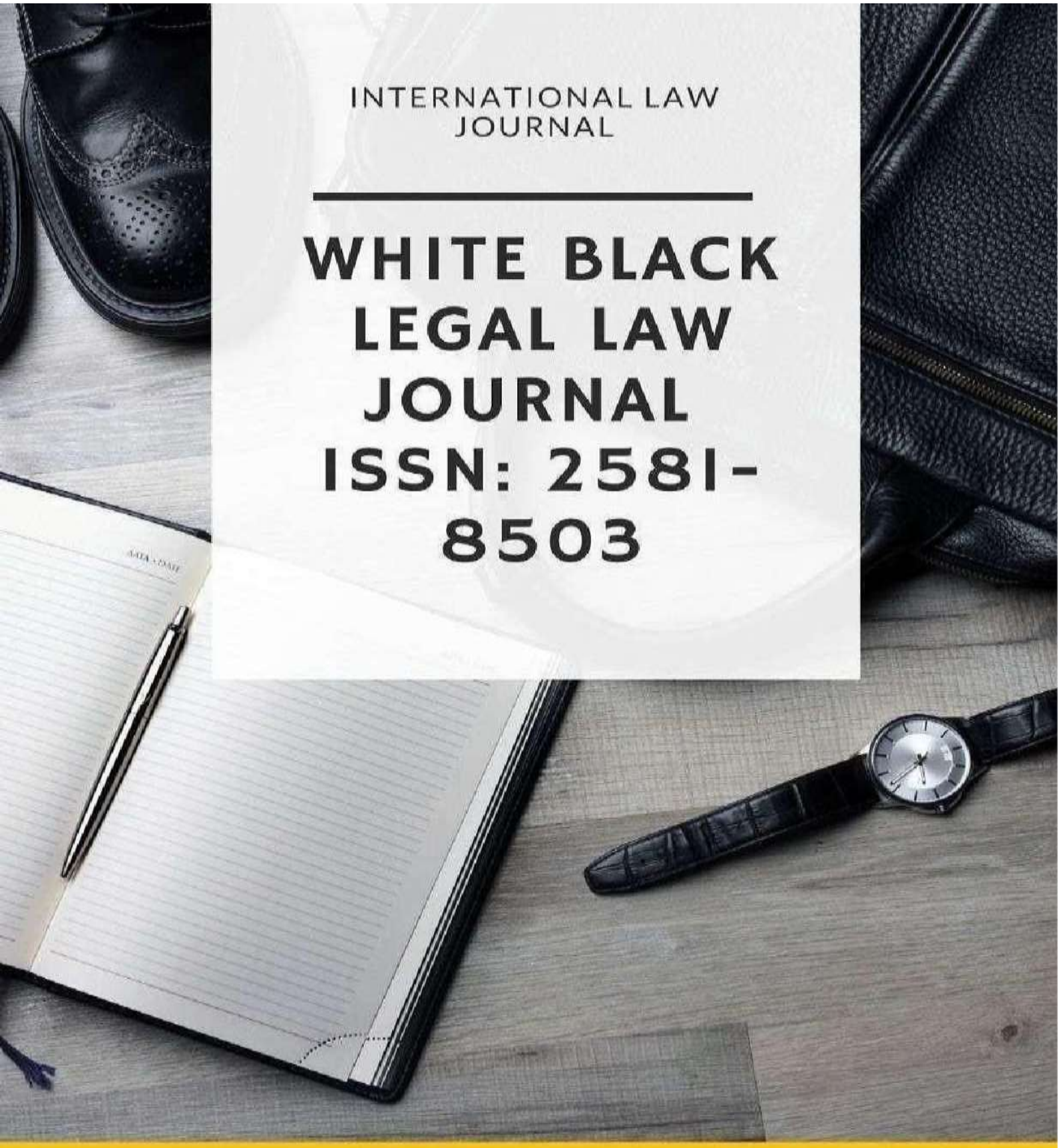

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With this thought, we hereby present to you

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EXAMINING AWARENESS AND INTEREST IN MUSIC THERAPY AMONG DIFFERENT DEMOGRAPHICS IN CHENNAI

AUTHORED BY - BRANAV R[1]

Public Opinion On Effects Of Music Therapy With Special Reference To Chennai

ABSTRACT:

The earliest reference of music therapy was first started in the year 1759 where it was the unsigned article by Colombian magazine. Effects of music therapy include cowering blood pressure, improving memory, reduces muscle tension, managing pain, increases motivation, etc. It is generally safe and has no side effects. Some of the drawbacks included are overstimulation, memory triggering, anxiety, etc. The objectives of this research was to understand the difference between the opinion on how our moods changes the music preferences and gender of the respondents, examine the relationship between opinion on how often the music is being listened and age of the respondents amd to find the association between opinion on type of music preferred by the respondents and the educational qualification of the respondents. Effects of music therapy include cowering blood pressure, improving memory, reducing muscle tension, managing pain, increasing motivation, etc. It is generally safe and has no side effects. Some of the drawbacks included are overstimulation, memory triggering, anxiety, etc. Some of the components of music therapy are drumming, listening music, live recorded music, playing instruments and hand percussion. The method of this research is descriptive. Convenient sampling method is used as a sampling method in this research. The sample size is 220. The sample fram of this research is in Chennai. The findings of this research has more positive results that it treats good in diseases and disorders. It can be clearly seen that music can create a good impact on our moods and emotions. This is how music works on our body and mind.

KEYWORDS:

Music therapy, music, songs, hearing, medicine, therapy.

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INTRODUCTION:

The earliest known reference of music therapy was first started in the year 1759 where it was the unsigned article by Colombian magazine as "music is physically considered". It was created by the American composer Paul Nurdoff. He is a British music therapist. Civil rubbins engaged in therapeutic approaches for children and adults to develop the disabilities both physically and mentally.

Initiatives were launched last month by the Delhi government as happiness therapy which not only contains music but also dance classes for patients and hospital staff to reduce stress. Guru thegh Bahadur had launched the pillow project for public and nursing staffs backed out initiative

Effects of music therapy include cowering blood pressure, improving memory, reducing muscle tension, managing pain, increasing motivation, etc. It is generally safe and has no side effects. Some of the drawbacks included are overstimulation, memory triggering, anxiety, etc. Some of the components of music therapy are drumming, listening music, live recorded music, playing instruments and hand percussion.

IMTA had conducted the 5th annual online conference in the year 2022 on music therapy. The 2nd public awareness programme on music therapy was conducted in October 2021. The randomized controlled trials (KTCS) which intermutions the participants who aged less than 60 years for study of registration (PROSPEROUS).

Luthra had brought India's history by colonization by describing that music in America in her country used for the freedom fight which is followed by Indian culture which created lots of changes through music. It is Further invented as therapy on depression and also for other purposes. AMTA is the membership of America where they create public awareness to the people for the treatments and benefits of music therapy.

OBJECTIVES:

- To understand the difference between the opinion on how our moods changes the music preferences and gender of the respondents.
- To examine the relationship between opinion on how often the music is being

listened to and age of the respondents.

- To find the association between opinion on the type of music preferred by the respondents and the educational qualification of the respondents
- To determine the difference between the level of agreeability on effects of music therapy and educational qualification of the respondents.

LITERATURE REVIEW:

Martina de witte (2020) has examined whether music therapy is helpful in reducing stress. The data is based on a systematic review and meta analysis which is given by the people who are on the part of depression. The present meta analytic review outcomes, included 47 independent studies reporting on 76 effect size and a total sample of N = 2.747. This study found that both the domain of outcomes (physiological or psychological stress related outcomes) and the type of psychological measure did not influence the effects of music therapy.

Kailim li and more yet (2021) has examined the state of music therapy studies in the past 20 years. This research is mainly based on the physical, emotional, cognitive and social needs of individuals. The data is collected through the publications between 2000 and 2009 which are related to the music therapy. The overall trend in music therapy is positive. This research provides an useful information for music therapy researchers to identify new directions.

Ebrahim Hosseini and more yet (2019) has examined the therapeutic effects of music on various diseases. Articles from 2000 to 2018 which deals with the effects of music therapy for the treatment of 12 common diseases which occur on the body. The study found that music can have positive effects on treatment of diseases such as pain, sleep disorders, IQ, depression and also some of the special diseases such as schizophrenia and autism.

Ashwani Kumar Goyal and more yet (2017) has examined that music is one of the activities which involves using the whole brain and also effective therapy both physically and mentally. The samples are collected through historical data and the survey was conducted using questionnaires. The study found that music therapy improves our health on both physical and mental performance.

Carrc and more yet (2013) has examined that the music therapy practice has outcomes with

psychiatric in patients. A systematic review was conducted to collect the sample. The samples are collected from the patients who affected mentally. The result was positive where all the patients effectiveness in addressing a range that music therapy is helpful to cure mental depression. **Ruma Chakraborty (2020)** had examined that whether the music therapy is healing therapy for pleasant healing. The sample size is more than 200 that benefits more positive on music therapy, which resulted that music is not a luxury but necessity to cure human health, soul and mind.

William forde Thompson (2015) has examined the new therapies of rhythm that beats on melody which help the patients to come out from depression. The sample size is 6,444 which is done among the people for music therapy which resulted positive and proves that it helps patients to get cured from brain disorders, recover from problems, language, hearing, motion and emotions. **Donatello lippi and more yet (2010)** had examined healing sounds which had been considered the past of important aid and medical practices. The sample size was 600 which is collected through the questionnaire and by the survey which resulted as involvement of music on world of medicine is proved by scientific evidence on harmonies played dante's purgatorio journey high ideas of salvation

Talin Babikian (2013) has examined that music and medicine are the oldest tools across the time culture. The research is done through historical data and by the study which is designed to get quantifiable effects of music. The result is by pip pointing the precise healing mechanism of music influences others which undoubtedly occurs.

Kat R.Agres and more yet (2021) has examined music and health technology which is significant in recent years. Music technology has more responsibility for health care and well -being. The sample size is done on the public also including the therapist which counted more than 213. It is positive for future predictions that music helps for the well -being of lives.

Jonna V. Lowy (2010) has examined that music and medicine have new interdisciplinary and interrogative forms of clinical practice. The samples are taken from the association of music and medicine. The sample size was 300 which resulted as curing diseases both physically and mentally can be done by music therapy and alway combine as music and medicine. **J matte meccerary (2022)** conducted the research on music interventions of health related quality. The samples are collected through systematic review and meta analysis. The sample size is more

than 300 which resulted from moderate quality and quantitative evidence. Music interventions by clinical significance can change mental health disorders on HRQOL.

Van Roessel and more yet (2006) had examined the historical and current relationship among musicians and doctors through biographies and literature. The sample size is 550 which is collected through the journals of the historical period and also by raising questions to the public. The result states that curing diseases can also be done through music arts and it is done in historical periods. **Raymond A.R. Macdonald (2013)** had examined the relationship on arts participation of health on a very topical level. The sample size was 20,53681 which resulted has music and health helps for well being. Music plays an important role among music medicine, music education, community music and music therapy.

Kalidoss Rajakani (2022) had examined the effectiveness of music therapy on mental health. The sample size was 350 which is collected by referring the journals and raising questions on collage students. The result states that music therapy has no side effects or effectiveness against mentally disordered persons, patients and students.**Amada Elina Daly Berman (2008)** had examined the relationship of music healing on both present and perceived centuries. The samples are collected through questionnaire by public. The sample size was 2000 which resulted in medical ethnomusicology. Research states that it is an anthropology and conducted.

Arumugam Indira and more yet (2018) had examined the academic performance of nursing students through music therapy. The sample size was collected from 191 patients of inventions arm, 91 nursing control groups and 100 nursing students. There was a positive finding that music therapy has good effects on patients. **Novoteny Amy and more yet (2013)** had examined the medicine music and note on music medicine. The samples are collected through historical data and journals which resulted that medicine and music are closely related through each other as music therapy and psychotherapeutic process.

Harvey B.Simon.M.D (2014) had conducted a research on fundamental attributes of human species sedation and analgesia. The sample size are 450 which is collected through the general public. The result of this research states that the music playing helps to recover the cardiovascular reactivity, mood and quality of life on science of art. It also helps in neurological function, better health and well being. **Andrew Ferruzza (2018)** had examined weather music can be used as a medical treatment. The samples are collected through 2011 Harvard and health

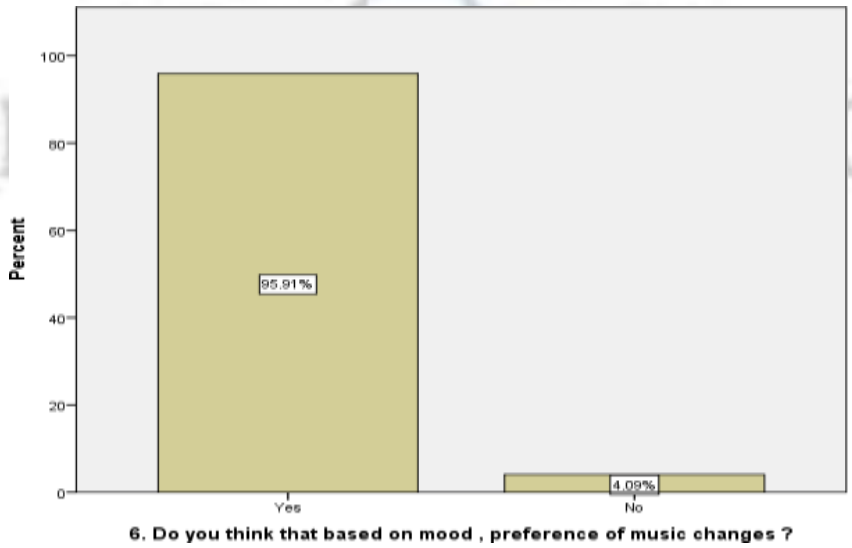
study which stated to detailed explanation. The result clarified that music is more helpful and acts as a medicine. Experiment is done to 143 people. They made them listen music and come cured from depression.

METHODOLOGY:

This research is based on the public opinion on effects of music therapy. The research method which is used in this research is descriptive method whereas it is the study to know the every individual person's opinion about the research. The sampling method which is used on this research is know as convenient sampling method as the samples where collected based on the convince of the researcher. The sample size of this research is 220. The sample fram of this research in Chennai. It is held inside the Chennai amd the samples are collected from the peoples who live in Chennai. The independent variables which are used in this research are age, gender, Marital status, educational qualification, occupation, employment status. The dependent variables used in this questions are based on mood the preference of music changes, how often do you listen to music, type of music like the most, level of agreeability on the effects on music therapy. The statistics used in this research are complex bar chart, chi-square, correlation,

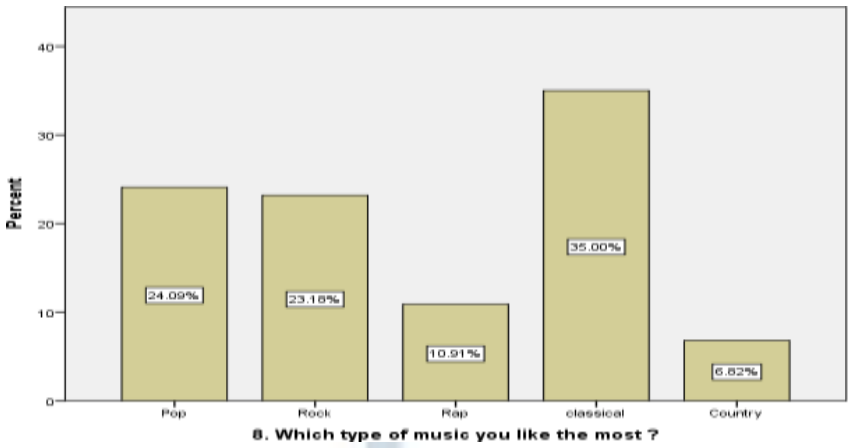
ANALYSIS:

FIGURE-1



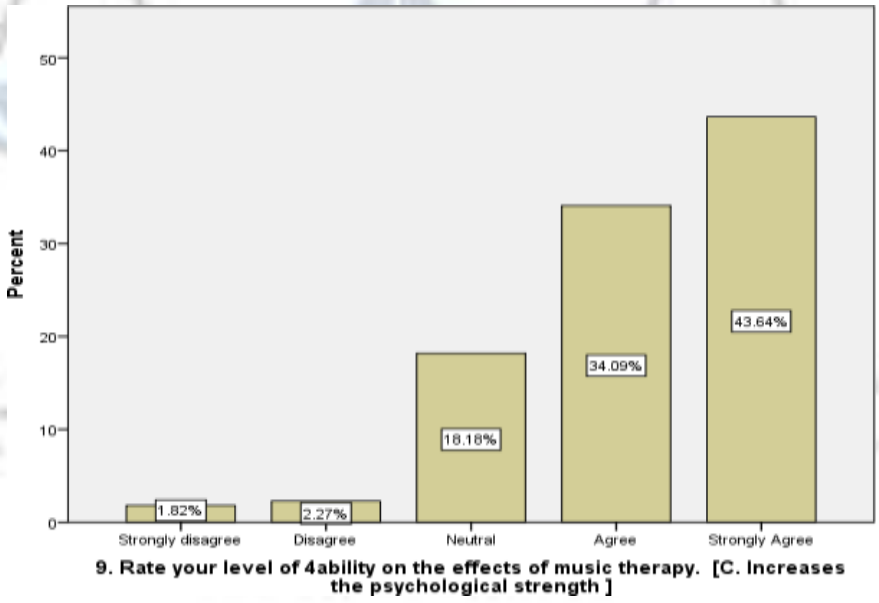
LEGEND**:** Figure 1 shows the sampling percentage of the population in Chennai whether they think that the preference of music may change based on the mood.

FIGURE-2



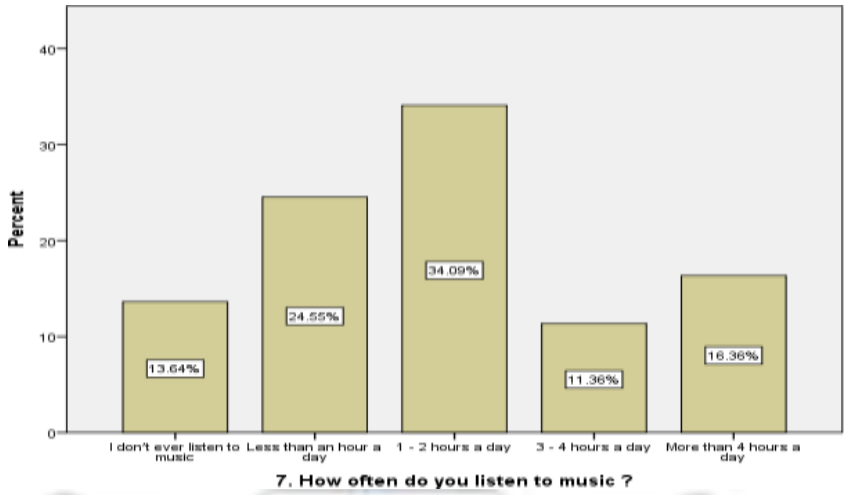
LEGEND**:** The figure 2 shows the sampling percentage of population in Chennai that which type of music they like the most based on their

FIGURE-3



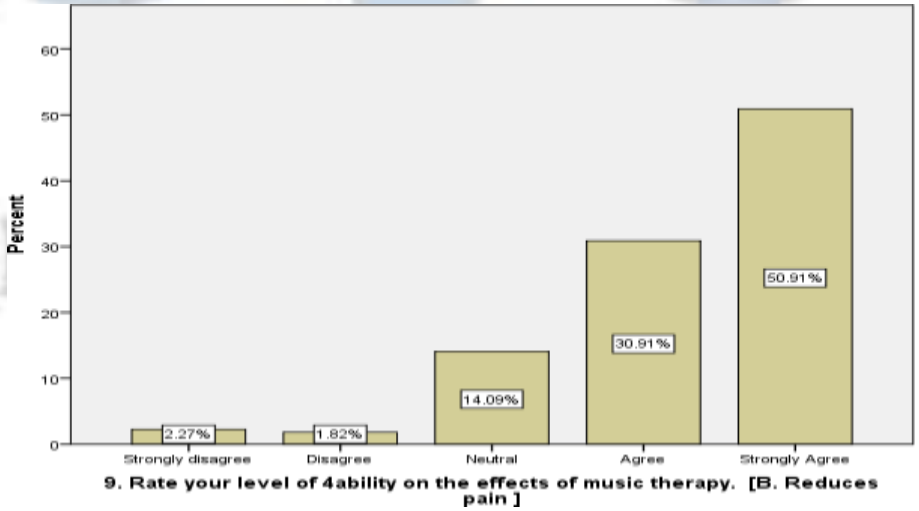
LEGEND**:** The figure 3 shows the sampling percentage of people in Chennai and the level of agreeability on the effects of music. One of the effects is increased psychological

FIGURE-4



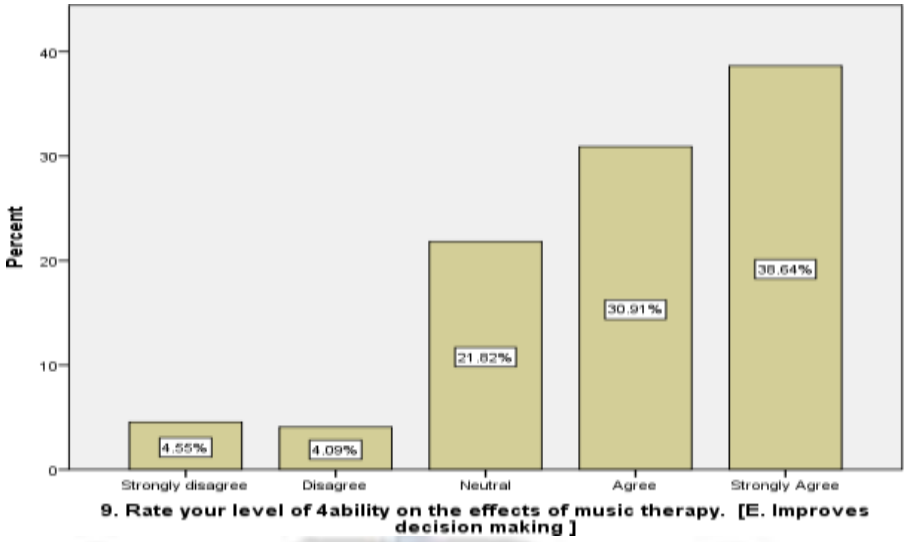
LEGEND**:** The figure 4 shows the sampling percentage of people in Chennai who had responded to how often they listen to music.

FIGURE-5



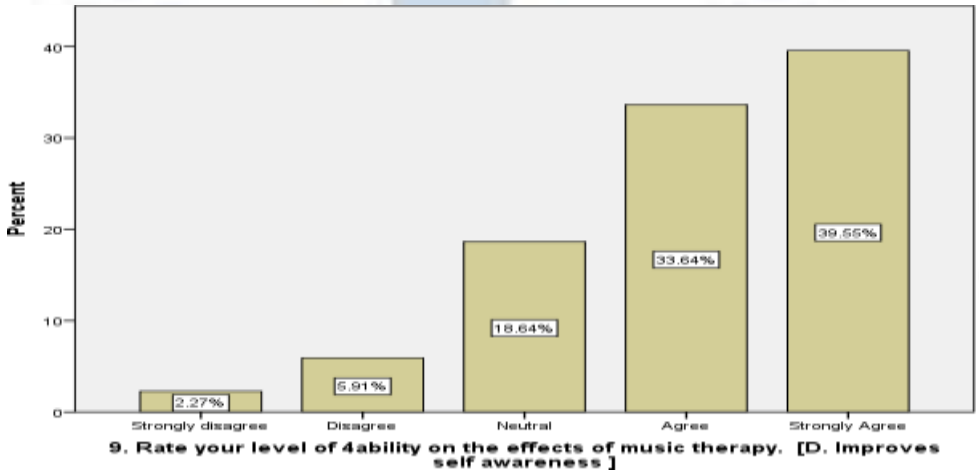
LEGEND**:** The figure 5 shows the sampling percentage of people in Chennai who rated their level of agreeability on effects of music therapy. The specified effect shown in the chart reduces pain

FIGURE-6



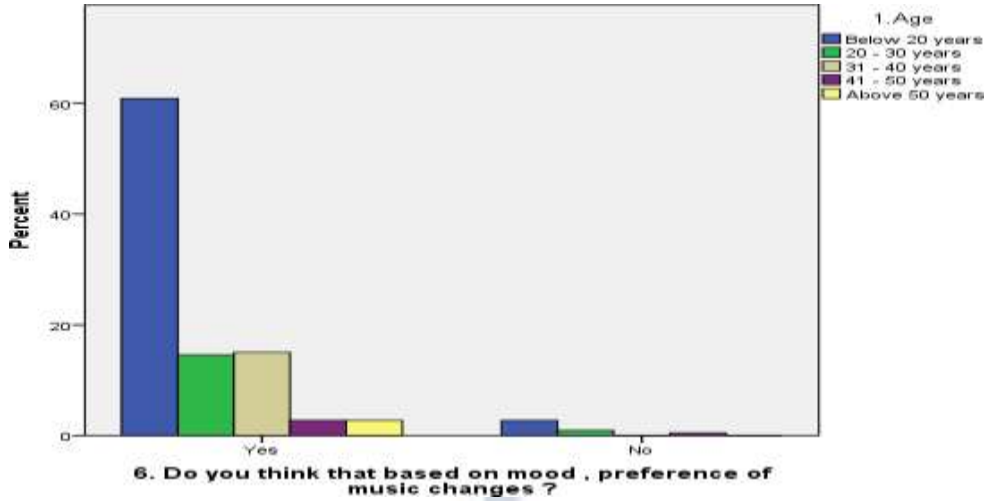
LEGEND**:** The figure 6 shows the sampling percentage of people in Chennai who rated on the level of agreeability on effects of music therapy. The specified effect mentioned on the chart is improves decision making.

FIGURE-7



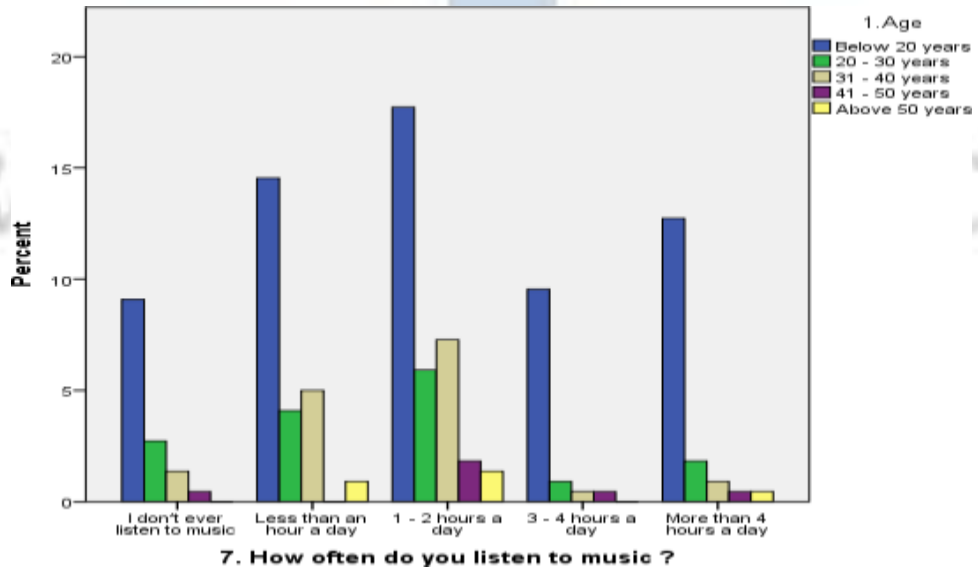
LEGEND**:** The figure 7 shows the sampling percentage of people in Chennai who rated the level of agreeability on the effects of music therapy. The specified effect which is mentioned in this chart improves self awareness

FIGURE-8



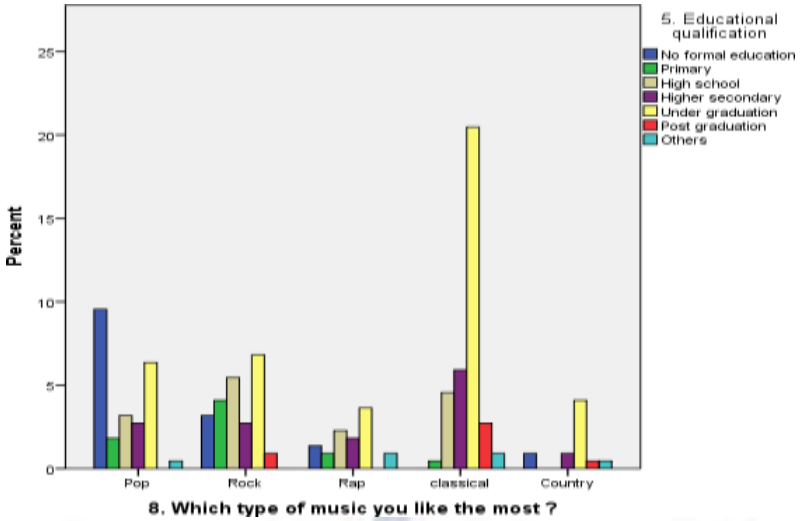
LEGEND**:** The figure 8 shows the age of sampling percentage of people in Chennai who think that based on mood the preference of music change. The respondents answered the question based on the age

FIGURE-9



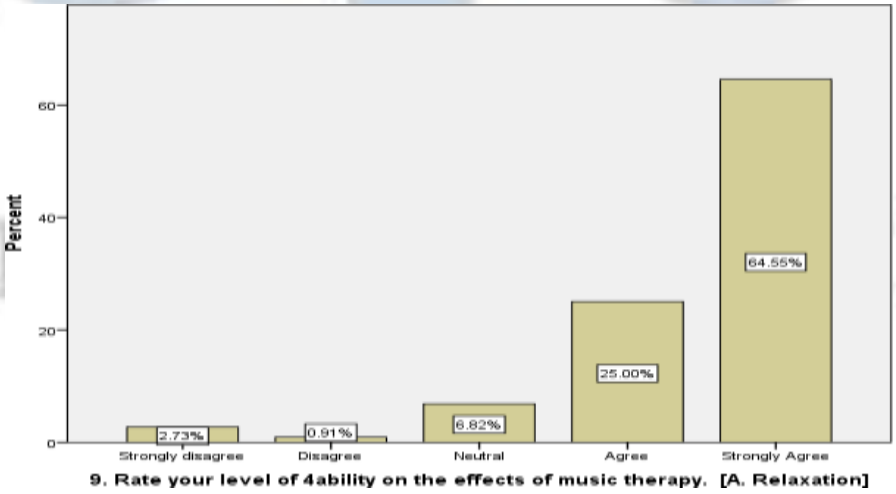
LEGEND**:** The figure 9 shows the age of the sampling percentage of people in Chennai and how often they listen to music In a day. The respondents answered the questions based on age

FIGURE-10



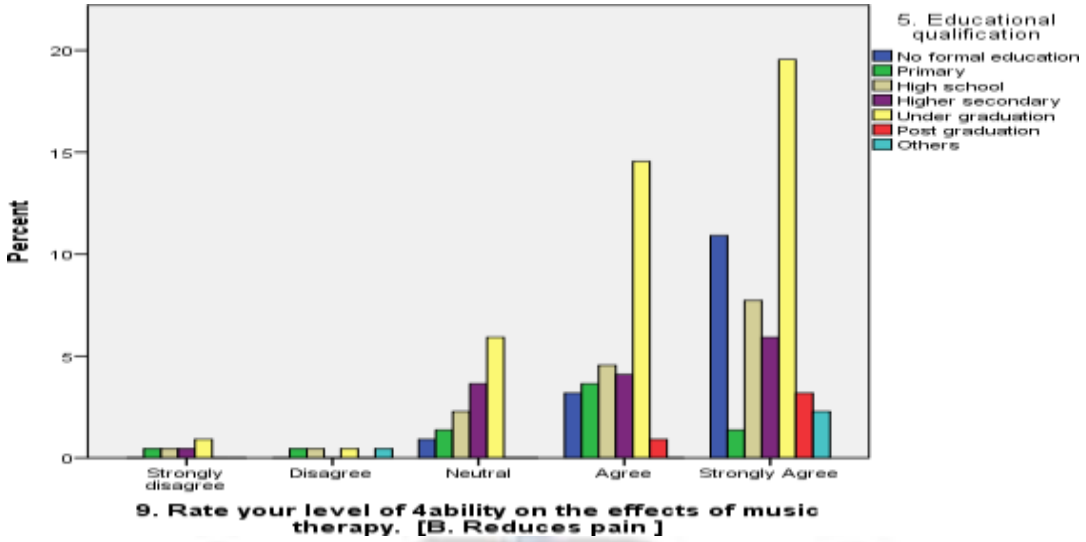
LEGEND**:** The figure 10 shows the educational qualification of the sampling percentage of people in Chennai and what type of music they like the most. The respondents answered the questions based on the educational qualification.

FIGURE-11



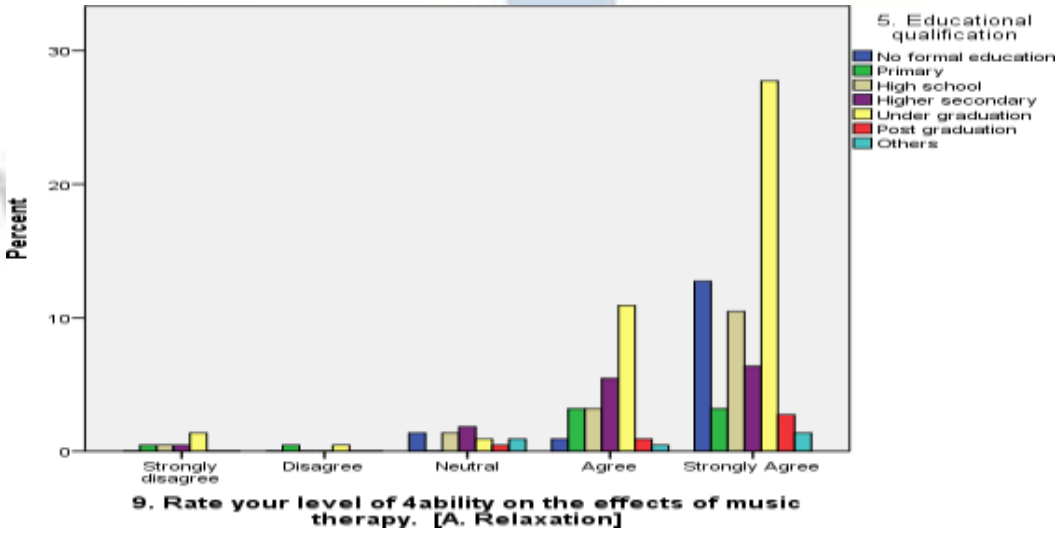
LEGEND**:** The figure 11 shows the sampling percentage of people in Chennai who rated the level of agreeability on the effects of music. The specified topic answered by the respondents is relaxation.

FIGURE-12



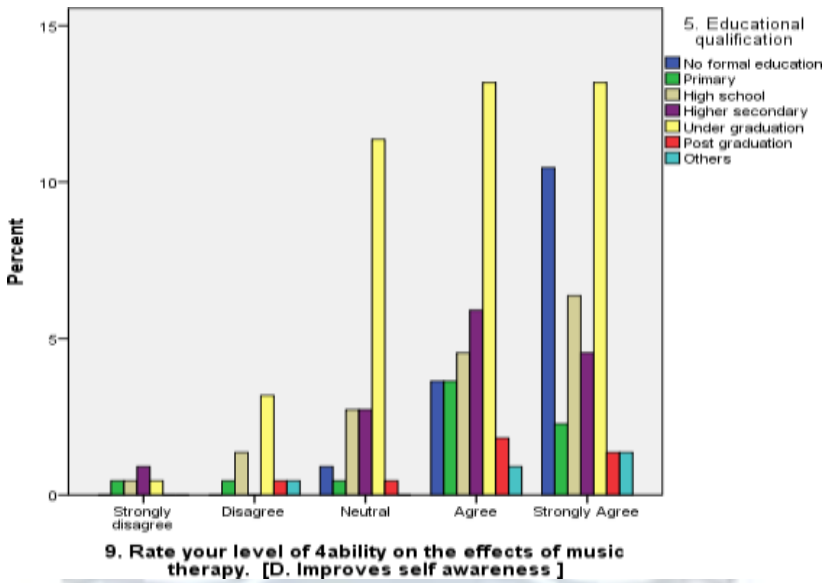
LEGEND**:** The figure 12 shows the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on effects of music theray which was rated by the respondent are reduces pain.

FIGURE-13



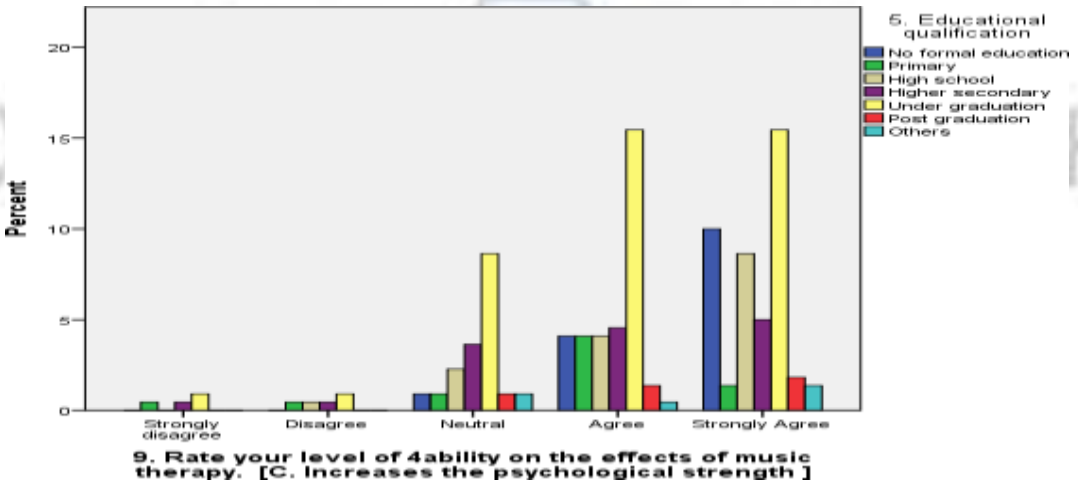
LEGEND**:** Figure 13 shows the educational qualification of sampling percentage of the people in Chennai who rated their level of agreeability on the effects of music therapy. One of the effects of music therapy is relaxation.

FIGURE-14



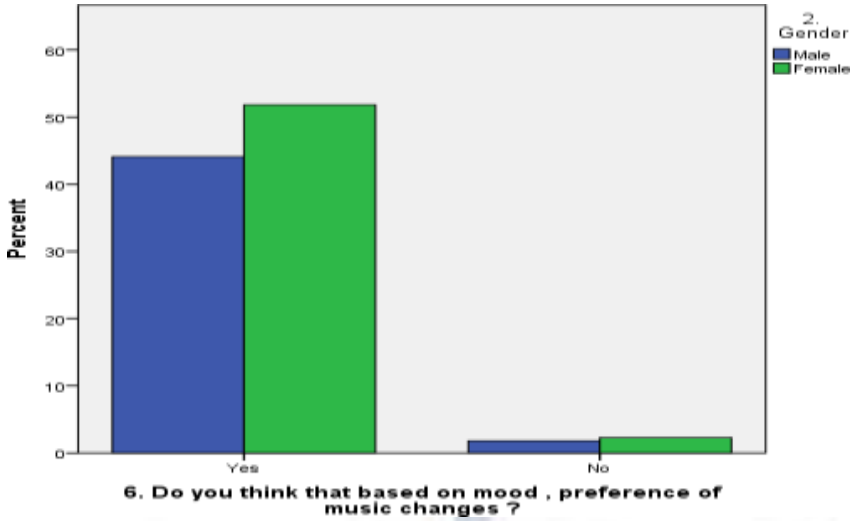
LEGEND**:** The figure 14 shows the educational qualification of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on effects of music therapy which were rated by the respondents are improves self awareness

FIGURE-15



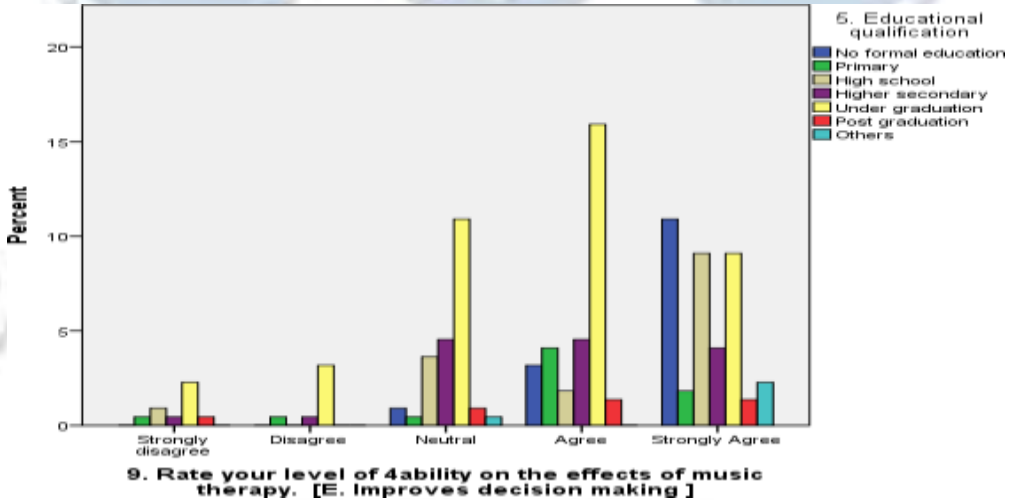
LEGEND**:** Figure 15 shows the educational qualification of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on effects of music therapy which was rated by the respondents are increases the psychological strength

FIGURE-16



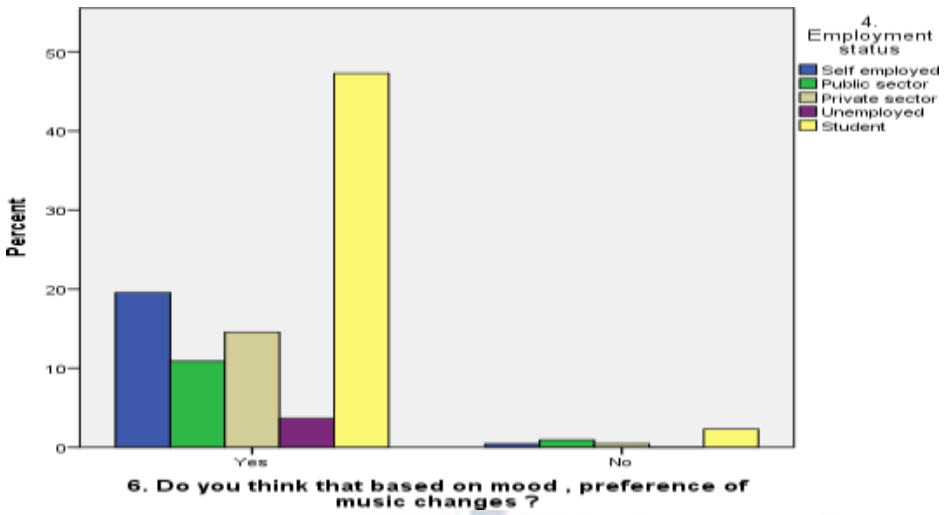
LEGEND**:** The figure 16 shows the gender of the sampling percentage of people in Chennai who had responded that weather the music preference changes based on mood.

FIGURE-17



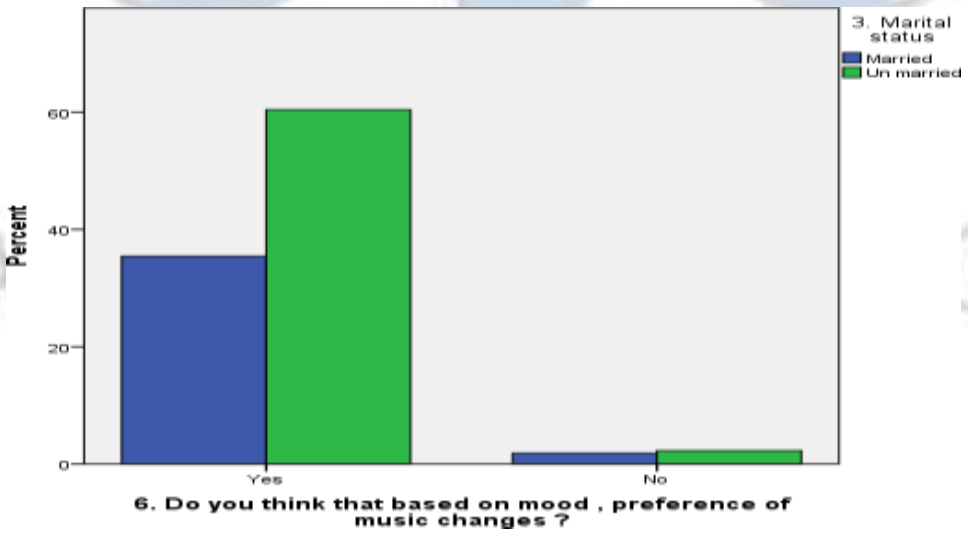
LEGEND**:** The figure 17 shows the educational qualification of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic in which the respondents rated on effects of music therapy are improves decision making.

FIGURE-18



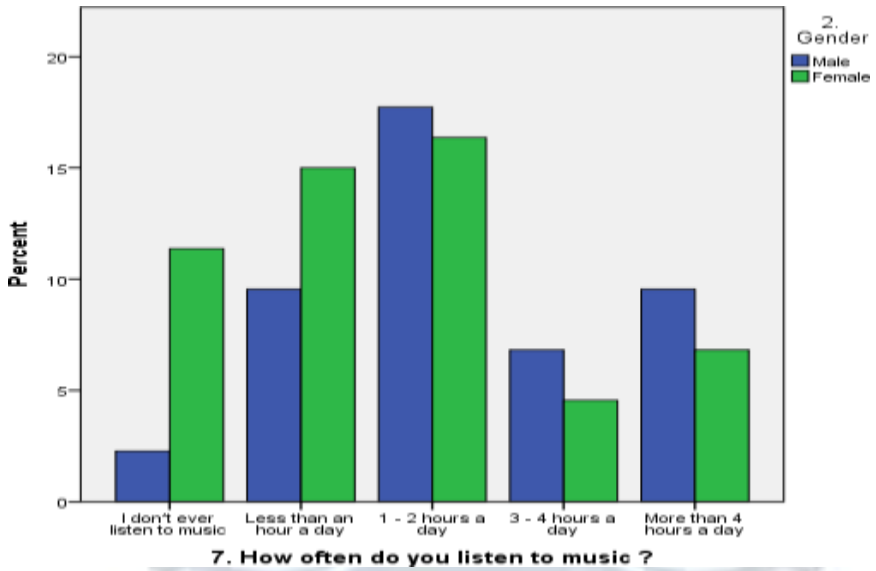
LEGEND**:** Figure 18 shows the employment status of the sampling percentage of people in Chennai who had responded that the preference of music change according to the mood.

FIGURE-19



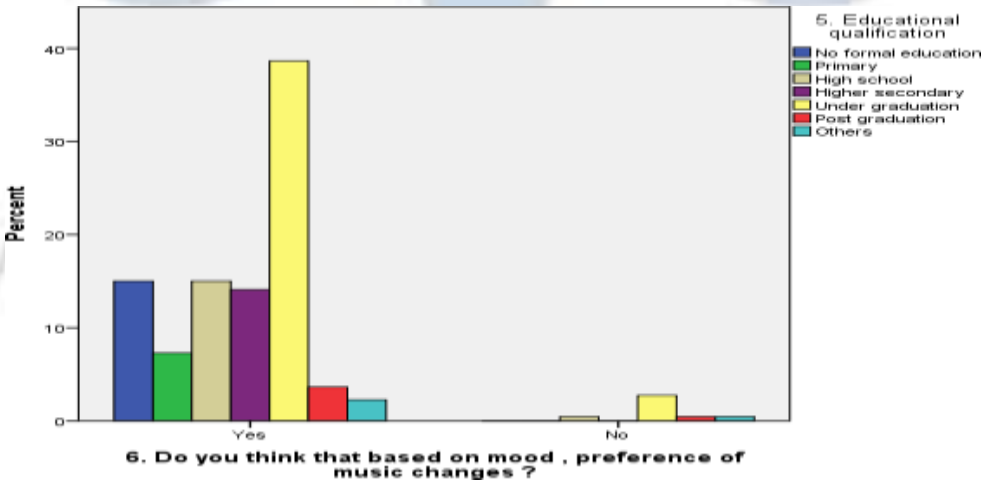
LEGEND**:** The figure 19 shows the marital status of the sampling percentage of people in Chennai who had responded whether the preference of music is changed based on the mood

FIGURE-20



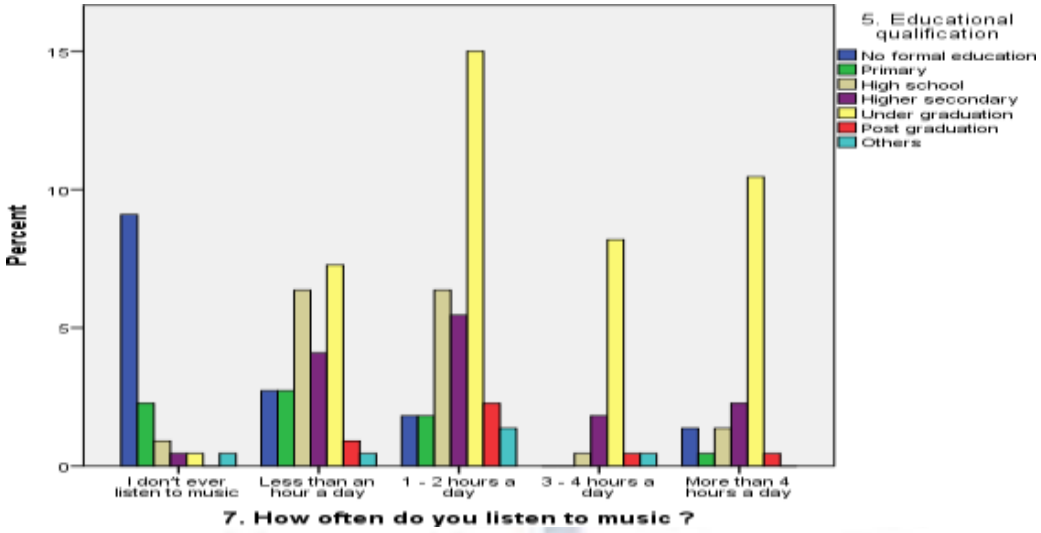
LEGEND**:** Figure 20 shows the gender sampling percentage of people in Chennai who responded how often they listen to music

FIGURE-21



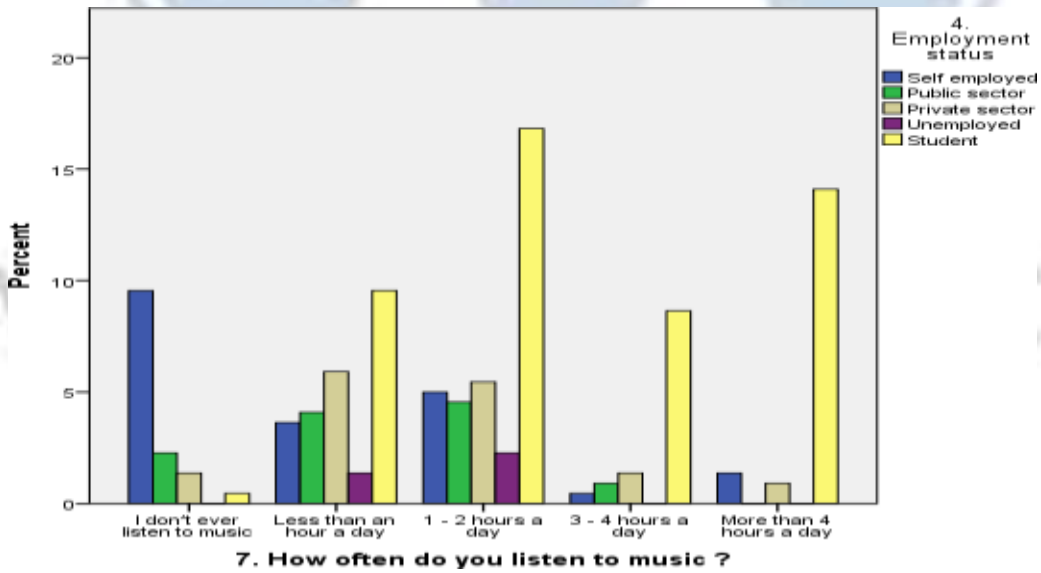
LEGEND**:** The figure 21 shows the educational qualification of the sampling percentage of people in Chennai who responded whether the preference of music change based on the mood

FIGURE-22



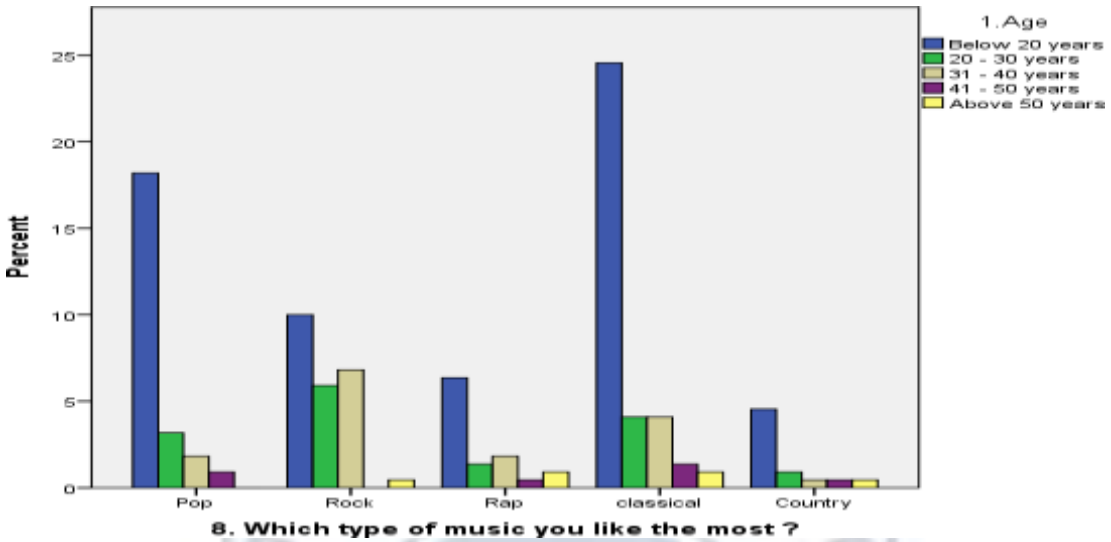
LEGEND**:** Figure 22 shows the educational qualification of the sampling percentage of people in Chennai who responded how often they listen to music

FIGURE-23



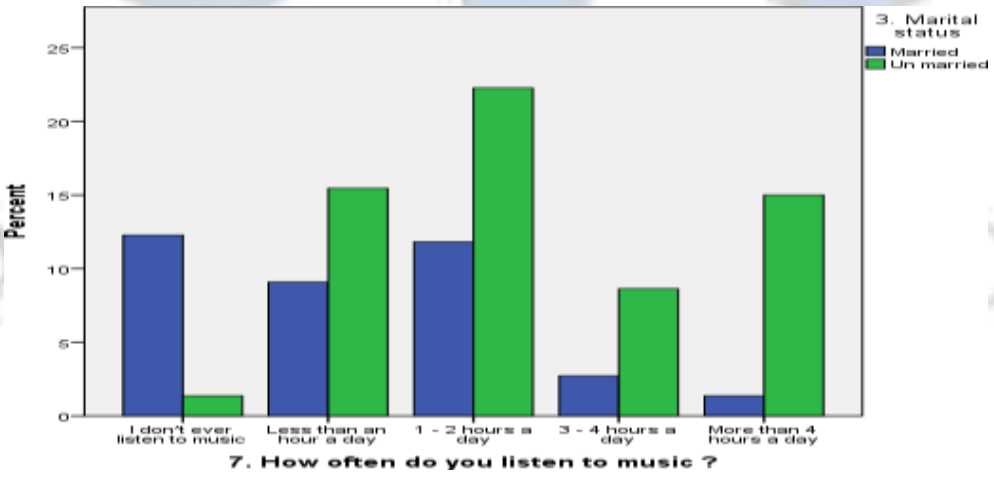
LEGEND**:** Figure 23 shows the employment status of a sampling percentage of people in Chennai who responded how often they listen to music in a day

FIGURE-24



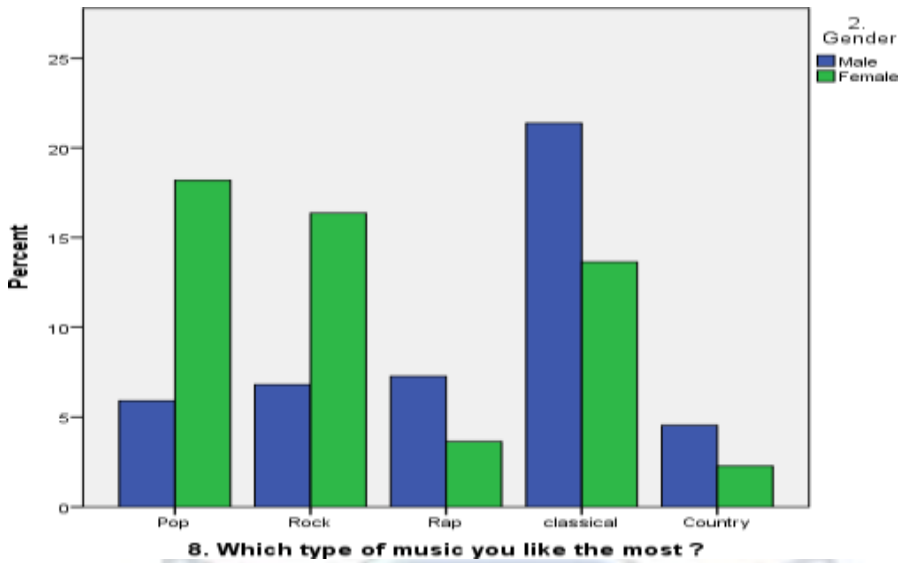
LEGEND**:** The figure 24 shows the age of the sampling percentage of people in Chennai who responded that which type of music they like the most

FIGURE-25



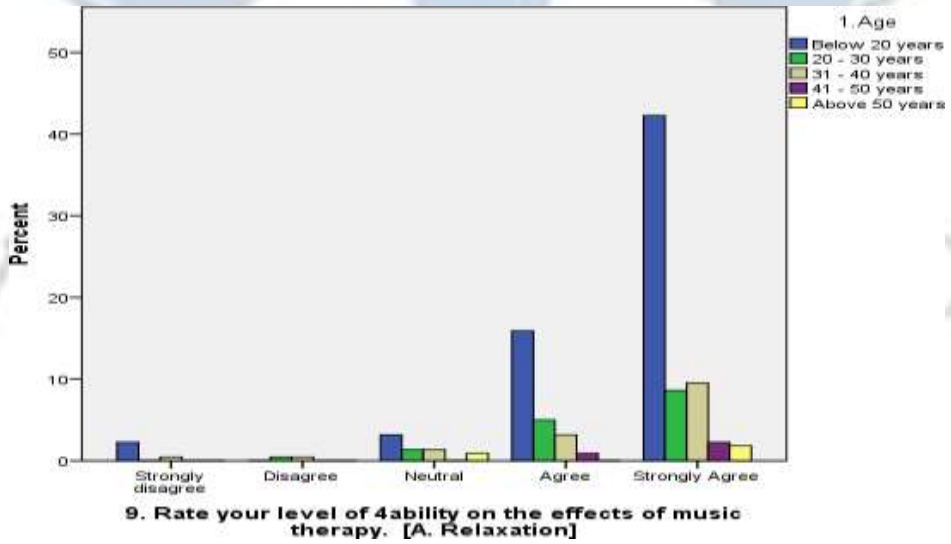
LEGEND**:** Figure 25 shows the marital status of the sampling percentage of people in Chennai who responded how often they listen to music

FIGURE-26



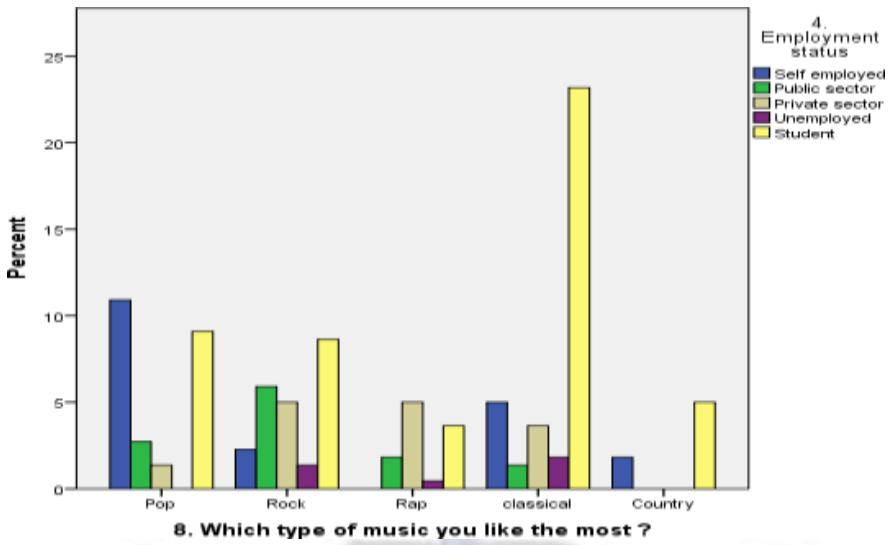
LEGEND**:** The figure 26 shows the gender and the sampling percentage of people in Chennai who responded that which type of music they like the most

FIGURE-27



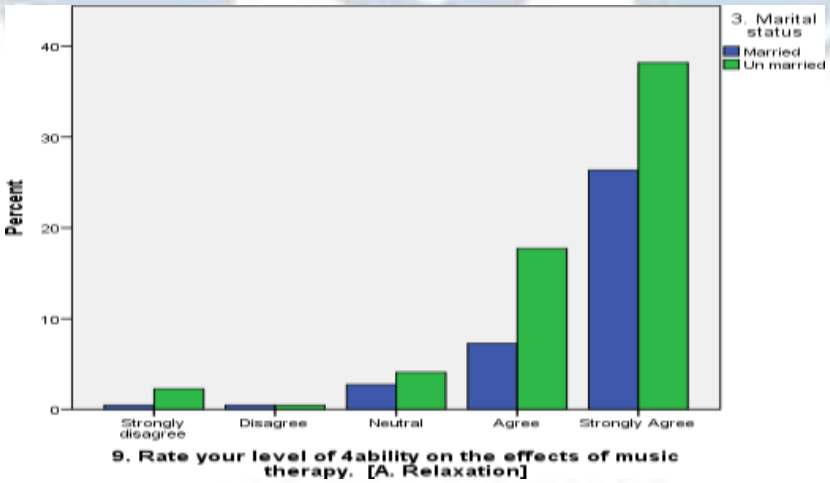
LEGEND**:** The figure 27 shows the age of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic which is responded to by the people in the effects of music therapy is relaxation

FIGURE-28



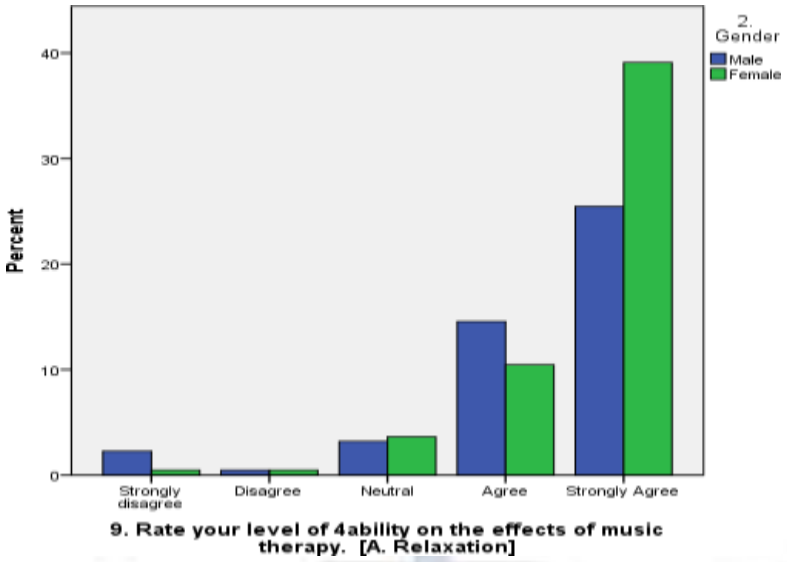
LEGEND**:** The figure 28 shows the employment status of the sampling percentage of people in Chennai who responded that which type of music they like the most

FIGURE-29



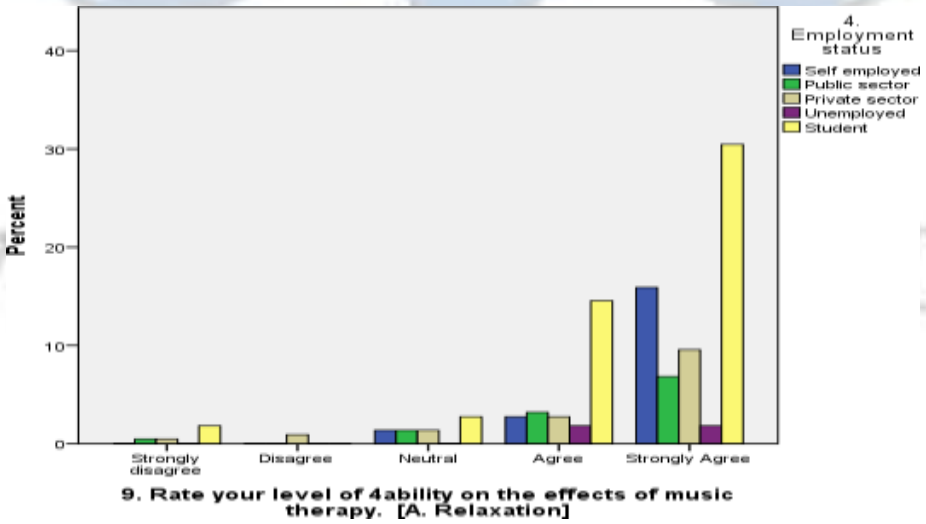
LEGEND**:** The figure 29 shows the marital status of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on effects of music therapy which is responded to by the people are relaxation.

FIGURE-30



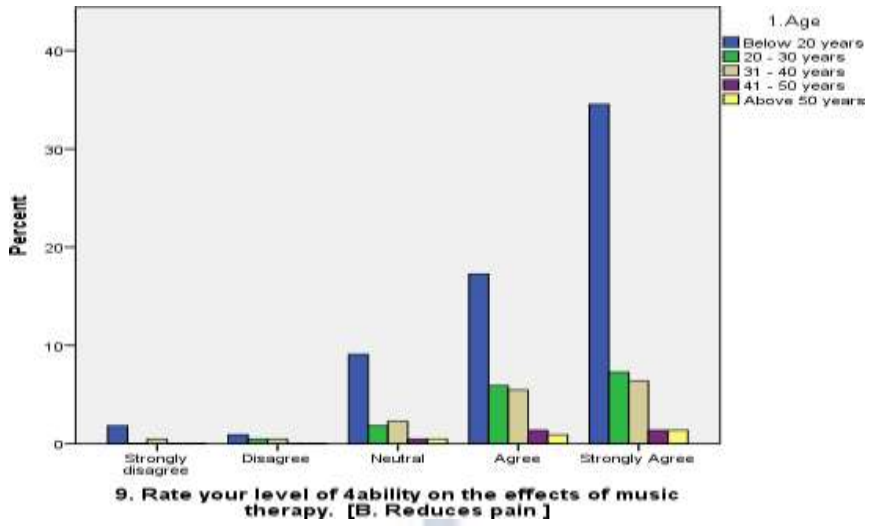
LEGEND**:** The figure 30 shows the gender of the sampling percentage of people in Chennai who rated the level of agreeability on the effects of music therapy. The specified topic which is responded by the people on effects of music are relaxation.

FIGURE-31



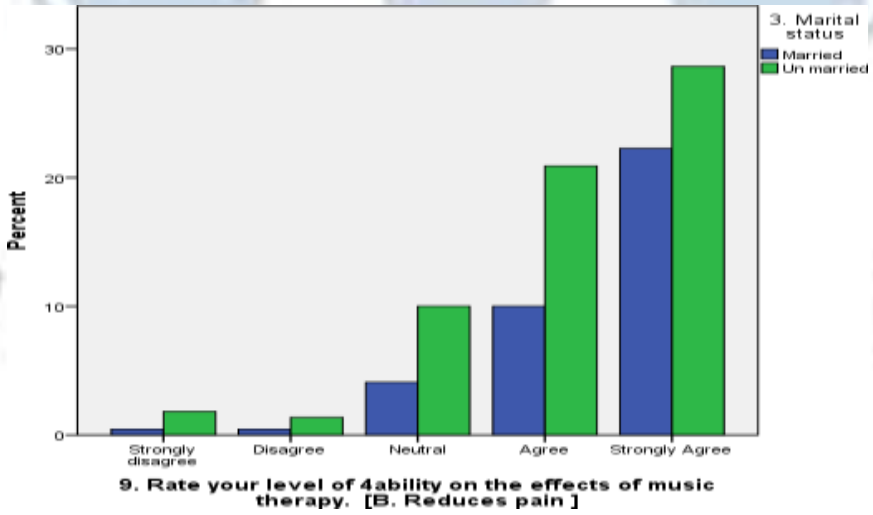
LEGEND**:** The figure 31 shows the employment status of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic in which the respondents rated the effects of music are relaxation.

FIGURE-32



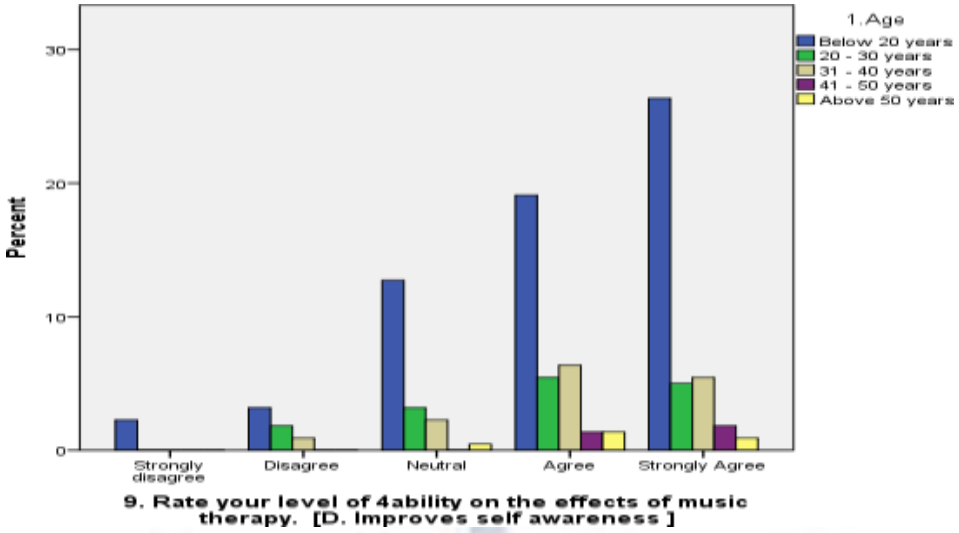
LEGEND**:** The figure 32 shows the age of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on effects of music therapy which are responded by the people are reduces pain.

FIGURE-33



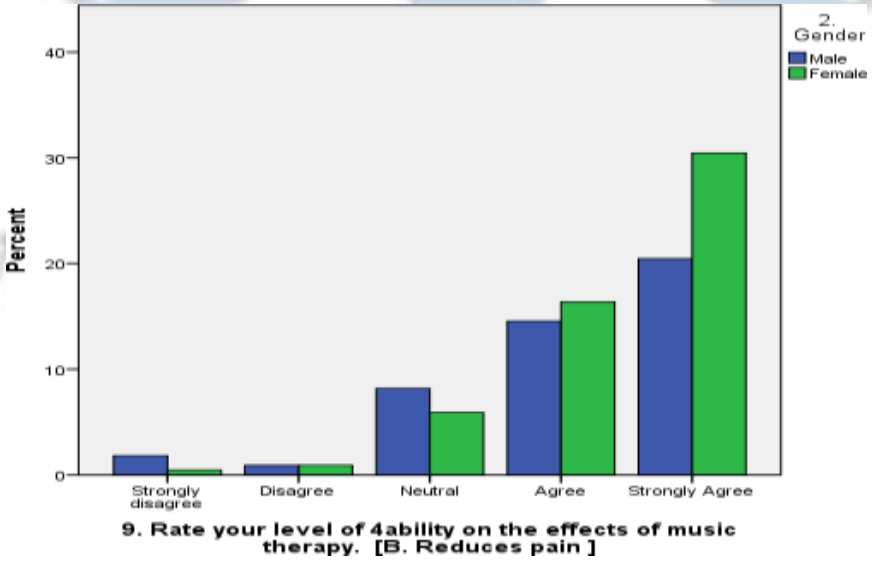
LEGEND**:** The figure 33 shows the marital status of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy which are responded by the people are reduces pain

FIGURE-34



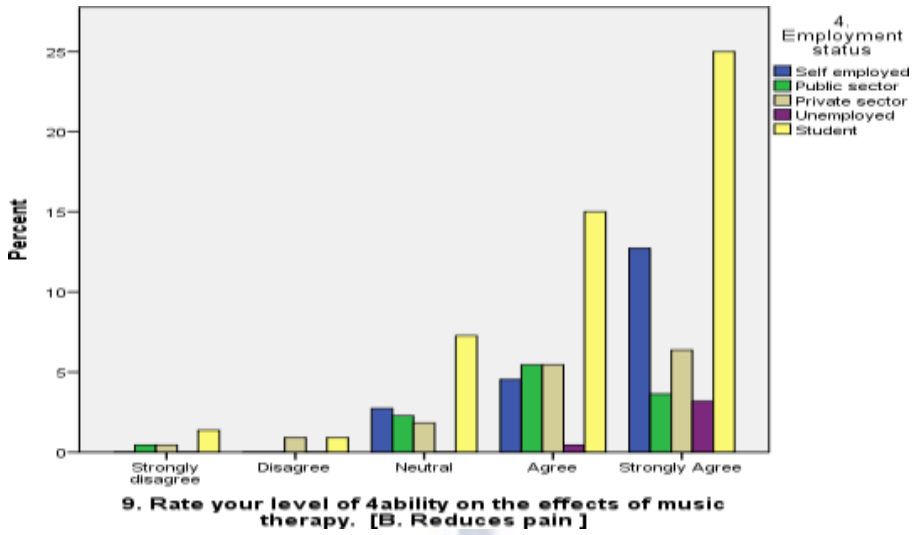
LEGEND**:** The figure 34 shows the age of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy which are responded by the people are improves self awareness.

FIGURE-35



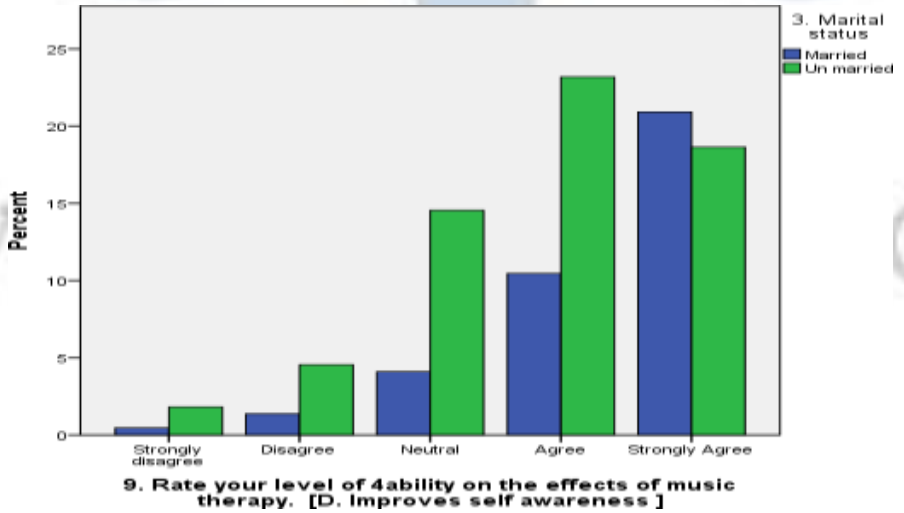
LEGEND**:** The figure 35 shows the gender of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy which are responded by the people is reducing pain.

FIGURE-36



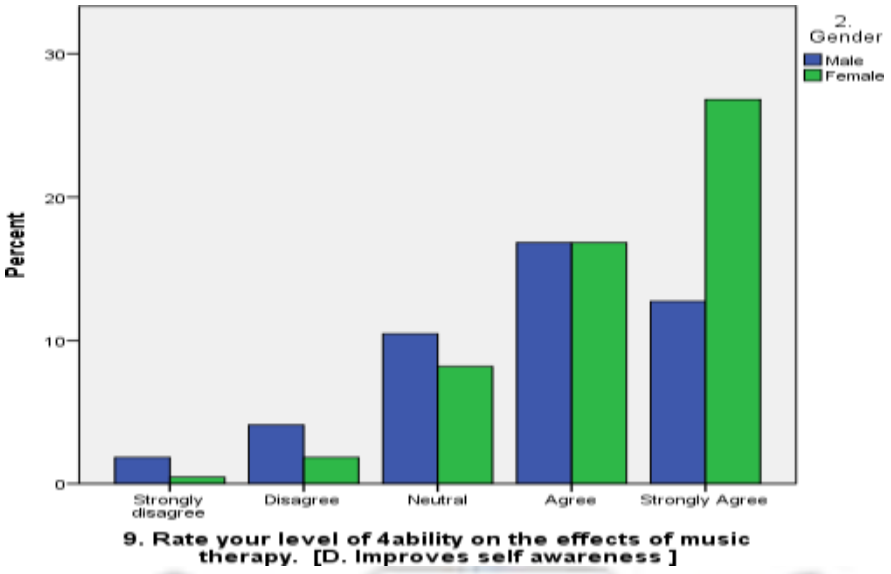
LEGEND**:** The figure 36 shows the employment status of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy which is responded by the people are reduces pain

FIGURE-37



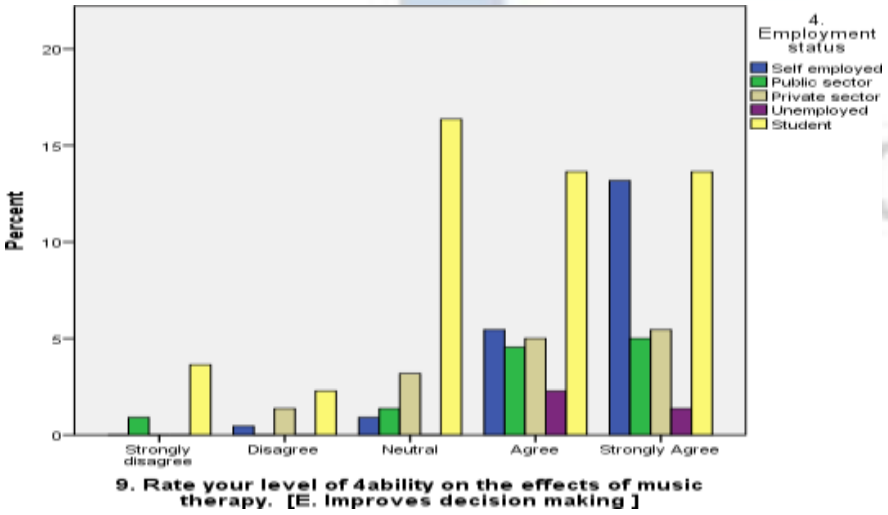
LEGEND**:** The figure 37 shows the marital status of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy which is responded by the people is to improve self awareness

FIGURE-38



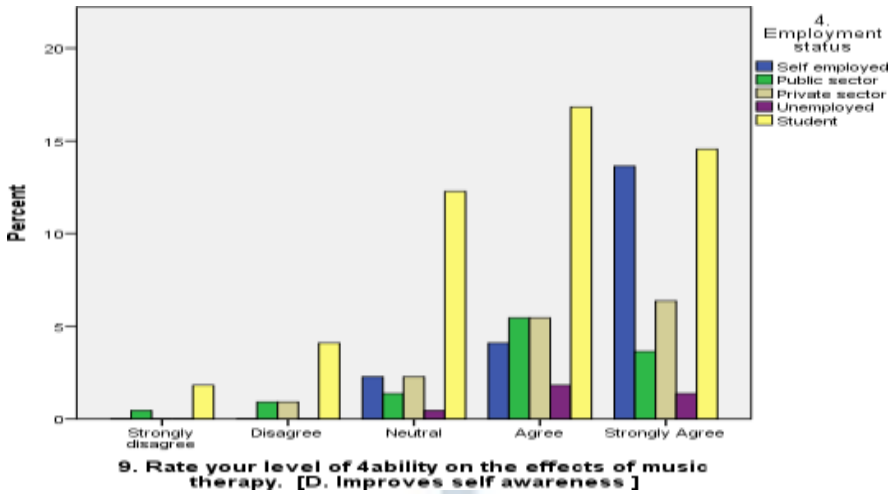
LEGEND**:** The figure 38 shows the gender of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy which in responded by the people are Improves self.

FIGURE-39



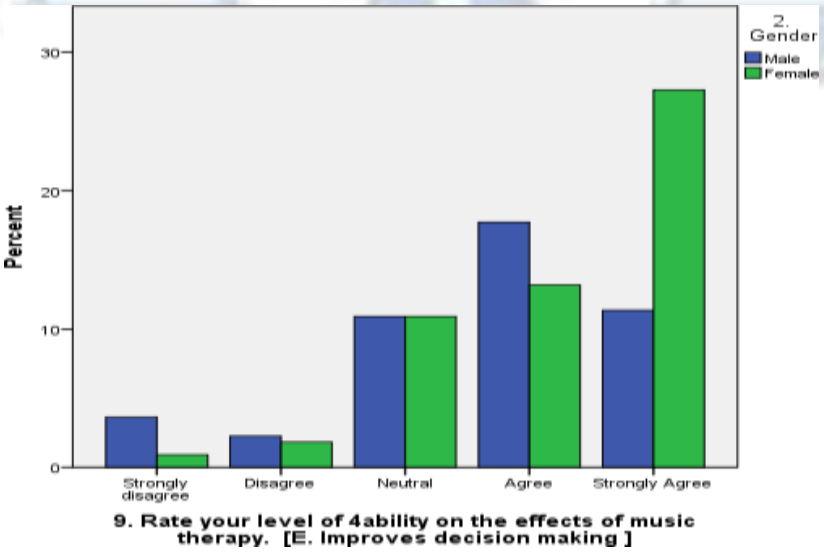
LEGEND**:** The figure 39 shows the employment status of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy which is responded by the people improves decision making.

FIGURE-40



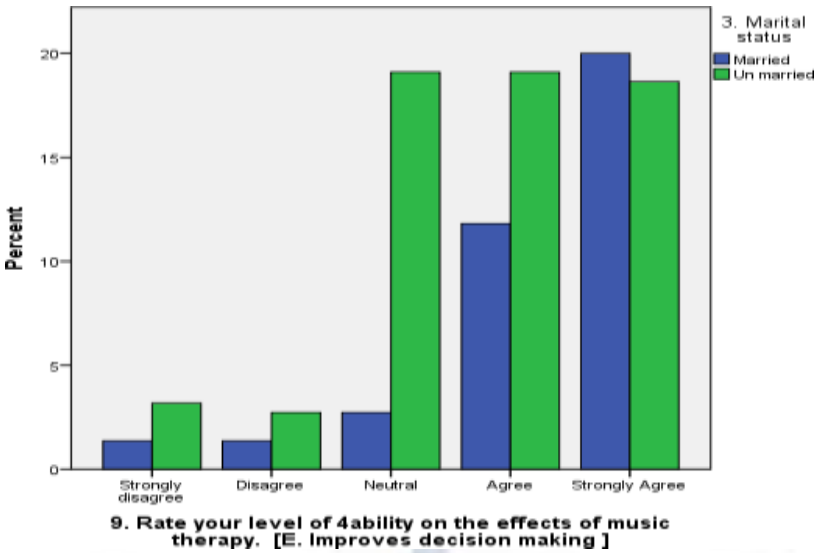
LEGEND**:** The figure 40 shows the employment status of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on effects of music therapy responded by the people is to improve self awareness.

FIGURE-41



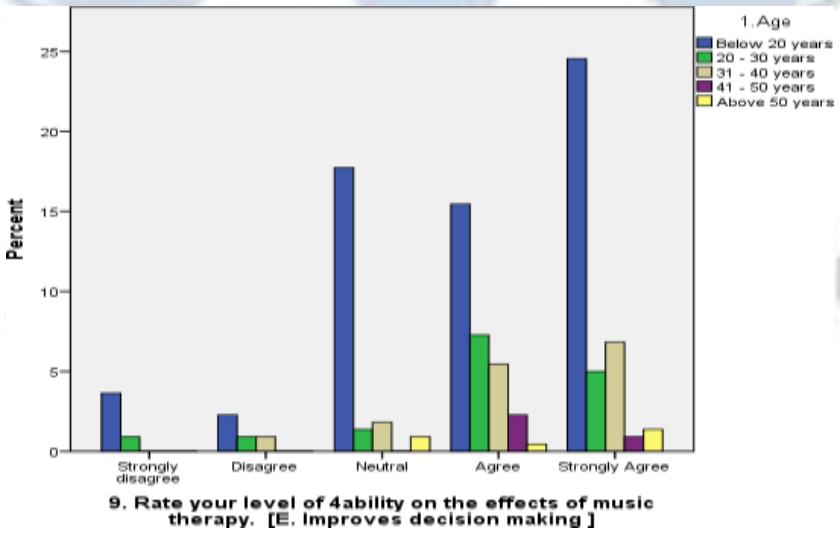
LEGEND**:** The figure 41 shows the gender of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy responded by the people are improve decision making.

FIGURE-42



LEGEND**:** The figure 42 shows the marital status of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy responded by the people improves Decision making.

FIGURE-43



LEGEND**:** The figure 43 shows the age of the sampling percentage of people in Chennai who rated their level of agreeability on the effects of music therapy. The specified topic on the effects of music therapy responded by the people is to improve decision making.

TABLE-1

NULL HYPOTHESIS**:** There is no significant difference between the opinion on how our mood changes by the music preference and gender of the respondent.

ALTERNATIVE HYPOTHESIS**:** There is a significant difference between the opinion on how our mood changes by the music preference and gender of the respondent.

Group Statistics

	2. Gender	N	Mean	Std. Deviation	Std. Error Mean
6. Do you think that based on mood , preference of music changes ?	Male	101	1.04	.196	.020
	Female	119	1.04	.201	.018

		Sig.	t	df	Sig. (2-tailed)
6. Do you think that based on mood, preference of music changes ?	Equal variances assumed	.858	-.090	218	.929
	Equal variances not assumed		-.090	213.959	.929

LEGEND**:** The table 1 uses the independent sample t test to state weather the preference of music changes based on the mood.

TABLE-2

NULL HYPOTHESIS: There is no significant relationship between the opinion on how often the music is being listened and age of the respondent.

ALTERNATIVE HYPOTHESIS: There is a significant relationship between the opinion on how often the music is being listened and age of the respondent.

Correlations

			7. How often do you listen to music ?	5. Educational qualification
Spearman's rho	7. How often do you listen to music ?	Correlation Coefficient	1.000	.455**
		Sig. (2-tailed)	.	.000
		N	220	220
	5. Educational qualification	Correlation Coefficient	.455**	1.000
		Sig. (2-tailed)	.000	.
		N	220	220

**. Correlation is significant at the 0.01 level (2-tailed).

LEGEND**:** The table 2 uses the correlation to state weather how often do they listen to the music and the educational qualification of the respondents.

TABLE-3

NULL HYPOTHESIS**:** There is no significant association between the opinion on type of music prepared by the respondent and the educational qualification of the respondent.

ALTERNATIVE HYPOTHESIS: There is a significant association between the opinion on type of music prepared by the respondent and the educational qualification of the respondent.

5. Educational qualification * 8. Which type of music you like the most?

Crosstabulation

Count

		8. Which type of music you like the most ?					Total
		Pop	Rock	Rap	classical	Country	
5. Educational qualification	No formal education	21	7	3	0	2	33
	Primary	4	9	2	1	0	16
	High school	7	12	5	10	0	34
	Higher secondary	6	6	4	13	2	31

	Under graduation	14	15	8	45	9	91
	Post graduation	0	2	0	6	1	9
	Others	1	0	2	2	1	6
Total		53	51	24	77	15	220

LEGEND**:** The table 3 uses the chi square to state which type of music the respondents like the most and their educational qualification.

TABLE-4

NULL HYPOTHESIS: There is no significant difference between the level of agreeability towards effects of music therapy and the educational qualification of the respondents.

ALTERNATIVE HYPOTHESIS: There is a significant difference between the level of agreeability towards effects of music therapy and the educational qualification of the respondents

ANOVA

9. Rate your level of ability on the effects of music therapy. [A. Relaxation]

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	7.420	6	1.237	1.631	.140
Within Groups	161.467	213	.758		
Total	168.886	219			

ANOVA

9. Rate your level of ability on the effects of music therapy. [C. Increases the psychological strength]

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	13.117	6	2.186	2.682	.016

Within Groups	173.629	213	.815		
Total	186.745	219			

ANOVA

9. Rate your level of 4ability on the effects of music therapy. [B. Reduces pain]

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	14.772	6	2.462	3.015	.008
Within Groups	173.937	213	.817		
Total	188.709	219			

ANOVA

9. Rate your level of 4ability on the effects of music therapy. [D. Improves self awareness]

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	15.495	6	2.582	2.627	.018
Within Groups	209.392	213	.983		
Total	224.886	219			

ANOVA

9. Rate your level of 4ability on the effects of music therapy. [E. Improves decision making]

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	31.665	6	5.277	4.957	.000
Within Groups	226.785	213	1.065		
Total	258.450	219			

LEGEND**:** The table 4 uses ANOVA to state the level of agreeability on effects of music therapy. The effects are relaxation, reduces pain, increases the psychological strength, improves self awareness, improves decision making.

RESULTS:

From this graph it can be noted that most of the people's preference on music has been changed on their mood basis, in which most of the people have rated yes for the question weather they think that the preference of music changes based on their mood. 95.91% of people stated that their preference of music have been changed based on the moods were as 4.09% of people stated the negative answer. This result is given by the graph number 1 **(fig.1).** From this graph it can be noted that most of the people would prefer classical music. In which the question is which type of music they prefer the most. The preference of respondents are listed further. 24.09% of people would prefer pop music, 23.18% of people prefer rock, 10.91% of people would prefer rap songs, 35.00% has been rated to classical and 6.82% peoples prefer country to listen **(fig.2)** From this chart it is noted that the respondents have been rated their level of agreeability on the effects on music based on the increases the psychological strength. The levels rated by the peoples are listed below. 1.82% of people had strongly disagreed. 2.27% of people had been disagreed. 18.18% have rated neutral. 33.09% peoples have been agreed and 43.64% peoples have been strongly agreed **(fig.3).** From this chart it is noted that the respondents have answered how often do they listen to the music. 13.64% had rated that they don't ever listen to music. 24.55% had been rated that they listen to the music less than an hour a day. 34.09% of people had rated that the listen to the music 1-2 hours a day. 11.36% had rated that they listen to music 3-4 hours a day. 16.36% of people had rated listening to music more than 4 hours a day **(fig.4).** From this chart it is noted that people had rated their level of agreeability on the effects of music therapy in reduces pain. 2.27% of people had rated that they strongly disagree. 1.82% had rated that they disagree. 14.09% of people had rated neutral. 30.19% had rated that the agree and 50.91% of people have strongly agreed **(fig.5).** From this graph it is noted that people had rated their level of agreeability on the effects of music therapy in improves decision making. 4.55% of people had rated that they strongly disagree. 4.09% had stated that the disagree. 21.28% had been neutral. 30.91% peoples has agreed and 38.64% had been strongly agreed **(fig.6).** From this graph it is noted that people had rated their level os agree on the effects of music therapy in improves self awareness. 2.27% peoples had rated that they strongly disagree. 5.19% of peoples had disagreed. 18.64% have rated the neutral. 33.64%

had rated that they agree and 39.55% had strongly disagreed **(fig.7).**

From this chart it is noted that the respondents had answered that weather the preference of music changes based on their mood. This question is answered based on the age. Below 20 years had rated 60%, 20-30 years had rated 15%, 31-40% had rated 16%, 41-50 years had rated 5% and above 50 years had rated 5% on yes. Below 20 years had rated 5%, 20-30 years had rated 2%, 31-40 years had rated 1%, 41-50 years had rated nil% and above 50 years had rated 1% on negative **(fig.8).** From this chart it is noted that the respondents have been answer that how often do they listen to the music. The question in answered based on the age group. 10% of below 20 years age group had rated that they don't even hear to the music , 15% had rated that they listen one hour a day, 20% of peoples listen 1-2 hours a day, 15% of peoples listen 3-4 hours a day and 16% of peoples listen more than four hours a day **(fig.9).** This graph is noted that the the respondents have been answered that which type of music they like the most. This question is answered based on the educational qualification. The pop music is listened 10% by no formal educational, 3% by primary, 4% by high school, 4.5% by higher secondary, 7% by under graduation, nil by post graduation and 1% by others **(fig.10).** From this graph it is noted that the respondents rated their level of agreeability on the effects of music. The specified topic used here on effects of music is relaxation. 2.73% of people had strongly disagreed, 0.91% of people had disagreed, 6.82% of peoples are neutral, 25.00% of peoples had agreed and 64.55% of peoples had strongly agreed that music therapy helps in relaxation **(fig.11).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music therapy on reduces pain. This question is answered based on the the educational qualification. No formal educational peoples have strongly disagreed on 1%, disagreed on 1%, neutral on 2%, agreed on 5% and strongly agreed on 15% **(fig.12).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music therapy on relaxation. This question is answered based on the educational qualification. Primary students had strongly disagreed on 1%, disagreed on nill, 2% on neutral, 5% on agreed and 6% on strongly agreed **(fig.13).** From this chart it is noted that respondents had rated their level of agreeability on the effects of music therapy on increases the psychological strength. This question is answered based on the educational qualification. The no formal educational people had strongly disagreed in 1%, 1% of peoples hav disagreed, 2% of people are neutral, 5% of peoples had agreed and 10% of peoples had strongly agreed. The primary students had strongly disagreed on nil, 1% on disagreed, 2% on neutral, 6% on agreed and 4% on strongly agreed. **(fig.14).**

It is noted on this graph that the respondents had rated that weather the preference of music changes based on their mood. This question in answered based on the gender. 40% of male and 50% of females had rated yes. 1% of female and 1.5% of male had rated no **(fig.15).** From this graph it is noted that the respondents had rated their level of agreeability on the effects on music therapy on improved decision making. This question is answered based on the educational qualification. Higher secondary students had rated that the strongly disagree on 1%, nill percentage of students had disagreed, 7% of students were neutral, 5% of peoples had agreed and 8% of students has strongly agreed **(fig.16).** From this chart it is noted that the respondents had answered that weather the preference on music changes based on their mood. This question is answered based on the employment status of the persons. 20% of self employed, 10% of public sector, 15% of private sector, 5% of unemployed and 50% of the students had rated yes. 1.0% of self employed, 1% of public sector, 1.5% of private sector, nil percentage of unemployed and 2% of students had rated no **(fig.17).** From this chart it is noted that the respondents had answered that weather the preference of music changes based on their mood. This question is answered based on the marital status of the people. 30% of married persons and 60% of unmarried persons had rated yes. 1% of married person and 2% of un married persons had rated no **(fig.18).** From this chart it is noted that the respondents answered how often do they listen to the music. This question is answered based on the gender of the people. 3% of male had rated that they don't ever liste to the music, 10% of mens had rated that they listen less than an hour a day, 20% of mens listen 1-2 hours a day, 7% of mens listen 3-4 hours a day amd 10% of mens listen more than 4 hours a day. 10% of women don't even listen to music and 15% of the womens listen more than 4 hours a day **(fig.19).** From this chart it is noted that the respondents had answered weather the preference of music changes based on their mood. This question is answered based on the educational qualification of the people. 15% of no formal educational people, 5% of primary students, 15% of high school students, 13% of higher secondary students, 40% of under graduation students, 3% of post graduation students and 2% of other persons had rated yes **(fig.20).** From this chart it is noted that the respondents has answered that how often do they listen to music. Is question is answered based on the educational qualification of the peoples. 10% of no formal educational had rated that they don't even listen to the music, 6% of them hear less than a hour a day, 3% of people listen 1-2 hours a day, 1% of peoples hear 3-4 hours a day and 4% of people listen more than 4 hours a day **(fig.21).**

From this graph it is noted that the respondents had answered that how often do they listen to

the music. This question is based on the employment status of the peoples. 10% of self employed rated that they don't even listen to the music, 4% of peoples had rated that they listen less than an hour a day, 8% had rated that they listen 1-2 hours a day, 2% rated that they hear 3-4 hours a day and 4% had rated that they listen more than 4 hours a day **(fig.22).** From this graph it is noted that the respondents had answered that which type of music they like the most. This question is a answered based on the age of the respondents. 20% of below 20 aged group had rated that they preferred pop, 10% had preferred rock, 6% had rated that they listen to rap, 25% of peoples like classical and country is preferred by 5% **(fig.23).** From this chart it is noted that the respondents had answered that how often do they listen to music. This question is based on the marital status of the respondents. 14% of Married persons had rated that they don't even listen to music, 10% had rated that they listen less than an hour a day, 12% of peoples hear 1-2 hours a day, 3% had rated that they listen 3-4 hours a day, 2% had rated that they listen more than 4 hours a day. 3% of un married had rated that they don't even listen to the music, 16% had rated that they hear less than a hour a day, 25% listen 1-2 hours a day, 10% of peoples had rated that they listen 3-4 hours a day and 15% listen more than 4 hours a day **(fig.24).** From this graph it is noted that the respondents had answered that which type of music they prefer the most. This question is answered based on the gender of the respondents. 5% of male like pop, 6% had rated that they like rock the most, 7% peoples had rated that they prefer rap, 25% of them prefer classical and country is preferred by 5% of males **(fig.25).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music therapy on relaxation. This question is answered based on the age of the respondents. 2% of below 20 years had rated that they strongly disagree, 1% of peoples rated that they disagree, 3% of peoples are neutral, 20% had rated that they agreed and 50% of peoples rated they strongly agree **(fig.26).** From this graph it is noted that the respondents had answered that which type of music they like the most. This question is answered based on the employment status of the respondents. 11% of self employed had rated that they like pop, 4% had rated that they like rock, 2% had rated that they prefer pop, classical is liked by 6% of peoples and country is preferred by 3% of self employed **(fig.27).**

From this graph it is noted that the respondents had rated their level of agreeability on the effects of music on relaxation. This question is answered based on the marital status of the respondents. 1% of married people had rated that they strongly disagreed, 1% of peoples had rated that they disagreed, 3% were neutral, 10% of people agreed and 30% of them had strongly agreed **(fig.28)**. From this graph it is noted that the respondents had rated their level of agreeability on

the effects of music therapy on relaxation. This question is answered based on the gender. 1% of females had rated that they strongly disagree, 1% of the, had rated they disagree, 10% of females are neutral, 20% of them rated they agreed, 40% of females had rated that they strongly agree **(fig.29).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music on relaxation. This question is answered based on the employment status of the respondents. Nill percentage of self employed had rated that they strongly disagree, nill percentage of people had rated that they disagree, 1% of them are neutral, 4% of people rated that they agree and 20% of peoples had strongly agreed **(fig.30).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music therapy on reduces pain. This question is answered based on the age of the responses. Nill percentage of above 50 years had rated that they strongly disagree, nill percentage of peoples had rated that they disagree, 1% of peoples are neutral, 2% of them had agreed and 3% of them had strongly agreed **(fig.31).** From this graph it is noted that the respondents had rated their level of agreeability on the level effects of music on reduces pain. This question is answered based on the marital status of the respondents. 2% of married persons had strongly disagreed, 3% of peoples had rated that they disagreed, 5% of peoples are neutral, 10% of peoples had agreed and 20% of peoples had strongly agreed **(fig.32).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music on improving self awareness. This question is answered based on the age of the respondents. Nill percent of 20-30 years of peoples had rated that they strongly disagree, 2% of peoples had rated that they disagree, 5% of peoples are neutral, 7% of peoples had agreed and 10% of peoples had strongly agreed **(fig.33).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music on reduces pain. This question is answered based on the gender of the respondents. 2% of male had rated that they strongly disagree, 2% had disagreed, 10% of peoples are neutral, 20% of them had agreed and 25% of them had strongly agreed **(fig.34).**

From this graph it is rated that the respondents had rated their level of agreeability on the effects of music therapy on reduces pain. This question is answered based on the employment status of respondents. 2% of students had rated that they strongly disagree, 1% of students had disagreed, 10% of students are neutral 15% of students had rated that they agree and 25% of students had strongly agreed **(fig.35).** From this chart it is noted that the respondents had rated their level of agreeability on the effects of music therapy on improves self awareness. This question is answered based on the marital status of the respondents. 3% od un married had rated

their that they strongly disagree, 5% of un married had disagreed, 15% of them are neutral, 25% of un married had rated that they agree and 20% of the peoples are strongly agree **(fig.36).** From this chart it is noted that the respondents had rated their level of agreeability on effects of music therapy on improves self awareness. This question is answered based on the gender of the respondents. 3% of males had strongly disagreed, 5% of males had rated that they disagree, 12% of them are neutral, 19% of males had rated that they agree and 10% of males had strongly agreed **(fig.37).** From this chart it is noted that the respondents had rated their level of agreeability on the effects of music therapy on improves decision making. This question is answered based on the employment status of the respondents. Nil percentage had rated that they strongly disagree, Nill percentage of public sector peoples had rated disagree, 2% of them are neutral, 5% of them had rated that they agree and 5% of public sector peoples had strongly agreed **(fig.38).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music therapy on improves self awareness. This question is answered based on the employment status of the respondents. Nil percentage of private sector peoples had rated that they strongly disagree, 2% of private sector peoples had rated that they disagree, 3% of them are neutral, 5% of them had rated that they agree and 4% of them had strongly agreed **(fig.39).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music therapy on improves decision making. This question is based on the gender of the respondents. 1% of females had strongly disagreed, 2% of females had disagreed, 10% of females rated that they are neutral, 12% of females rated that they agree and 39% of females had strongly agreed **(fig.40).** From this graph it is noted that the respondents had rated their level of agreeability on the effects of music therapy on improves decision making. This question is answered based on the marital status of the respondents. 2% of married peoples had rated that they strongly disagree, 2% of married had disagreed, **(fig.41).**

From this chart it is noted that the respondents had rated their level of agreeability on the effects of music therapy on improves decision making. This question is answered based on the age of the respondents. Nill percentage of above 50 years had rated that they strongly disagree, nill percentage of the people had rated that they disagree, 1% of them are neutral, 2% of the people had rated that they agree and 5% of them had strongly agreed **(fig.42). Table 1** shows the the significant difference between the opinion on how our mood changes by the music preference and gender of the respondents. This table uses the independent sample t test where the sig value is 0.858 and the t value is grater than the 0.05 had the null hypothesis if rejected. Hence there is a significant difference between the opinion on how moos changes by the music preference

based on gender **(fig.42). Table 2** shows the significant relationship between the opinion on how often the music is being listened and the age of the respondents. This table uses the correlation where it is less than 0.05 so the null value is accepted. Hence there is no significant relationship between the opinion on how often the music is being heard and the age **(fig.43). Table 3** shows the significant association between the opinion on type of music preferred by the respondent amd the educational qualification of the respondents. This table uses the cross tabulation where the value is less than 0.5 so the null hypothesis is accepted. Hence there is no significant association between the opinion on type of music preferred and the educational qualification.

Table 4 shows the significant difference between the level of agreeability towards effects of music therapy and the educational qualification of the respondents. This tables uses anova where the values are lesser than 0.5. So the null hypothesis is rejected. Hence there is no significant difference between the level of agreeability on the effects of music therapy and educational qualification.

DISCUSSION:

Most people think that their preference of music changes based on their mood. Whereas music plays an important role on every person's life. It acts as both medicine and therapy. Music is not only about hearing songs as it cures depression, increases mental power, reduces pain, anxiety , etc. Hence most of the people has rated yes **(fig.1).** The music called classical had got more ranked by peoples as everyone is willing to travel over a silent rhythm where our body and heart can feel peacefully. The next preference is given to pop, Rock, rap, country. There are much type of musics but peoples go with good tones and rhythms **(fig.2).** The respondents had rated their level of agreeability on the effects of music therapy. They had rated that by hearing the music the psychological strength has been increased. Here most of the people had rated that they strongly agree **(fig.3).** The people mostly hear music 1-2 hours a day according to this research. Some people hear less than an hour a day or more than 4 hours a day. This is based on their convenience and timings. But hearing music is obviously a positive thing in every life of a person **(fig.4).**The respondents had rated their level of agreeability on the effects of music therapy. The ratings had given based on music reduces the pain. Most of the people had strongly agreed amd also agreed. So we can know that music really reduces the pain and depression of Many people **(fig.5).** The respondents had rated their level of agreeability towards

the effects of music therapy They rated weather music improves decision making. Most of them strongly agreed and some are neutral. It varies based on the mentally of people **(fig.6)**. The respondents had rated their level of agreeability on the effects of music therapy. They rated that weather the music improves self awareness. Most of the people had rated that they strongly agree and some of them had agreed **(fig.7).** The peoples had ranked that the preference on music had been changed based On the mood. This is compared with the age of the respondents. Most on the below 20 years aged people had rated yes on this question , so we can know that music has been changed based on the mood **(fig.8).** Most of the people used to listen music 1-2 hours a day. The above 50 years aged people also used to hear 1-2 hours as It gives good relaxation and reduces all the pain in mind. Some of them also used to listen 5 times a day **(fig.9).** Classical is the only music which is rated more by all the peoples. This question is compared with the educational qualification of the respondents. Specifically more of the under graduation students used to listen classical and also rock some days. It varies apon the mood of the listener **(fig.10).**

The people had rated their level of agreeability on the effects of music therapy. They rated that the music therapy can bring relaxation. Some peoples had rated that they agree and most of them had rated that they strongly disagree. So we can know that the music can bring relaxation to the mind **(fig.11).** The people had rated their level of agreeability on the effects of music therapy. They had rated that the music can reduce pain. This question is based on the educational qualification of the respondents. Most of the under graduation students had rated that they strongly agree **(fig.12).** The people had rated their level of agreeability on the effects of music therapy. They rated that the music can bring relaxation to the people. This question is based on the educational qualification of the respondents. Most of the under graduation students had rated that they strongly agree and primary schools had rated nill for disagree **(fig.13).** The people had rated their level of agreeability on the effects of music therapy. They rated that the music improves self awareness. There is equal amount of agree and strongly agree by the undergraduate students hence we can know that the people think that music improves self awareness **(fig.14).**The people had rated their level of agreeability on the effects of music therapy. They had rated that the music increases the psychological strength. There is also a equal amount of agreed and disagreed by the under graduation students. Hence we can know that the music can increase the physical strength **(fig.15).** Most of the people had rated yes and they say based on the mood, preference of music changes. This question is answered based on the gender of the respondents. Where most of the females had rated yes and it can be noted that

music plays an important role in everyone's life **(fig.16).** The people had rated their level of agreeability on the effects of music therapy. They rated that the music can improves self decision making. This question is answered based on the educational questions of the people. Most of the under graduation students had rated that they agree and post graduation students had rated that they strongly agree. Hence we can know that the music helps to improve decision making **(fig.17).**Most of the people had rated yes and they say based on the mood ,preference of music changes. This question is answered based on the employment status of the respondents. Most of the under graduation students had rated yes and it can be seen that muisc reduces stress from them mentally and physically **(fig.18).** Most of the people had rated yes and they say based on the mood , preference of music changes. This question is answered based on the marital status of the respondents. Most of the married persons had rated yes. From this we can note that even responsibility increases music plays important role in every one's life **(fig.19).**

1-2 hours is the timing where most of the people listen to music. This question is answered based on the gender of the respondents. Most of the male he rated that they hear 1-2 hours a day and most of the females had rated that they hear more than 4 hours a day **(fig.20).** Most of the people had rated yes and they say based on the mood, preference of music changes. This question is answered based on the educational qualification of the respondents. Most of the under graduation and no formal educational people had rated yes. Where it can be noted that music doesn't need any education **(fig.21).** The peoples had rated that they listen music 1-2 hours a day. This question is based on the educational qualification of the respondents. Some of the no formal educational people had rated that they listen to music more than 4 hours a day. Hence it can be noted that music doesn't need any age limits **(fig.22).** The people had rated that they listen to music 1-2 hours a day. This question is answered based on the employment status of the respondents. Most of the stude hear music more than 4 hours a day a some of them don't even listen to the music **(fig.23).** Classical is the most liked music by the people. This question is answered based on the age of the respondents. Most of the below 20 years people had rated that the like classical most and some of them like pop. It is based on the mind of the people who hear music **(fig.24).** 1-2 hours is the duration where most of the people listen music. This question is answered based on the marital status of the respondents. Most of the un married persons hear more than 4 hours a day and some of them don't even listen to music. Hence it is based on their own idea **(fig.25).** Classical is the music which is liked the most by all the people. This ques is answered based on the gender of the respondents. Most of the male prefer

classical and some of the females prefer rock. The music listened is based upon their mood **(fig.26).** The people had rated their level of agreeability on the effects of music therapy. This question is answered based on the age of the respondents. The people had rated weather the music brings relaxation to them. Most of the below 20 aged group people had rated that they strongly agree and some of them had disagreed **(fig.27).** Classical is the most liked music by the peoples. This question is answered based on the employment status of the respondents. Most of the Under graduation students had rated that they like pop classical the most. It is based on the mood and based on the age **(fig.28).** The people had rated their level of agreeability on the effects of music therapy. This question is answered based on the marital status of the respondents. Most of the married had rated that they strongly agree and some of the un married had disagreed. Hence music brings relaxation to the peoples **(fig.29).**

The people had rated their level of agreeability on the effects of music therapy. This question is answered based on the gender of the respondents. This is rated to state weather the music brings relaxation. Most of the males rated that they strongly agree and also the females that they strongly agree. Hence the music brings relaxation to all people **(fig.30). Table 1** shows that there is no significant difference between the opinion on how our mood changes by the music preference and gender of the respondent. It used the independent sample t test. Music can always been changed by the listener as the mood. Music can cure depression and most of the mental disorders. **Table 2** shows that there is a significant relationship between the opinion on how often the music is being listened to an the age group of the respondent. It uses the correlation. The music can be heard 1-2 hours a day or even more than 4 hours a day. It is completely based on the listener and the comfortability of the listener. **Table 3** shows the alternative hypothesis where there is a significant association between the opinion on type of music preferred by the respondent and the educational qualification of the respondents. There are more type of music which can be divided and pop, rock, country, classical. On the whole classical is the only one which is mostly preferred by the people **Table 4** shows the null hypothesis where there is no significant difference between the level of agreeability towards effects of music therapy and the educational qualification of the respondents. The effects of music therapy are relaxation, increases physical strength, reduces pain, improves self awareness, improves decision making. Most of the people had strongly agreed to the effects of music therapy in which music helps to reduce pain both physically and mentally.

CONCLUSION:

The earliest known reference of music therapy was first started in the year 1759. The effects of music therapy include cowering blood pressure, improving memory, reduces muscle tension, managing pain, increases motivation, etc. It is generally safe and has no side effects. Some of the draw backs included are overstimulation, memory triggering, anxiety, etc. Civil Rubbins engaged in therapeutic approach for children and adults to develop the disabilities both physically and mentally. Some of the objectives of music therapy is to understand the difference between the opinion on how our moods changes the music preference and gender of the respondents, to examine the relationship between opinion on how often the music is being listened and the age of the respondents, to determine the difference between the level of agreeability on the effects of music therapy and educational qualification and to find the association difference between opinion on type of music preference by the respondents and the educational qualification of the respondents. From this research we found that music can also be used as medicine and as therapy for more mental disorders. Music is not only about hearing songs as it cures depression, increases mental power, reduces pain, anxiety , etc. In future it can be expected that the music therapy can spread all over the world as all the people who live have more mental problems and they are mentally more weaker. Mental health is much more important than physical health so it can be solved by music therapy. The findings of this research has more positive results that it treats good in diseases and disorders. It can be clearly seen that the music can create a good impact on our moods and emotions. The researchers found that when we hear a rhythm our hear starts to flow amd sync with it where it creates a good impact on our body both physically and mentally. When we hear on to a tone a human brain can easily remember and it stores immediately. This is how music works on our body as well as mind.

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