INTRODUCTION

Music surrounds our lives. The word ‘Music’ covers broad range of possibilities. It is an activity where demands are adopted to level of functioning and to have a positive influence on the feeling of identity and on the periods of lucidity. Music is a universal language. It influences all levels of human existence. Music is the cosmic principle whose dynamics makes the universal mechanism functional.

Music is energy but at the same time it is the expression of that energy, the definite manifestation of a non-manifest force. Music penetrates the cosmos as an invisible, inaudible vibration of bliss, while music represents likewise the audible vocalization of the bliss.

The entire human energetic system is extremely influenced by music. Pulse and rhythm are found in a heartbeat, breathing and on movement. Melody is created in our laughing, crying screaming and singing. Even the range of our emotions can be held within the rhythms and harmonics of different musical styles. Music is everywhere around us. It exists in our lives since the day we come into existence. From the womb you experience sound.

Music’s calming powers are its most noticeable results Music has changed throughout the years and has become the large part of everyone’s life. Soon after birth till the baby starts moving and speaking they turn their head and listen to any music being played in vicinity. As they move and dance are universal movements. When baby cries the lullaby helps to calm the child and make them happy. The school going children are more often being taught things in the form of rhymes’ or as singing, which helps them to learn and to motivate them towards the positivity. The youth can often be seen with music in their ears or with the same music related gadgets. Even the older people prefer music, which helps them with the peace of mind and fill up the empty space.
Music is a by birth process which helps in motivating our personality and our mind towards good. Music has effects on one through nature behaviour and age as well as through personality. Hence music promotes all round development of personality of human being. As the dimensions of human personality do not require any training and it probably unfolds naturally like any other facets.

“Music is a primary modelling system of human thought and a part of the infrastructure of human life. Music making is a special kind of social action which can have important consequences for other kinds of social actions”

- Blacking (1995, P.223)

RELATED LITERATURE:
The presented research topic “MYSTICAL REFLECTION OF MUSIC ON PERSONALITY AND BEHAVIOUR” is still the untouched matter. In India I couldn’t find any such research related to same. But in western music I can see researches, articles as well as books which have been published under psychology of music. Some related literatures are as follows:

- **Rashmi Bala:**
  Kurukshtra University, Department of Music and Dance – 1991
  Title: Musical Preference in relation to discrimination between notes and certain Psychological variables.
  Subject: Fine arts, Music, Psychology.

- **Kamla Rani:**
  Kurukshtra University, Department of Music and Dance – 1991
  Title: Performance level of students in music: A critical study of its determinants.
  Subject: Fine arts, Music, Education, Performance Level.

- **Goswami Roshni:**
  Shillong North Eastern Hill University, Department of Philosophy-1987
  Title: Language of Music
  Subject: Philosophy, Fine Arts, Music.

- **Chaudhary Rashmi:**
  Kurukshtra University, Department of Music and Dance – 1990
  Title: Musical preference in relation to discrimination between notes and certain psychological variables
  Subject: Music and Dance.
- **ShashiBala:**
  Kurukshtera University, Department of Music and Dance – 1989
  Title: Study into relationship of musical references with the personality traits of the individual.
  Subject: Music and Dance.

- **Shastri Ina:**
  Chandigarh, Punjab University Department of Music – 2004
  Title: Comparative study of the impact of different types of practices on vocal music learning.
  Subject: Humanities, Music.

- **Mohammadi Ali Zadesh:**
  Chandigarh, Punjab University Department of Psychology – 2001
  Title: Effect of Music therapy on the negative and positive symptoms of schizophrenia.

- **Grover Meenu:**
  Rohtak, Maharshi Dayanand University, Department of Music – 2003
  Title: Role of music in the development of child according to new education policy.
  Subject: Humanities, Music.

- **Goswami Gopinath:**
  Kolkata, Rabindra Bharati University, Department of Fine Arts
  Title: Psychological study of Music – 1975
  Subjects: Fine Arts, Music.

- **Chattopadhyay, Shyamal Kumar:**
  Kolkata, Rabindra Bharati University, Department of Psychology -1997
  Title: In quest of Musical child
  Subject: Psychology, child Psychology, child Development

- **Chatterjee Shyamal:**
  Calcutta, University Of Calcutta, Department of fine arts- 1989
  Title: Same aspects of musical mind and learning in music
  Subject: Fine Arts, Music

- **Bhattacharya Nandita:**
  Meerut, chaudhary Charansingh University, Department of Music – 1989
  Title: Psychological Aspects of Hindustani Classical Music
  Subject: Fine Arts, Music.
• **Bhide Pratibha:**
  Mumbai, ShreematiNathibaiDamodarThackerset Women's University, Department of Psychology -1997
  Title: Perception of music in relation to creativity personality perceptual style, Tonal structure and rhythm of music and training of the listeners.
  Subject: Psychology

• **Aggarwal, Vinay Kumar:**
  New Delhi, University of Delhi Department of Fine arts- 1981
  Title: Critical study of the work in English on Indian music by foreign authors.
  Subject: Fine Arts, Music.

• **Kotak, Sharda Champakal:**
  Mumbai, University of Mumbai, Department of sociology – 1950
  Title: Indian music and its social learning.
  Subject: Sociology, Leisure and Recreation.

• **Karunatillake, L.P Sisira Kumara**
  Varanasi, Banaras hindu University, Department of Music -2004
  Title: Clinical study of efficiency of Music therapy on certain mental disorders in perspective of Ayurveda.

• **Pathak Devavrat:**
  Ahmedabad, GujaratVidyapeeth, Department of Music- 2004
  Title: Attainment of Peace through Music
  Subject: Humanities Fine Arts, Music

• **Raychudhari Manas:**
  Calcutta, University of Calcutta, Department of psychology – 1963
  Title: Investigation into the personality structure of the musicians.
  Subject: Psychology, Differential and Genetic Psychology, Personality Traits and Determinants.

• **Arora Prerna:**
  New Delhi, University of Delhi, Department of Music – 1995
  Title: Impact of Music: A Scientific Study
  Subject: Humanities Fine Arts, Music.

• **Dharmani Nalini:**
  Shimla, Himachal Pradesh University, Department of Music – 1995
  Title: Role of All Indian Radio in Popularizing Indian classical Music
  Subject: Humanities, Fine Arts, Music
- **Lochan Permila:**
  Bangalore, Bangalore University Department of Fine Arts – 2002
  Title: Mind, Music and color exposition and Development with special reference to ragmala Painting and contemporary Painting.
  Subject: Drawing, Painting, Humanities.

- **Bhaskar PA:**
  Chennai University of Madra, Department of Medical Science – 1982
  Title: Psychological effects of musical experience on the human brain (EEG) Madras Medical Collage.
  Subject: Medical Science, Physiology, Neurophysiology

- **Sanyal Ritwik:**
  Varanasi, Banaras Hindu University, Department of musicology – 1980
  Title: Predicate Musical: A Philosophical Analysis.
  Subject: Fine Arts, Indian Music

- **Khandekar MN:**
  University of Delhi, Department of music – 1989
  Title: Some experiments in simulation of Ragas of Hindustani music
  Subject: Music.

- **Gulati Chander Kumar:**
  Kurukshetrauniversity, Department of Philosophy 1965
  Title: Critical study of the impact of Behaviourist theory of learning of psychology of education of spec.
  Subject: Philosophy

- **Mathew, Anjilivetil Varughese:**
  University of Mumbai, Department of Education -1946
  Title: Depth Psychology and Education : a comparative study of the works of Freud Alder and Jung and their learning on Education
  Subject: Education, Educational Psychology

- **Safaya Raghunath:**
  Punjab University, Department of Psychology – 1967
  Title: Indian Psychology: A critical and historical analysis of the psychological speculations in Indian Philosophical literature.
  Subject: Psychology systems, speculation system.

- **Verma Jaguir:**
  Meerut, ChaudhariCharan Singh University, Department of Education – 1986
Title: Comparative study of role-conflicts of male and female educational administrators in relation to their personality traits and adjustment.
Subject: Education, Educational Psychology.

- **Suri Suraj Parkash:**
  Kurukshetra University, Department of Education – 1973
  Title: Study of Differential Personality Traits in Intellectually Superior Average and below Average student.
  Subject: Education

- **Khan mohd. Akarm :**
  Ajmer, Maha rishi DayanandSarswati University, Department of Education – 1992
  Title: Comparative study of social behaviour personality traits anxiety values performance and other correlates of athletes and non-athletes of Rajasthan.
  Subject: Social science, Education

- **Mehrotra Sushma:**
  ShreematiNathibaiDamodarThackersey Women’s University, Department of Psychology – 1995
  Title: Effect of Imagery and personality traits on creativity among pre-adolescent Children.
  Subject: Psychology

- **Banerjee Debabrata:**
  Calcutta, University of Calcutta, Department of Psychology – 1964
  Title: Attitude and other personality traits of unemployed and employed undergraduates: A comparative Study
  Subject: Psychology, Differential and genetic psychology, Psychology personality traits and Determinants.

- **Raj Bala Kumar:**
  University of Allahbad, Department of Psychology -1954
  Title: Personality traits of Indian adolescent girls.
  Subject: Psychology, differential and genetic psychology, Adolescent girls.

- **Srivastava Bina:**
  Faizabad, Dr. Ram ManoharLohiaAwadh University, Department of Education – 1983
  Title: Study of creativity in relation to personality traits, birth order and linguistic proficiency.
  Subject: Education, Educational Psychology, Creativity.
• **Vanita:**
  Punjab University Department of Psychology – 1982
  Title: Study of certain personality traits aptitudes. And attitudes related to supervisory effectiveness.
  Subject: Psychology Differential and genetic psychology personality.

• **Abdul MajiedButh:**
  Srinagar, University of Kashmir, Department of Education – 1987
  Title: youth Alienation: A comparative study of subcultural youth groups.
  Subject: Sociology, social structure youth.

• **Zadoo, ChanderKanta:**
  University of Jammu, Department of Education – 1980
  Title: Effect of socio economic deprivation on the structure of personality of youth at 10+2 stage.
  Subject: Education, Educational psychology

• **Paul Dhinakaran:**
  University of Madras, Department of Commerce – 1989
  Title: Youth and mass media
  Subject: Psychology, social Psychology, Communication Mass media

• **Sharma guru Dev:**
  Himachal Pradesh University, Department of Education – 1983
  Title: Study of the relationship between educational level social status attitude and family size of middle aged parents.
  Subject: Education, Educational Sociology

• **Siva Sankar:**
  Tirupati, Sri Venkateshawar University, Department of Psychology
  Title: Stressed coping strategies in middle age
  Subject: Psychology

**OBJECTIVES AND SCOPE OF RESEARCH:**

The aim of my research is to show that there are the positive and various mystical reflections of music on the personality and behaviour. During the period of learning music, we gradually develop the habit of being more calm obedient focused and respectful towards the others etc. There are no biased feelings for any kind of caste religion or breed and learns to act as one. Music is one of the most important
medium to relate a human being with correct and positive personality as well as behaviour. With the help of music we could make the personality of one, attractive and alluring. In personality and behaviour, music always has a huge optimistic and affirmative effect. Laya and taal (rhythm) also holds an important place in the development of personality. Hence the aim of my research work is also to show the reflection as well as effect and affect of music in all the above mentioned aspects.

Through my research I am able to elaborate, explain and give reviews about the positive reflection of music on personality and behaviour.

Music has a divine power. Melodious music has many effects and advantages. Music provides peace to our mind and soul. It is one of the most important medium to provide us with the positivity within us.

In my research I elaborated and explained how music or the ragas helps in curing mental disorders to certain extent, and its effects on behaviour and on age.

We would even see the reflection of music on the different stages of life like:

- Infancy
- Toddler
- Childhood
- Adolescence
- Youth
- Middle Adulthood
- Senior

METHODS AND TOOLS REQUIRED IN RESEARCH:

- Questionnaire, to collect the data regarding the personality & behaviour for the analysis.
- Took the help of musicians and psychologists in counselling for understanding the exact reactions of others.
- Statistical Process like Anova, Chi – Square, T-Test etc.
POPULATION SAMPLE:

1. I will take 500–500 children in consideration into two groups as A and B respectively between 12 to 18 months to observe the reactions of music over infants.

2. Further the experiment continued for the toddlers under the age group of 18mo to 3 years.

3. For the effects of music on childhood that is children between the age group of 4-12 years was taken into consideration.

4. For adolescence the age group was be 12-18 years.

5. Youth were considered between the age limit of 19-40 years

6. Then further experiment continued with the Middle Adulthood that is 40 -65 years

7. Then the last experimental observation was conducted with seniors that are 65 years onwards.

I though had clubbed toddlers’ and childhood together, adolescent and youth together and middle adulthood and seniors together. As in these age groups, individually hardly any differences were observed.

In the above mentioned experiment I took the group of 500 males and females that made the population of total 1000. These subjects were the ones with their interest in music and who were not interested in music along with the people from different professions etc. On the basis of questionnaire like STOMP and TIPI which were psychometrically approved was given to them and then further statistical processes was applied. On the obtained data I applied Chi- square, Anova and T-Test by using SPSS 16.0; that brought me to the conclusion that what kind of music is reflecting what personality and what are the mystical reflection of music on personality and behavior. The parameters that are been taken under consideration for personality type is the Big 5 factor and for music, it’s the four types of music including the people of Urban and Rural community as well.