CHAPTER-I
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Music is known to be a universal impulse. It brings a pleasing experience and an effective therapy as it affects various kinds of human ailments. Practitioners of music therapy have living proof of the effectiveness of music in therapeutic applications on a daily basis. From enhancing concentration and memory, reducing stress, anxiety and depression, to dealing with diabetics, blood pressure and heartbeat as well as boosting one’s immunity; music lends its healing touch. Every parent knows that soothing tones and sounds pacify even the most irritable babies. Therefore, the primary proof of the efficacy of music therapy is the lullabies we sing to infants and toddlers. The passive form of music therapy, (listening) has a beneficial effect in almost all ailments whereas the active form, (participating) is especially helpful for neurological problems.

Music integrates mind, body and spirit and provides opportunities for self-expression. It is a scientific method of effective cures of disease through the power of music. It restores, maintains and improves emotional, physiological and psychological well-being. The articulation, pitch, tone and specific arrangement of Swara (notes) in a particular Raga stimulates, alleviates and cures various ailments inducing electromagnetic change in the body. It is this humane quality in music which promises a direct impact on the listeners in therapeutic settings.

Indian music has a hoary tradition and continuity for more than 5000 years. Music of India has been known for its rich cultural heritage and traditions. Many Indian traditional healing systems like Yoga and Ayurveda have been welcomed globally and have been given scientific endorsements for their therapeutic values. Indian traditional systems of health and healing also include various musical treatment approaches.
Scientific viewpoint in music is not new in our country, though it has been sadly neglected due to the lack of evidences and distortion of facts. Our ancient musicologists had extraordinary logical concepts about sound and music. The astonishing theory of *Nada, Shruti*, and the creation of *Swaras, Murchaans* etc is indeed a great contribution to the musical thought of the world. Furthermore, associating the place of creation of *Nada, Shruti* and *Svara* with the physical body and mind provides the authenticity of scientific approach. The curative significance of Indian music has been proven since ages. Musicologists belonging to different eras in their own ways have described its therapeutic importance and establish psychoanalytical relation of various phenomenons such as *Nada, Shruti, Swaras, Raag, Laya, and Rasa* with human body and mind.

Man has made tremendous progress in almost every walk of his life. Today we have achieved many things, which were once considered impossible to possess. All credit goes to science which has been incessantly creating new materials and devices to make our physical life more and more comfortable. Besides giving comfort, it has made our lives so stressed that we can easily see despair and disappointment at every age and in every individual ranging from a child to an adolescent to an old aged person.

In the journey of life, signs of psychological disturbances i.e. restlessness, anxiety, stress, depression, mental conflicts, and frustrations etc is visible in the dry and dull eyes of every one, irrespective of belonging to any stage of development. Stress accompanies us wherever we are, wherever we go. Like a shadow it follows us. Stress is so close or has become synonym with our lives, that we barely perceive it. It has become an inbuilt ingredient of today’s life. Many call it a ‘silent killer’. Augmented accumulative anxiety and stress puts psychological and physical health at stake. Both have direct or indirect relation with health; health is associated with capacity to work; work is associated with production. Perceived chronic anxiety and stress may negatively influence immune system. The resistance power is affected which increases vulnerability
to a variety of diseases and disorders. When health is affected, the capability to work efficiently is hampered badly; the capacity to enjoy and feel the ‘life’ is narrowed down; eventually, diluting one’s physical and mental output.

Regardless of how long or short the total life span is, it is usually subdivided into stages or periods, each of which is characterized by certain behavioural or developmental characteristics entangled with its own physiological and psychological problems. Psychologists have divided the stages according to the changes which cover physical, intellectual, social aspects etc of a human life. Due to the paucity of time, the investigator has only focused the present study on the adolescent stage.

Amongst all stages, the stage of adolescence is considered to be the most stressful one. It is one of the most challenging and critical phase in the life of an individual. It is during this period that personality changes takes place. The foundation of a sincere, honest, responsible, understanding, sensible and a true person is laid during this period. Adolescent stage is a period often characterized with rapid physiological and psychological changes and demands for new social roles. Adolescents due to these unavoidable changes often face number of crisis and dilemmas. The expectations of society from them to perform well pose certain challenges and problems for adjustment. In this process of adjustment, there is a need to understand and appreciate adolescent problems; to manage anxiety and stress from their lives and to recommend them certain relaxation techniques which make their lives worth living.

Today, adolescents are under an unprecedented amount of anxiety and stress. Drastic changes occurring in body, family issues, peer pressure, academic struggles, selection of courses, unsatisfied sex urge and an eagerness to fit in the society create such situations which they are not emotionally prepared to handle. Without the skills to cope positively and de-stress, they indulge in various unhealthy coping strategies which in return can have a serious impact on their lives. Much of teen maladaptive behavior is actually an attempt by the teen to manage unpleasant feelings or experiences. Explosive or angry
behavior, self-mutilation, drug, alcohol, and tobacco use, and school avoidance, for example, are possible ways adolescents may cope with situations or emotions they don’t know how to handle. Learning positive ways to relax and cope when under stress may help reduce some of these behaviors.

However one can meditate without the help of music and can get relax. It is true that anybody can sit still, feel their breath and listen to it for a while for relaxing or meditating but sometimes without any medium to concentrate, mind lose its focus completely. But, music can successfully help to focus the mind and move into a pleasant, easy and deep state of meditation. In the present study, instrumental music is proven to be the path which leads the subjects towards the attainment of transcendental bliss.

Even though music therapy is fairly new, the practice of using music to heal can be traced back to antiquity. To prove that Indian music has the capacity and power of reducing anxiety and stress level, the present investigation is taken. To make it more widened three kinds of Indian music was taken and a comparative analysis was done to see which kind of Indian music has proven to be more beneficial out of the three.

The central or highlighted epicenter of the present investigation revolves around adolescents. The sole aim of focusing the study on adolescents while ignoring all other stages of human development is to provide them a space to expand their wings and discover the different aspects of life. 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. Following is a brief significance of use of Indian music for curing the physiological and psychological disturbances and problems of adolescents:

- **Controlling Emotional Upheavals:** Our old traditions of Indian music is, that musicologists and philosophers has always talked about *Nava Rasas* and attached aesthetic importance to it. Adolescent period is the period of emotional disturbance. Studies have proved over the years that listening to
Indian music can have a tremendously relaxing effect on body and mind. Listening to Indian music involving *Shanta Rasa, Karuna Rasa, and Sringara Rasa* etc. can actually be beneficial at such stage of emotional turmoil.

- **Effective Mediator of Emotional Communication**: Indian music has the power to induce, transmit, and transform diverse realms of perception (sensorial, emotional, and cognitive), becoming one of the most effective mediators of emotional communication at intra psychic, interpersonal and transpersonal dimensions of experience.

- **Capacity to Improve Quality of life**: Indian musical energy has the capacity to improve the quality of life, facilitating relaxation, sleep, mental concentration, improving memory, learning abilities, intuition and creativity, reducing stress, strengthening vitality, nervous system and maturing personal and inter-personal communication.

- **Expressing inner self out**: Music appeals to many adolescents and they discover that the melody often expresses their own feelings and experiences. Adolescents tend to gravitate to music describing what they are feeling and what is important to them. Hence helps an adolescent to vent out the inner urges of unfulfilled desires.

- **Recognizing Inner Self**: Music provides a sense of independence and individuality to adolescents, which in turn contributes to one’s own self discovery and sense of identity which is a drastic problem at this stage. Normally every adolescent pass through the phase of ‘identity crisis’. Calm and soothing music provides relief from the vagaries of stressful conditions and helps them to rejuvenate.

- **Means of labeling emotions**: For adolescents, music frequently provides a means of identifying or labeling certain emotions. In music with lyrics, they may identify with expressed emotions of happiness and sadness, or with sociological or political themes. For them struggling with surroundings.
sexuality, sexual orientation, loneliness or depression, identifying these emotions in music can be extremely helpful. Especially when an adolescent is unable to discuss these issues and emotions with family, friends or peers, identification of similar themes in music makes him/her feel less alone. When they use music as a mood-modifier, it can be used to reinforce and perpetuate negative emotions as well as positive emotions.

- **Music can relax, stimulate or open up channels of self-expression at a deep personal level:** The essence of adolescent music therapy is the discovery of fantasies and fantasizing which promote adolescent maturation and development, finding an age-appropriate defense, and an area for possible creativity. This can help the adolescent to disengage from childhood gratification and create the space and psychic possibilities necessary to work on fantasies connected with adolescence. The fantasies connected with the transitional object belong to the childhood symbiosis and to the first phase of individualization.

- **Take the mind off from stress:** Music, especially upbeat tunes, can take the mind off from stresses, and help to feel more optimistic and positive. This helps release stress and can even help adolescents to keep away from getting stressed over life’s little frustrations in the future.

- **Spiritual Upliftment:** Music is considered to be the language of God. Music is spiritual in India, and the spirituality of music inspires the adolescents and awakens the dormant spirituality in them. This awakening led them to the realization of self which is lost in the insecurities of this stage.

- **Profound impact on the Psyche:** Music having a profound impact on the psychic and body of an adolescent is a time proven fact.

- **Creative Outlook:** Music can also serve as a creative outlet to release or control emotions and find ways of coping with difficult situations.

- **Classroom Management for Adolescents:** An adolescent stays in school on an average of 7-8 hours a day. This is the place where he/she finds
himself/herself to be more frustrated and stressed up due to academic 
pressure, peer pressure, inferiority complex, group loyalty, inner urges etc. 
In such stressful conditions, creating congenial environment in the class 
becomes utmost important. Classroom management is the most difficult skill 
to master and it is also the area that teachers worry about the most. Teachers 
are less concerned with teaching their subject matter in an engaging way, 
than they are effectively organizing and maintaining order in the classroom. 
There are numerous strategies that have been proven effective in improving 
classroom management. One of the most effective methods to increase 
attention and lower behavior problems of adolescents is the inclusion of 
music in the classroom and lessons. Music can be used to help teachers to 
achieve effective and efficient classroom management in the following 
manner:

➢ Music is powerful tool that can help teachers maintain a positive and 
productive environment. The calming effects of Indian instrumental 
music in the background or in between the intervals have positive effects 
on the adolescents when it is introduced into the classroom. Creating a 
classroom that has students with low anxiety and stress levels is 
important to classroom management. This kind of relaxing music can 
help to keep the levels of anxiety and stress to the minimum.

➢ Adolescent age is considered to be the age of ‘Store House of Energies’.
Indian music in the background can help in channelizing this energy into 
positive direction.

➢ Repressing or ‘bottling up’ emotions is often unhealthy, and music 
allows a channel for adolescents to express emotions through listening 
or playing music. Teenagers who either listen to or participate in music 
are able to express themselves, perhaps with a directness that would be
uncomfortable in nonmusical conversation. 'Bottling up of emotions is linked to an increased incidence of panic attacks'.

- Music is highly motivating. Enjoyable music activities are designed to be success-oriented and make adolescent feel more motivated towards the attainment of their goals.
- Music can encourage socialization, self-expression, communication, and motor development.
- Because the brain processes music in both hemispheres, music can stimulate cognitive functioning and may be used for remediation of some speech/language skills.
- Music stimulates all of the senses and involves the child at many levels. This “multi-modal approach” facilitates many developmental skills. Quality learning and maximum participation occur when children are permitted to experience the joy of play. The medium of music therapy allows this play to occur naturally and frequently.
- Music give adolescents the possibility to express, be in contact with and share among themselves feelings of anger, rage, grief, longing and psychological disintegration.
- Music also provides adolescents with opportunities to experience closeness and isolation and to explore their sexual fantasies and feelings. Music brings positive changes in the psychological, physical, cognitive or social functioning of individuals with health or educational problems.
- Music can promote relaxation of tense muscles, enabling them to easily release some of the tension. By incorporating music in the background, easy muscle tension exercises can be performed.
- Different subjects can be taught with the help of music to decrease and ease down the difficulty level.

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When music is played in the classroom it can help to change the mood. Specific types of music can be played to illicit the desired mood.

Moral education can be provided with the medium of devotional music.

Music can help the brain to get into a meditative state, which carries wonderful stress relief benefits with it. For those who find meditation intimidating, music can be an easier alternative.

Music that has affirming lyrics can bring the double benefit of music and positive affirmations, helping one to surround oneself with positive energy and more often look on the bright side, letting stressful events more easily roll off.

Music has the power to keep students engaged and reduce discipline problems within the classroom. The inclusion of music in lessons tends to enrich the material and provide more meaning to the lesson. When the learners are more engaged and interested in the lesson, they stay focused for longer and retain more information. The learners are focused on the lesson and disruptions are simply subsided. Students have higher test scores when music is included in instruction because they are more involved and engaged in the lesson; therefore they are retaining more knowledge.

Music can be used to nurture students and lead them to their highest potential as a learner. Also, research has shown that students learn better and cooperate with each other more when there is music playing in the background while they are completing a task.

Music can be used and introduced into any classroom because it serves as a resource for the teacher to gain a sense of effective classroom management; it is a tool to raise scores. The capabilities of music are important in the realm of education and learning. It is important not to overlook the benefits of regularly using music in the classroom. These are some of the reasons that music
relaxation is among the easiest and most effective forms of relaxation available, and music is considered to be a great anxiety and stress management tool.

- **Use of Music in Clinical Settings for Adolescents:** Therapists and physicians use music in rehabilitation in ways that are not only backed up by clinical research findings but also supported by an understanding of some of the mechanisms of music and brain function. Music therapy is used, as it had been through the ages, to foster emotional expression and support; help build personal relationships; create and facilitate positive group behaviors; represent symbolically beliefs and ideas; and support other forms of learning. In clinical settings, adolescents are instructed to listen to music or play it together with the therapists promotes well-being, express feelings, and interact socially. Music as a valuable tool which can be used in psychiatric hospitals, rehabilitative facilities, medical hospitals, outpatient clinics, day-care treatment centres, agencies serving developmentally disabled children, community mental health centres, drug and alcohol programmes, juvenile centres, nursing homes, hospice programmes, correctional facilities, schools and private practice.

- **Use of Music as a Counselling tool for Adolescents:** School counselors are advocates for children. As such, they have a powerful effect on the psychosocial development, personal adjustment, and self-actualization of adolescents. Counselors deliver a multi-faceted, preventative program geared to meet the developmental needs of adolescents. As already discussed above that music serves as an effective tool in bringing the inner desires and urges of adolescents in forefront. It is important, therefore, that school counselors are knowledgeable about music techniques and methods which may provide one more tool to help in the exploring, understanding, and working through the problems with which adolescents are confronted.

Music with its potential to influence both psychological and physiological processes becomes an important alternative in the practice of anxiety and stress management of adolescents. The bulk of research in the area of anxiety and stress reduction has
examined the effects of music on the physiological processes of relaxation. Numerous studies have reported significant decreases in, for example, heart rate, skin temperature, and muscle activity when music has been used in the relaxation process. Recent studies of psychological responses to music in the relaxation process have been overwhelmingly positive. Anxiety measures and self-reports find people indicating greatly increased feelings of relaxation and calmness. Other researchers have studied the positive contribution of music on the effectiveness of biofeedback, guided imagery, and other established techniques.

Listening and participation in music is considered one of the positive and healthy strategies to be adapted for managing anxiety and stress at adolescent stage. Studies have proved over the years that listening to music can have a tremendously relaxing effect on our minds and bodies of teens. Music can have a beneficial effect on their physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones as well as on psychological discomforts i.e. reducing anxiety, stress, and frustrations, exploring the emotions, helping the mind to concentrate better and preventing the mind wandering here and there.

A lot much of western studies have been conducted throughout the world and results have been beneficial for adolescents. Among adolescents, music is a unifying force, bringing people of different backgrounds, age groups, and social groups together. It is medically proved now when dealing with stress and related problems, right type of music actually lowers blood pressure; relax the body, and calm the mind. It has been acclaimed that music can be used as an important tool for bringing significant improvement in lives. Recognition of the inherent qualities of music in association with medicine has its roots in antiquity. Throughout history there are references to the use of music as therapy for a variety of illnesses. Particularly in the past two decades, a resurgence of interest in this field has focused attention on clinical and experimental research evaluating the physiological and psychological effects of music on the workings of the body, both in health and in disease.
It is inherent nature of man that at times of anxiety and stressful events in life, one feels a great relief by hearing or listening to soft music. While all the arts have from time to time been subjected to scientific scrutiny, recently music also has attracted the attention of many psychologists and scientists towards its therapeutic significance.

It has been researched by the investigator that a lot of work has been done in Western countries using different western musical strategies in reducing stress, anxiety, depression, frustrations, mental conflicts etc., from the lives of people and hence making their lives worth living, eventually creating many psychological music therapist associations throughout the world.

The justification for carrying out the present research work involves handful of reasons. The brief summary is as follows:

- The investigator being a music and psychology post-graduate student thought it worthwhile to work on the unique combination of both.

- Indian Music’s hoary traditions of healing science inspired the investigator to carry out the present research.

- To prove the worth of Indian music in psychological settings, this research has been carried.

- The scientific base involved in the basic elements of Indian music and their correlation with human body and mind is yet another reason which impels the investigator to select this particular topic for research.

- Indian music is well known for creating Rasa with the combination of Swaras, which leads to the evoking of emotions. This unique potential of music of India inspired the investigator to choose this topic.

- It is observed by the investigator that although the stage of using music as a therapy in India is still in its infancy but many studies has been conducted in India in curing and treating various physiological and psychological problems with the use of Ragas, but to the best of investigator’s knowledge, no empirical
work with a comparative analysis of three kinds of Indian music in reducing anxiety and stress level of adolescents has been taken.

- The research work which has been conducted in India using music as a curative force lacks in experimentation and valid scientific procedures.
- Adolescent stage is considered to be the most critical phase or stage of human development which enthuse the investigator to work on them using three kinds of Indian music during intervention.

Hence, it is thought worthwhile to undertake the research entitled. 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. Indian music is much more appreciated and respected today all over the world. Many composers and musicians throughout the world have been influenced by Indian music. The openness, willingness to learn it and sincere enthusiasm of western audiences are a continuing source of inspiration and delight. In light of recent research in music therapy on anxiety and stress reduction, it seems evident that Indian music can play a significant role in the treatment of adolescent suffering from high anxiety and stress-related disorders. It has been proven that Indian music can dramatically influence physiological and psychological processes and also provides, for most of the adolescents, a non-threatening, pleasurable experience of this traumatic stage in their developmental process.