RELATIONSHIP BETWEEN MUSIC PREFERENCE AND HAPPINESS: A STUDY AMONG COLLEGE STUDENTS

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Abstract : The purpose of the present study is to investigate the relationship between Music preference and happiness of individuals. The statistical population involved in this study included college students around Coimbatore. The sample involved in this study included 150 (Male - 75, Female - 75) college students selected through the purposive sampling method and based on the statistical methodology principles of correlational studies. In this study, the 14-item Short test of Music preference (STOMP) and also the 29 item Oxford happiness questionnaire are used as tools. Results showed that there are significant correlations between the music preference of individuals and their happiness. In the light of statistical results, it is concluded that the choice of music preference and the level of happiness of an individual are interrelated to each other. There is a significant relationship between Music preference and Happiness.

Key words: Music preference, Happiness.

I. INTRODUCTION

MUSIC: Music is an art form and cultural activity whose medium is sound organized in time. General definitions of music include common elements such as pitch (which governs melody and harmony), rhythm (and its associated concepts tempo, meter, and articulation), dynamics (loudness and softness), and the sonic qualities of timbre and texture (which are sometimes termed the "color" of a musical sound). Different styles or types of music may emphasize, de- emphasize or omit some of these elements. Music is performed with a vast range of instruments and vocal techniques ranging from singing to rapping; there are solely instrumental pieces, solely vocal pieces (such as songs without instrumental accompaniment) and pieces that combine singing and instruments.

HAPPINESS: Happiness is used in the context of mental or emotional states, including positive or pleasant emotions ranging from contentment to intense joy. It is also used in the context of life satisfaction, subjective well-being, eudaimonia, flourishing and well-being. Happiness in its broad sense is the label for a family of pleasant emotional states, such as joy, amusement, satisfaction, gratification, euphoria, and triumph.

II.   METHODOLOGY AIM:

To find out whether there is a relationship between Music preference and happiness among college students.

OBJECTIVES

• To find out the difference between variables with respect to the gender of the sample.

• To find out the relationship between Music preference and happiness among the sample.

HYPOTHESES

• Male and female students will significantly differ in Music preference and happiness.

• There will be a significant relationship between Music preference and happiness.

SAMPLE

One hundred male and female students in the age range of 18 to 23 years were selected as the sample for the study by using purposive sampling method.

INCLUSION CRITERIA

➢   Aged from 18-23 yrs.

➢   Pursuing degree in college.

➢   Voluntary participation

EXCLUSION CRITERIA

➢   Students aged more than 23.

SAMPLE DESIGN

Convenient and Purposive sampling design was used in this study. **INDEPENDENT VARIABLE:** Music preference

DEPENDENT VARIABLE   : Happiness

TOOLS

1.SHORT TEST OF MUSIC PREFERENCE (STOMP)

2.OXFORD HAPPINESS QUESTIONNAIRE (OHQ)

DESCRIPTION OF TOOLS:

SHORT TEST OF MUSIC PREFERENCE (STOMP)

Short test of Music preference by Dr. P. Jason Rentfrow and S. D. Gosling (2003) is a 14 item scale assessing preferences in music genres. This questionnaire was given to each subject and asked to select their level of preference to the music genres.

OXFORD HAPPINESS QUESTIONNAIRE (OHQ)

Oxford Happiness Questionnaire by Michael Argyle and Peter Hills (2002) is used to measure the level of happiness of the subjects. This scale consists of twenty nine statements with 6 rating scale. This questionnaire was given to each subject and asked to select the alternative that is appropriate to them.

PROCEDURE

A total of 100 students consisting of 50 male and female of the age group 18-23 years were selected. Short test of Music preference and Oxford Happiness Questionnaire was used to collect information and to assess the Level of Music preference and Happiness of the subject.

STATISTICAL ANALYSIS

The data was coded for SPSS 20 analysis. Karl Pearson Product moment correlation was used to examine the relationship between study variables. The statistical analysis of Mean, Standard deviation, and T- test were employed.

III.   RESULTS AND DISCUSSION

. The purpose of the study was to examine the relationship between Music preference and happiness among college students. The first step in the analysis was the correlation matrix that explored how music preference and happiness were correlated. The results of this analysis are explained in reference to each hypothesis.

Table 1: Shows Frequency of the socio demographic data of the sample

VARIABLE	CATEGORY	FREQUENCY	PERCENT (%)
	Male	50	50
GENDER	Female Total	50	50
		100	100
	18	3	3
AGE	19	7	7
	20	28	28
	21	41	41
	22	9	9
	23	12	12
	Total	100	100

Table 1 shows that the first socio demographic variable, Gender has the frequency of 50 in both the categories i.e., male and female with the total of 100. The percentage is 50 for both male and female in the same with the total percent of 100. This shows that the percentage of the Gender is equally distributed.

The second socio demographic variable, Age has the frequency of 3 in age group of 18, 7 in age group of 19, 28 in age group of 20, 41 in age group of 21, 9 in age group of 22, and 12 in age group of 23, with the total percentage of 100. This shows that the percentage of the age category is higher in age group of 21 than the other age groups.

John D Hogue, Andrea M Crimmins, Jeffrey H Kahn (2011) conducted a study on the effects of gender on liking music that induces sadness and music that induces happiness. This study surveyed 488 college students (338 women, 146 men). The results concluded that there was no relation between liking of music and sadness and happiness.

TABLE 2: Shows the Relationship between Music preference and happiness of the samples

VARIABLES	Happiness
Music preference	.040**

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

This table shows that there is significant relationship between music preference and happiness (.040, at 0.01 significance). In this context, it indicates that the choice of music preference and the level of happiness of an individual are interrelated to each other.

Bruce Ferwerda, Markus Schedl (2014) conducted a study on "Enhancing music systems with emotional states". Convenient sampling method was used on a sample size of 200 students. Big five personality test and short test of music preference was used as tools. The results concluded that music has a greater effect on emotional regulations.

TABLE 3: shows the mean (M), standard deviation (SD), Mean difference and t-test values for gender in Happiness and Music preference.

VARIABLES	GENDER	MEAN (M)	STANDARD DEVIATION (SD)	MEAN DIFFERENCE	SIGNIFICANCE
Oxford happiness questionnaire	Male	3.482	.503	-.130	.197
	Female	3.612	.496		
Short test of music preference	Male	3.10	1.216	-.160	.486
	Female	3.26	1.065		

Table 3 shows that the mean value (M) for male and female in oxford happiness questionnaire is 3.482000 and 3.612000. Standard deviation (SD) for male and female in oxford happiness questionnaire is .5037371 and .4963705. Mean difference exist between male and female in oxford happiness questionnaire is -.1300000. Also, there exist no significant gender difference in oxford happiness questionnaire (t= 0.197, at 0.05 level of significance). It also shows that the mean value (M) for male and female in short test of music preference is 3.10 and 3.26.

Standard deviation (SD) for male and female in short test of music preference is 1.216 and 1.065. Mean difference exist between male and female in sleep quality deprivation is 2.213. Also, there exist no significant gender difference in short test of music preference (t= 0.486, at 0.05 level of significance). Thus, Hypothesis is accepted.

IV.   SUMMARY AND CONCLUSION SUMMARY:

The aim of this present study is to identify the relationship between music preference and happiness of an individual. The data was collected from 100 individuals where 50 are male and 50 are female (both males and females from age range of 18 to 23) by using purposive and convenient sampling method. Short test of music preference (STOMP) and Oxford happiness questionnaire (OHQ) are used. The analysis was done using SPSS version 20. The results suggest that there exists a significant relationship between music preference and happiness.

CONCLUSION:

• There is a significant relationship between music preference and happiness.

• There is no significant gender difference in Music preference.

• There is no significant gender difference in Happiness.

LIMITATION:

• Population chosen for this study belongs to only one geographical area (in and around Coimbatore). Future research can concentrate on more number of samples and different geographical area.

• The study is fully analyzed on a quantitative basis. Future researches can do this as a qualitative study and it will help in understanding the individual"s point of view in a broader perspective.

IMPLICATION:

• This study can be used to create awareness about the positive impacts of music preference on happiness of the people globally.

• The findings of this study add to the pool of existing literature on Music preference and happiness.

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