ABSTRACT

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 psychology is a vast area to work on and this research is an attempt to put forward one of it aspects in lucid way. One more important reason to work over psychology of music is to relate music psychology with Indian music, and include statistical approach which is very much neglected in context to research conducted for Indian music.

My research is related to the positive and various mystical reflections of music on the personality and behavior. Music is one of the most important medium to relate with human being and infuse positivity in personality and behavior. With the help of music we could make the personality of one, attractive and alluring. Music has always been impactful on personality and behavior with huge optimistic and affirmative, therapeutic effect as well. Laya and Taal (rhythm) also holds an important place in the development of personality and behavior with its impact on mental and physical attributes. The aim of my research work is to show the reflection as well as effect, affect and therapeutic impact of
music in all the above mentioned aspects in context to Indian music as well as music in general.

For my work, I took people from all the stages of life i.e. infants to older age, rural and urban community, professional, musicians and non musicians, to test the reflection of music accordingly, according to their personality traits, gender and music inclination.

My research "Mystical reflection of music on personality and behavior", includes experimental work, data collection, analytical and statistical processes to show positive and various mystical reflections of music on the personality and behavior in all stages of life from Infancy to old age.

I assumed 'Mystical' in a broader meaning related to the mysterious and occult nature of the music, i.e. not really apparent to the senses nor obvious to the intelligence; why there is such reflection, impact or affect of music on ones behavior and personality and over all.

Psychology of music in context to Indian music and music in general have been put forward in this thesis with its impact on personality and behavior development along with the experiments conducted to prove my point for each age groups, personality, behavior and music inclination along with the statistical analysis.

This research constitutes the fact by establishing the cogent evidence that there is a 'Mystical Reflection of Music on Personality and Behavior'.