



The Effects of Music on Personal Stress

Anuradha U Bhusaree

Government Vidarbha Institute of Science & Humanities, Amravati

Abstract:

In our daily life everyone is experiencing speed to reach the goal. But during this daily rush of work if we give quality of time for our hobby so that mind feel relax.

Music is one of it, having relaxing power. In India music is well rooted for its application since ancient times. Music helps to clean the person from within and induce happiness. Many evidences support music as a therapy for mental physical related problems.

KEYWORDS: Daily Life, Mind, Music, Relax, Therapy

Introduction:

Stress occur when unexpected event, traumatic events trigger the emotions. Many times when outside demands cannot meet with inner demands one can feel stressed. Sometimes natural calamities like flood, storm, and earthquake lead to stress. Regular exposure leads to psychological problems and even physical illness. Common stressful events of daily life include waiting for bus, traffic, money problem, delay in train schedule etc. it is also called daily hassles.

According to **McEven (2000)** Stress is special stimulus response in which one feels threatened. Thus stress is a response to stimulus of every day event when coping abilities, well being of person get threatened.

Types of Stress:

1. **Neustress:** When kind of stress not produce any harmful or beneficial outcome called as neustress.(Morse and Furst 1979)
2. **Distress:** When stress arousal is too high or too low it also create stress

Stressors – Stressors are those factors, event, situation which creates stress within one self. Many times stressors are self imposed or influenced by the culture. Social stressors cannot easily avoid but can smartly handle

Major types of stressors:

Acute and Chronic stressors – Acute stressors are those which creates stress for short duration while chronic stressors creates affect for a longer or for no apparent time limit.

The factors related to stress also classify stressors in different way such as frustration, conflict and pressure.

Responding to stress:

Person can response to stress by emotional, physiological or behavioral ways. When we change the perception for stressors it can change quality and response towards it. Thus according to the Lazarus and Folkman 1984 our appraisal for a given situation decides whether situation is stressful or not. Not all type of stress is bad. If we engaged our self in leisure activities like sports, dance, gardening etc. it has been evident that it increases the quality of personal life, which get missing today's world. Thus management of stress decides growth of unique personality. Stress cannot avoid but can manage by following approach like personal responsibility, holism, gradualism, balance, Rhythm between stress and distress, Awareness of one's foresight, hindsight about stress. Thus stress is lifelong process which affects directly personality.

In Our Daily life we should manage our stress by magical ways like maintain hobbies like swimming, reading, dancing, morning walk, yoga even a music has charismatic effect.

One of the great examples of music charisma is a patient who was in coma responded Kumar Sanu's voice frequency.

Music Therapy is used for many different issues, from stress relief to mental, emotional and behavioral problems. It has been shown to help treat depression and anxiety, and is often used to help elderly clients deal with memory loss associated with diseases such as Alzheimer's disease and Dementia.

Music is one of it, which not only improves your mood but coping style with daily stressful events. We get up by listening beautiful tune of alarm, bird chirping and many more natural sounds which produce positive effect on mind. Such a natural or artificial parotid sound helps to deal with stressors. Thus make the music as a part of daily life and see the difference.

Music is used for longer times in India for an amusement purpose .If we go back in best kingdoms of India and in other countries that time kings used to listen music as their praise to help relieve the stress.Thus it could say music is best medicine on mental, physical stress.

Even now days, separate music bands are a unique identity for police, army departments as it builds motivation and symbol of courage.

In education system any new ideas are effectively teach by means of background music, using rhythmic construct which lasts longer.Events like marriage also add sounds of light music for additional happiness and creating positive environment.

Music is use as a therapy in many ways. It improves the client's physical, emotional, social, aesthetic and spiritual health. In clinical terms it improves cognitive motor, emotional, communicative, sensory and educational domains.

Review of Literature:

Music listening and stress in daily life-a matter of Timing: International journal of Behavioralmedicine: Alexander Linnemann, Mario Wenzel, Urs Nater stated that music listening associated with lower subjective stress level.

Pelletier C L 2004, showed the effect of music on decreasing arousal due to stress. Journal if music therapy 41(3), 192-214 a Meta analytic review of research articles using music to decrease arousal due to stress was conducted on 22 quantitative studies.

Research Methodology:

Statement of Problem: “The Effects of Music on Personal Stress”

Objectives:

Examine the stress level among music learners and no hobby or non music learners.

Hypothesis:

There is significant difference between mean of music learners and non music learners for stress.

Sample:

For this small research 15 females (adult) are chosen from classical singing class while the 15 female (adult) are chosen who do not have any hobby or they should not be music learners.

Age group 30 to 35 years.

Variable:

1. **Independent Variable:** Adult Female
2. **Dependant Variable** : Stress

Operational Definition:

1. **Adult:** A fully developed person from maturity onwards or who attain biologically 18 years after birth called Adult.
2. **Female:** Biological definition of Female is a human belongs to the sex that can produces ovum.
3. **Stress:** mental or emotional state resulting from demanding or adverse context.

Tools:

For this research Singh personal stress source inventory (SPSSI) is used developed in 1971.

This test consists of total 35 statements. These statements majorly related to life events which imparts stress at personal level.

Test–retest reliability is 0.792

Internal consistency is 0.784, thus it has a sufficient degree of reliability

Validity: It has sufficient degree of validity for content 0.687 significant for reliability of test.

Sampling Technique:

For this research samples are collected from music class located in Aurangabad city by random sampling as there are more than 30 small classes and non music learners chosen also by random sampling method residents of Aurangabad city.

Procedure:

For collection of data randomly chosen participants after made good rapport were asked to solve given paper pencil test by giving all basic instructions.

Data calculation is done by using Mean, SD and t score.

RESULT:

S a m p l e s	M e a n	S d	Critical value of 'T'		Computed value
			0 . 0 5	0 . 0 1	
No Hobby or Non music learner adult	5 1 . 6 6 7	13.613	1 . 7 0 1	2 . 4 6 7	2 . 8 5 6
Music learner adult	3 7 . 4 6 7				

From result it is observed that Computed value is 2.856.

From students T distribution table for 28 df – level of significance 0.05 is 1.701 & level of significance 0.01 is 2.467 respectively. As the computed value for the 't' test is greater than critical value of 't' at 0.05 and 0.01 level of significance, thus Hypothesis is accepted.

Discussion:

Music is indispensable part of life which increases the blossom of personal life. Early morning is with music put freshness for rest whole day. Thus, for handling stress we should use music in a smart way. We don't have too much time to relax but can manage time to listen a category of music. We use smart techniques like Bluetooth connected with mobile or any other way assessable while travelling, waiting; marketing any time. Definitely this increases a positive stress which increases productivity and satisfaction of life.

Conclusion:

Thus it is concluded that Music shows positive effects on personal stress.

References:

Statistics in Psychology by S.K.Mangal

Stress Management : Techniques on how to deal with stress – Fielding Gray

Stress management by Schafer & Walt.

www.ncbi.nlm.nih.gov