann Whitney U test, and p values as 0.700 which is greater than 0.05 and hence there is no significant difference in emotional well-being in musicians and non-musicians. Hence the null hypothesis, there is no significant difference in emotional well-being between Musicians and Non-musicians is accepted. The results indicate that there is no significant difference in both happiness as well as emotional well-being among musicians and non-musicians.

On the contrary, a study by Athalia, and Kilis on the Mental Health and Emotional Regulation Between Musicians and Non-Musicians found that musicians and non-musicians had dramatically different mental health and emotional management, according to this study. In addition, musicians' mental health and emotional regulation were much higher than non-musicians'.

- H03- There will be no significant relation between emotional well-being and happiness in Musicians.

Table 2 Showing Correlation between emotional well-being and happiness in Musicians.

	Correlations	EWB
Happiness	Correlation Coefficient	.659**
	N	65

Table 2 shows correlation scores of emotional well-being and happiness among Musicians. The table shows a correlation, $r = 0.659$ for emotional well-being and $r = 1.000$ for happiness. And p value is $0.000(p < 0.01)$.

Thus, the null hypothesis, “there is no significant relation between emotional well-being and happiness in Musicians” is rejected. There is a significant relation between emotional well-being and happiness in Musicians. From the table it's also clear that the r value is 0.659 which states that it is positively correlated which means that when happiness increases well-being also increases and when happiness decreases emotional well-being also decreases musicians.

- H04: There is no significant relation between emotional well-being and happiness in Non-musicians

Table 3. showing Correlation between emotional well-being and happiness in Non musician

		EWB
Happiness total	Correlation Coefficient (r_s)	.791
	P	.000
	N	79

Table 3 correlation scores of emotional well-being and happiness among non-musicians. The table shows a correlation, $r = 0.659$ for emotional well-being and $r = 1.000$ for happiness. And p value is $0.000 (p < 0.01)$.

Thus, the null hypothesis, “there is no significant relation between emotional well-being and happiness in non-musicians” is rejected. There is a significant relation between emotional well-being and happiness in non-musicians. The r_s value is 0.791 which states that it is positively correlated which means that when happiness increases emotional well-being also increases and when happiness decreases emotional well-being also decreases in non-musicians.

SUMMARY AND CONCLUSION

This present study was conducted to understand the emotional well-being and happiness among musicians. The results from the statistical analysis that is done in the study shows that there is a strong positive correlation between emotional well-being and happiness among the musicians and non-musicians. In other words, a rise in emotional well-being can cause a rise in happiness of an individual, but the relationship between them is strong in musicians compared to non-musicians.

Thus, we can say that the increase in emotional well-being can increase happiness and vice versa in both musicians and non-musicians, though the correlation is stronger in musicians. this stronger correlation may indicate that the possibility that emotional well-being increases with the increase in happiness or vice versa is higher in musicians compared to non-musicians. Thus, listening and practicing music either by singing or by playing any musical instrument has a better possibility in improving emotional well-being with happiness.

Findings

- There is no significant difference in both happiness as well as emotional well-being among musicians and non-musicians
- There is a significant relationship between emotional well-being and happiness in Musicians.
- There is a significant relation between emotional well-being and happiness in Non-musicians.

Limitations of the Study and Scope for Future Research

As the sample size is small the results cannot be generalized to the larger population. The data was collected only from the Indian population. A vast age limit was not considered for the study. Homosexuals and couples from the LGBTQ+ community was not a part of the study. A Qualitative approach would give us more insight into the people to compare the emotional wellbeing and happiness in musicians and non-musicians.

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Conflict of Interest

The author(s) declared no conflict of interest.

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