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Abstract

One of the powers of music is the ability to link individuals and communities to imagined and real places. *The symbolic role of music in the creation, maintenance, and expression of culture and national identity*, while the underlying social psychological process remain unexplored. WHO defines quality of life 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, expectation, standards and concerns.

Objective: To see the effect of music preference on quality of life among adults.

Method: The sample was comprised of 50 adults whose age ranging from 20 to 40 years. Purposive cum incidental sampling methods was used.

Tools: Quality of life scaled developed by S. Sharma and N. Nasreen.

Result and conclusion: On the basis of data, it can be said that the adults who listen romantic and melody song have better quality of life. There were no differences found on quality of life among rock/pop and ghazal listening adults.

Keyword: Music preference, Quality of life, Adult, Music,

INTRODUCTION

Music: One of the powers of music is the ability to link individuals and communities to imagined and real places. Music is often invoked to bring people together and create a unique identity of groups (Bakagiannis&Tarrent, 2006; Lonsdale&North,2009). The performance and consumption of cultural aspirations and ideals. Famous examples include Samba in Brazil, Mariachi in Mexico, or hula among Pacific Island communities. Ethnomusicologists and sociologists have extensively discussed the role of music in the creation and maintenance of cultural and social identity (Bennett,2000; Hebdige, 1991; Merriam, 1964; Mitchell 1996; Stokes 1994).

The symbolic role of music in the creation, maintenance, and expression of culture and national identity, while the underlying social psychological process remain unexplored. Psychological mechanisms of identity construction and identity expression through culture-specific music preference. As music preference differ between generational phenomena that do not retain the same meaning across generations. Music preference also as evaluation towards music styles.

Rentfrow and Gosling (2003) have argued that music styles are the natural form when individuals think and express their music preferences. Furthermore, musical styles are more or less broad categories encompassing a variety of songs and artists. Even if artists or songs vary in individuals' associations with a music style, the category is shared and provides common ground among individuals (shared cognitive framework; Hargreaves & North, 1999; Tekman&Hortacsu, 2002).

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Music is one of the most powerful elements of life which can change our quality of life. Age is a strong factor in determining music preference. There is also evidence that preferences and opinions toward music can change with age. There are several types of music such as: folk, old song, gazal, rock/pop, romantic etc.

A number of studies have demonstrated differences between male and female listeners' music preferences (Colley, 2008; North & Hargreaves, 2007; O'Neill, 1997), suggesting that systematic gender differences in music preferences are based on gender-role socialization into male toughness and female emotionality. Such differences in musical behaviors may be rooted in gender differences in affect proneness and personality traits, which are driven by physiological differences in emotional experience (e.g., Bradley, Codispoti, Sabatinelli & Lang, 2001). Female listeners also use music more frequently to fulfil emotional needs (North et al., 2000).

Quality of life:

Quality of life (QoL) is a multidimensional concept that refers to 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, and standards" and is affected by a person's physical health and psychological state. It can therefore be assumed that the assessment of QoL should consider aspects of physical health, psychological state, level of autonomy, social relationships, beliefs, and relationship to salient features of the environment.

Quality of life includes wealth, employment, the environment, physical and mental health, education, recreation and leisure time, social belonging, religious beliefs, safety, security and freedom. WHO defines quality of life 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, expectation, standards and concerns.

Quality of life related to music:

Recently, researchers looked at the impact of music interventions on health-related quality of life, and tried to answer the question about the best way to help make that shift toward release, relaxation, and rehabilitation. This recent systematic review and meta-analysis (a study of studies) showed that the use of music interventions (listening to music, singing, and music therapy) can create significant improvements in mental health, and smaller improvements in physical health-related quality of life. While the researchers found a positive impact on the psychological quality of life, they found no one best intervention or "dose" of music that works best for all people.

Review of literature:

Yashaswi and Sreenivas in 2021 found that young adults who have knowledge about Indian Classical music have a better quality of life than those who have no knowledge about Indian classical music.

Heeyoun Kim Cho (2018) found in his research music therapy-singing group significantly increased positive affect scores and decreased negative affect scores of quality of life.

Dominic Upton & Penney Upton (2014) health related quality of life of patient found that there were significant difference of psychological well being on quality of life.

According to study conducted by Melissa Mercadal-Brotons in 2010 found that there were satisfactory result. They found that music improves their quality of life.

Smith, Lamping, Banerjee, Harwood, Foley, Smith and Knapp (2005) found that on health-related quality of life individual and caregiver responses were similar in domains like daily activities, health and well-being, cognitive functioning, social relationships, and self-concept.

According to study conducted by Russell E Hilliard in 2003 found that there were no significant differences in results by age or gender of subjects on quality of life.

Giorgos Dritsakis, Rachel M. van Besouw, Pádraig Kitterick & Carl A. Verschuur found in his

research there were significant relationship between music engagement and quality of life.

Rational of the study: This study is an attempt to explore the preference of adults in music. Music has impact on well-being and quality of life 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 the quality of life with music preference among adults. Specifically, this study seeks to determine if a relationship exists between the musical preferences, quality of life among adult people.

Objectives:

1. To find out the effect of music preference on quality of life among adults.
2. To assess the quality of life among male and female adults in term of their music preference.

Hypothesis

1. "Music preference of the adults will have significant effect on their quality of life".
2. "Gender will be a factor of difference in music preference among adults".

METHODOLOGY

Sample: The sample would comprise of 50 (N=50) adults in which 25 will be male and 25 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. **Quality of life scales (QOLS-SSNN):** This scale was developed by S. Sharma and N. Nasreen. This scale consists of 42 items divided into eleven areas, (life satisfaction, goals and motivation, spirituality, happiness, hopes and wishes, stress reduction, frustration depression/anxiety, adjustment, physical well-being and self-care, effectiveness/efficiency of myself, personal development/personal evolution) out of them 34 are positive and 8 are negative items with three responses (Always, Seldom, and Never) respectively. Positive items are scored as 3, 2, 1 and negative items as 1, 2, 3 respectively. The reliability of the scale 0.80 and .82 was found through Cronbach's alpha method, and the validity by face validity respectively. It can administer on adults
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 1**

Group	Music preference	Psychological well-being			t-test
		N (50)	Mean	SD	
A.	Gazal	12	81.90	10.31	0.21
	Romantic	14	92.45	11.02	
B.	Gazal	12	81.90	10.31	1.57
	Rock/pop	12	70.25	8.44	
C.	Gazal	12	81.90	10.31	0.18
	Melody/old song	12	89.33	10.74	
D.	Romantic	14	92.45	11.02	1.93
	Rock/pop	12	70.25	8.44	
E.	Romantic	14	92.45	11.02	0.03
	Melody/old song	12	89.33	10.74	
F.	Rock/pop	12	70.25	8.44	1.97
	Melody/old song	12	89.33	10.74	

From table 1 it can be observed that Quality of life of romantic (Mean=92.45, SD=11.02) music listener is higher than melody/old song (Mean=89.33, SD=10.74), gazal (Mean=81.90, SD=10.31), and rock/pop (Mean=70.25, SD=8.44) listener. The differences between the Mean among the types of listeners are not statistically significant. It means music preference has no specific role play in the quality of life among adults. Melissa Mercadal-Brotons, GiorgosDritsakis (2010), Rachel M. van Besouw, Pádraig Kitterick& Carl A. Verschuur found in their study that music have an impact on the quality of life among individuals.

Hence the first hypothesis which stated that “Music preference of the adults will have a significant effect on their Quality of Life” has been rejected.

TABLE 2

Music preference	Gender	N (50)	Mean	SD	t-test
Gazal	Male	6	94.83	11.65	0.07
	Female	6	78	9.50	
Romantic	Male	7	88.28	10.88	0.37
	Female	7	96.71	12.22	
Rock/pop	Male	6	73.16	9.02	0.83
	Female	6	66.33	8.37	
Melody	Male	6	95	11.80	0.51
	Female	6	79.66	10.11	

From the table 2 it can be observed that in Gazal, rock/pop, melody type of music male scores higher than females on psychological well-being. In romantic music female score higher than males on quality of life but the difference of mean is not significant. Russell E. Hilliard (2003) also found no significant difference between quality of life and gender. Gender has no role in the quality of life among adults. Both male and female experience same kind of quality of life. Thus, the second hypothesis which stated that “Gender will be a factor of difference in music preference among adults” has also been rejected.

Conclusion-

On the basis of obtained data and result table1 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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