Music is the most beautiful language invented by human race in the course of history. If man is the best creation of God, then music is the best creation of man. It not only touches the heart but also manifests the implicit humanity and sensitivity which separates man from animals. It is creativity in a pure and undiluted form and format. Music has always been linked to the emotional context, and as such has a profound influence on the performer as well as on the listener. Its intention is to make people communicate and bring them together around a miraculous phenomenon. Music breaks all divisions of race, religion, cast and creed. It is a wonderful force which can bring and establish international peace, love and brotherhood. Undoubtedly an intangible, subtle and wonderful gift of nature from one human being to another, music is rightfully considered to be the language of God.

Music plays a vital role in our daily life. It is a way of expressing the feelings and emotions. Music is a way to escape life, which gives relief in pain and helps to reduce the stress of the daily routine. Different kinds of music are appropriate for different occasions. We come across it in the mellifluous tunes of a classical concert or in the devotional strains of a bhajan, the wedding band, or the reaper in the fields breaking into song to express the joys of life. Even warbling in the bathroom gives a happy start to the day. Music has a very powerful therapeutic effect on the human psyche. It has always been part of our association with specific emotions, and in turn, those emotions themselves have given rise to great music.

Music is considered to be an aesthetic calling of the mind. Perceptions, we know, as transformed into emotions through ideas, based on previous experience, which requires words to form them and words has a much closer psychological connection with objects perceived through ears than those perceived by an eye. This scientific treatment of music enabled the musicologists to compose by suitable combinations, a variety of tunes; some to express particular feelings and stimulate particular emotions; some for
devotional purpose i.e., for attaining self realization; some to soothe or give relief to the and so on, suitable for different hours of the day or different seasons of the years.

Undertaking this research work is my humble attempt to study the psychological importance of Indian music employing current scientific procedures. The present study is an experimental approach of studying anxiety and stress level of the most crucial stage of human development i.e. adolescent stage and the impact of Indian music upon it.

Tool, techniques and statistical analysis have been employed to probe into musical phenomena and music psychology. Therefore in the present investigation every attempt is taken care of the thoughts shared by such exceptional ancient musicologists on the basic concepts of Nada, Shruti, Swar, Laya, Raga, Rasa and relating it to the psychophysiology aspect of human behaviour and nature.

Due to the vastness of the topic, the present research is delimited only to the adolescent phase of human development.

Use of music as a therapy being a relatively new field in India remains a potential area for research work. Most of the research work in this field relates to the use of one or two Ragas on patients for clinical purposes, leaving a lot of scope for making it useful for easing the lives of the adolescents. Whatever little research on use of music on adolescents has been done has shown positive and effective results but they have been mainly concentrated on the effectiveness of one kind of music (in case of western studies) or a particular raga (in case of Indian studies). Lack of comprehensive research work in this field has inspired the investigator to work on the comparative effectiveness of three kinds of Indian music in reducing anxiety and stress level of adolescents.
The thesis entitled ‘Impact of Indian music on anxiety and stress level at adolescent stage of human development’ comprised of seven chapters which are as follows:

**Chapter- I: Introduction of the Study**

Chapter I is the introduction of the research undertaken. It briefed the role of music in restoring, maintaining and improving emotional, physiological and psychological well being in general and specifically at adolescent stage, from theoretically and research perspective. Further, it outlines the justification of selecting the present investigation. The investigator believes that it would add to the new dimension of knowledge of psychological and educational importance of music as a healer of psychological problems of an adolescent. Chapter I focus exclusively on music and adolescence, in order to highlight the unique role music has in adolescent stage. This investigation has been taken to make their lives stressed free for a while so that they could explore the world in a right manner and provides the society of which they constitute a major part and are future builders with a sense of satisfaction.

**Chapter-II: Theoretical Background**

Chapter II comprises a brief account of the therapeutic importance of music in general and Indian music in particular. Ancient healing roots of Indian music have been discussed. As the music of India is said to be one of the oldest unbroken musical traditions in the world and it is believed that the concept of Indian music therapy has emerged from the correct intonation and right use of its basic elements such as *Nada, Shruti, Swara, Raga, Tala and Laya, Time theory* and *Rasa theory* etc, references have been quoted from various musical texts and its psychoanalytical viewpoint has been discussed in an elaborative way. Three kinds of Indian of Indian music used in the study and justification of choosing them, forms next segment of Chapter-II.

Further, other variables undertaken in the present investigation are discussed in detail-Anxiety-concept, causes, symptoms; stress-causes and consequences, signs and symptoms; stages of human development; problems of adolescent
stage; anxiety & stress at adolescent stage and music for adolescents has been analyzed.

**Chapter III: Review of Related Literature**

Chapter III narrates the review of the related literature regarding the role of music carried out so far to study its impact worldwide in curing and healing physiological and psychological problems. Both western and Indian music studies have been incorporated for the reference. For the convenience of understanding, the chapter has been divided into sections throwing light on the following studies:

- **Western Studies: Physiological & Psychological Health and Music experience.**
- **Indian Studies: Physiological & Psychological Health and Music experience.**
- **Adolescents: Learning & Behavioural patterns and Music Experience.**
- **Treatment of Anxiety and Stress through music.**

The format of each section is uniform and includes the theoretical perspectives, research studies, and music preference related to each problematic issue. An in-depth examination of psychological health and music experience is presented in this chapter.

**Chapter-IV: Methodology and Design**

Chapter IV is the Methodology and Design chapter, which focuses on the objectives and hypotheses framed for the present investigation, how subjects were selected, the criteria for choosing the subjects, distribution of subjects in experimental groups and control group, procedure adopted for collection of data, musical treatment undertaken, tools used namely, the Bisht Battery of Stress Scale and General Anxiety Scale for Children, sample o Indian music used for treatment, statistical techniques used for analysis of the data and delimitations involved in the study.
Chapter V: Annova Summary

In chapter-V ‘Annova Summary’, pre test scores of anxiety and stress level (namely Academic Stress, Social Stress and Family Stress) of subjects have been listed. Analysis of variance is work out to test the homogeneity of all groups and to find out variance between treatment techniques. Annova summary of the present investigation of all the groups came out to be homogeneous and indicated that the groups are ready for experimental testing i.e., to test the differential impact of three kinds of Indian music in reducing anxiety and stress level at adolescent stage of human development.

*For the convenience of understanding, results and discussion have been divided into two parts.

Chapter VI: Results and Discussion-I

In Chapter VI, ‘Results and Discussion –I’, results of impact of three kinds of Indian music on anxiety and stress level at adolescent stage of human development have been incorporated followed by the discussion and implications of the results.

Chapter VII: Results and Discussion-II

In Part VI, ‘Results and Discussion –II’, results of differential impact of three kinds of Indian music on anxiety and stress level at adolescent stage of human development have been incorporated followed by the discussion and implications of the results. Further the results of differential impact of Indian music on gender basis is also analyzed and discussed.

Summary and Conclusion

This final chapter of the study summarizes a brief account of the research work undertaken, results and conclusion drawn, limitations of the study, its implications and suggestions for further research.
Bibliography and Appendices

A list of references as well as the Appendices follows ‘Summary and Significance’. Bibliography includes list of books, journals and websites consulted for the present investigation. The Appendices include the Consent Forms, Manuals of Bisht Battery of Stress Scales and General Anxiety Scale for Children, questionnaires and answer sheets for anxiety, academic stress, social stress and family stress, sample (DVDs) of instrumental, fusion and Punjabi Folk songs used during treatment sessions, list of Punjabi songs given to the subjects used for EG3 and glimpses of the present investigation.