



Relationship between Positive Attitude and Music Genres among Young adults

Gowribhatla Yamini, Student of MA Psychology,

Dr. Nethravathi, Assistant Professor, IIPR

ABSTRACT:

Music is a fundamental attribute of the human species. Music can be a source of pleasure and contentment, but there are many other psychological benefits as well (Kendra Cherry, 2019). The present study aims to determine whether there is a significant relationship between musical interest and positive attitude among young adults. This study used descriptive statistics, a t-test, and Pearson's Correlation Coefficient statistics to establish the results. People listen to music to overcome stress in daily life. Each individual has their preferences in music genres. Gender differences in musical preferences have also been studied with the help of mean analysis. A sample of 107 individuals, 60 females, and 47 males, were taken and were administered with the Scale of Positive and Negative Experiences questionnaire and Music Preference Scale. Mean Analysis of various Music Genres among Young Adults shows that Melodious Film Songs is the most preferred genre with a mean of 6.3458, and Rap music is the least preferred genre with a mean of 3.9158. Mean Analysis of various Music Genres among Female participants shows that Melodious Film Songs is the most preferred genre with a mean of 6.53 and Rap and Punjabi music are the least preferred genres with a mean of 3.83. Mean Analysis of various Music Genres among Male participants shows that Melodious Film Songs are the most preferred genre with a mean of 6.11 and Islamic is the least preferred genre with a mean of 3.66. For the Scale of Positive and Negative experiences, the mean score of males and females is 36.96 and 37.27 respectively. Obtained t-test value is -0.531, df value is 105 which is significant at the level of 0.01. This shows that there is no significant difference between males and females in terms of Positive and Negative Experiences. Pearson's Correlation Coefficient between Positive attitude and Total Musical score is 0.292. Although technically a positive correlation, the relationship between the variables is weak. The results obtained cannot be concluded firmly as the sample size is not uniform. There is further scope of research where different age groups can be studied and comparisons can be drawn.

Keywords: Music Preferences, Positive Attitude, Music Therapy, Negative Emotions, Young Adults, Music Genres, Positive Experience, Negative Experience

INTRODUCTION

Young adulthood is basically a phase of maturation and change, biologically and psychologically. This change might seem less striking when compared to the changes that occur during adolescence and childhood. As individual moves from adolescence to adulthood, physical changes occur gradually. The developmental changes that happen during this phase are less drastic yet should not be underestimated. People in their twenties and thirties are considered young adults which is the peak of their physiological development. It is during this phase of one's life where the reproductive system, motor ability, strength, and lung capacity operate at their best. Nevertheless, there will be a gradual deterioration in these systems as the young adult attains the late 30s which is a sign of aging. The process of aging includes weakening of the immune system, response time, and ability to recover quickly from physical exertion. On the other hand, one can combat these changes by adopting healthier lifestyles.

The psychological development that occurs during young adulthood is considered the transition from adolescence to adulthood. Similar to biological development, psychological development is also gradual and linear, less drastic and yet important. The neurological processes are observed to stabilize before declining with age which means that the process of structural and functional maturation of the brain during adulthood is considered very crucial. Fundamental studies suggest that the mature aspects of executive functioning are paired with continuing higher motivational and emotional influences affecting decision-making. However, more work is required to understand young adulthood completely.

Developmental Tasks of Early Adulthood

Some of the developmental tasks of young adults as described by Havighurst (1972):

1. Achieving autonomy: trying to attain independence with a life of one's own.
2. Establishing identity: creating firm likes, dislikes, preferences, and principles.
3. Developing emotional stability: being emotionally independent is a sign of maturity.
4. Establishing a career: making a decision on career direction.
5. Finding intimacy: finding long-term sustaining relationships.
6. Becoming a part of a group or community: people choose to become a part of organizations or communities
7. Establishing a residence and learning how to manage a household: learning how to maintain a household's financial planning.
8. Becoming a parent and rearing children: learning to maintain a household with children.
9. Making marital or relationship adjustments and learning to parent.

Most young adults engage a lot of time listening to music due to the very reason that it is one of the most relaxing activities. Various genres of music can have an impact on the overall development of an individual which may eventually become the cause of their preference for music. Some individuals show interest in listening to rap music as they enjoy the lyrics whereas others prefer Bollywood beats for the reason that it keeps them energetic. Another group of people chooses to listen to the melody as it keeps their minds calm and relaxed. In this way, each genre has its own effect on individuals which, depending on their personality, becomes their preference of music.

Positive thinking means approaching life's demanding situations with a fine outlook (Martin Seligman, 2006). Positive thinking does not always suggest averting or ignoring the horrific matters; instead, it entails making the maximum of the probably horrific situations, seeking to see the great in different people, and viewing yourself and your abilities in a fine light. When confronted with worrying situations, positive thinkers cope extra effectively than pessimists. Rather than residing on their frustrations or matters that they can't change, they'll devise a course of action and ask others for help and advice. Pessimists, on the other hand, clearly expect that the scenario is out of their control and there may be nothing they could do to change it. Latest studies have observed that our thoughts have a powerful impact on our body. Immunity is one place in which our minds and attitudes may have a particular effective influence. In one study, researchers located that activation in mind regions related to poor feelings caused a weaker immune reaction to a flu vaccine. Researchers Segerstrom and Sephton discovered that folks who had been positive about a particular and essential a part of their lives, including how properly they had been doing in school, exhibited a more potent immune reaction than people who had an extra poor view of the state of affairs (Segerstrom & Sephton, 2010).

A study on "The power of positive thinking: Pathological worry is reduced by thought replacement in Generalized Anxiety Disorder" by Claire Eagleson et al tested alternative strategies to lowering fear with the aid of using allocating volunteers with GAD to situations wherein they both practiced changing the standard form of fear with images of viable positive results, or with the identical positive results represented verbally. A comparison control condition concerned producing positive images not associated with worries. Participants obtained training in the special approach after which practiced it for one week, earlier than attending for reassessment and finishing follow-up questionnaires 4 weeks later. All groups benefited from training, with decreases in tension and fear, and no massive variations among groups. The substitute of fear with exclusive styles of positive ideation, even if unrelated to the content material of worry itself, appears to have comparable useful effects, suggesting that any shape of positive ideation may be used to successfully counter fear.

Positive psychology, as described by its founder Martin Seligman, is "the scientific study of optimal human functioning that aims to discover and promote the factors that allow individuals to thrive." This branch of psychology has come out of the need to understand the positive aspects of life scientifically. Over the years,

the theory of positive psychology has evolved greatly revealing the building blocks of happiness and well-being. Martin Seligman has conducted various studies and found the level of awareness people have in using their signature strengths which can in turn affect the quality of their lives. He developed a theory of well-being called the PERMA model by spending many years on research. This model consists of five elements that create the foundation of a flourishing life:

1. Positive Emotions
2. Engagement
3. Relationships
4. Meaning
5. Accomplishments

Music is a fundamental attribute of the human species. All cultures, from primitive to the most advanced, make music. We humans sing and hum, in tune or not, we clap and sway, in rhythm or not. The nervous system of a human being is programmed to distinguish music from noise. It helps to respond to rhythm and repetition, tones, and tunes. Listening to music can be entertaining, and some research suggests that it might even make you healthier. Music can be a source of pleasure and contentment, but there are many other psychological benefits as well (Kendra Cherry, 2019). It can relax the mind, energize the body, and even help people better manage pain.

In 2009, archaeologists excavating a cave in southern Germany uncovered a flute carved from a vulture's wing bone. The sensitive artifact is the oldest regarded musical device on earth – indicating that human beings were making tunes for over 40,000 years (Rebecca Joy Stanborough, 2020). Although we can't make certain precisely when humans commenced taking note of music, scientists do realize something approximately why we do. Researchers suppose one of the maximum essential features of music is to create a sense of concord or social connectedness (Thomas Schafer, Peter Sedlmeier, Christine Stadler & David Huron, 2013).

The music of India is as diverse as its many cultures. The geographic, linguistic, and cultural diversity of the Indian sub-continent contributes to a broad range of musical styles within Indian music. Indian music is said to be one of the oldest unbroken musical traditions in the world. The origin of Indian music goes back to the Vedas. Indian music is divided into three main categories, namely Indian Classical Music, Folk Music, and Modern Music. Indian Classical Music is sub-divided into Hindustani music and Carnatic music. Folk Music comprises music according to the state and region. Some of them are Bhangra music, Dandiya music, Qwallis music, Gazal music, etc. Modern music includes Indian pop music which is based on an amalgamation of Indian folk and classical music and modern beats from different parts of the world.

Doctors at Johns Hopkins endorse that you pay attention to music to stimulate your mind. Scientists realize that being attentive to music engages your mind – they are able to see the active regions light up in MRI scans. Music additionally has an advantageous impact on memory capacity. Neurological researchers have observed that listening to music triggers the discharge of numerous neurochemicals that play a position in mind characteristics and intellectual health (Mona Lisa Chanda, Daniel J. Levitin, 2013). Music regulates human beings' feelings and has the strength to alternate moods and process their feelings (Adam J. Lonsdale, 2011).

There's a lot of proof that listening to music can assist calm you in conditions in which you may experience anxiety. A 2017 studies evaluation concluded that listening to music, in particular classical blended with jazz, had an advantageous impact on melancholy symptoms, especially whilst there had been numerous listening classes carried out through board-licensed music therapists (Daniel Leubner & Thilo Hinterberger, 2017).

Whenever a person listens to music it can only enhance their mood and emotions. Music has such a powerful impact on a person's mind that it can actually create a new perspective. Music can communicate a lot of things that cannot be expressed in actions or words. It is said that we are what we eat. Similarly, we are what we see and what we hear too. If we listen to calm and melodious music it rejuvenates our mind and we feel fresh. Calm minds have broader perspectives about life which can bring positivity into the personality. Music does influence the surrounding environment as well. When people around us are positive due to listening to music, we tend to have less stress and become positive gradually.

Review of Literature

Research has been carried out with the aid of using diverse psychologists across the world at the impact song has on mood, feelings, and persona of an individual. There's an observation by Andrea Creech, Susan Hallam, Maria Varvarigou, Hilary McQueen, and Helena Gaunt (2013) that explored the connection among active

music-making and subjective well-being in older people's lives. The research comprised 3 case studies, each imparting a whole lot of musical activities to older humans. In every case study, a sample of older humans had been requested to finish questionnaires and psychological desires scales associated with autonomy, competence, relatedness and self-realization before and after a significant length of active engagement with music. Comparisons of these engaged in music-making with the ones collaborating in different activities found out statistically enormous variations on all 3 elements with the music groups giving greater effective responses. This subjective change observed among groups associated with music has been attributed to the ability for music to offer a sense of purpose by progression in music and creative expression (Andrea Creech, Susan Hallam, Maria Varvarigou, Hilary McQueen, & Helena Gaunt, 2013).

Neelam Rathee & Neha Goyal conducted a study with a sample of 100 female college students in the age group of 17-22 years to understand the psychological attributions of preference for a particular kind of music (Neelam Rathee Singh & Neha Goyal, 2018). In this research, it was studied how musical preferences accompany emotional states and the orientation toward life. The sample was divided into 2 subgroups based on their music preference for upbeat and energetic music or reflective and intense music respectively. It has been found that all the individuals whose preference was for upbeat and energetic music reported positive emotional experiences while the reflective and intense music preferred subjects have shown negative emotional responses (Neelam Rathee Singh & Neha Goyal, 2018).

Rana and Akhtar performed a study in 2011 on the relationship between hobby in music on health and happiness. Their study helped to understand that there is a significant relationship between interest to listening to music and time spent listening to music and measures of both health and happiness (Rana & Akhtar, 2011). Music has not only been observed to have an emotional impact on people but additionally on their happiness. The human mind has the capacity to feel each happiness and disappointment in music because of the variant of mode and tempo (Khalifa et al, 2005).

Felicia Rodica Balteş & Andrei C. Miu (2014) carried out a study on Emotions during Live Music Performances. This study describes the emotional experience mentioned by individuals attending a live opera performance. The individuals had been cautiously advised to rate the emotions they felt instead of the feelings that the music or the characters expressed. This study illustrates the wealthy emotional experience brought on by music performance (Balteş, F. R., & Miu, A. C., 2014).

Daniel Levitin wrote of Alexandra Lamont's studies carried out on the music choice of 1-year olds in his bestselling book "This Is Your Brain on Music: Understanding a Human Obsession, that kids uncovered to a bit of music even as in the womb confirmed signs of musical preference for that identical piece of music about 1 year after birth. This is regardless of not having been exposed to that identical piece of music considering prior to birth (Levitin, 2007, p.224). Possible motives for this will be because of the truth that the fetus has completely functioning auditory abilities at about 20 weeks gestation (Levitin, 2007, p.223) and additionally that the infant has abilities to retrieve saved recollections of activities skilled prior to birth (Levitin, 2007, p.227). Despite Lamont's studies finding proof of an infant's predisposition to positive pieces of music, this doesn't always suggest the identical man or woman will retain to show a preference for the identical piece of music all through the course in their lifetime.

Ashleigh Hillier, Gena Greher, Nataliya Poto, and Margaret Dougherty (2011) have conducted research on positive outcomes following participation in a music intervention for adolescents and young adults on the autism spectrum. Music interventions are regularly used with people suffering from autism spectrum disorders (ASD) and have shown various benefits. Nonetheless, empirical reviews are missing and would be a timely breakthrough in the field. In this study, researchers document the observations of a pilot music program for adolescents and young adults with ASD. This program focused on the evaluation of pervasive challenges such as self-esteem, anxiety, and attitudes toward and relationship with peers. There was a significant increase in self-esteem and reduced self-reported anxiety and a more positive attitude towards peers observed by pre and post outcome measures. These results provide initial empirical evidence for the efficacy of music participation in treating some of the core challenges seen in ASD.

Toni Michel, Franziska Tachtler, Petr Slovak, and Geraldine Fitzpatrick (2020) conducted a study on Young People's attitude toward positive psychology interventions: Thematic Analysis. The researchers have conducted an explorative workshop with 30 young people aged 16-21 years. Ratings and discussions for 29 common Positive Psychology Interventions were recorded and analyzed using thematic analysis. Results revealed that the subjects responded positively to interventions that fit them personally and allowed them to

use their strengths. Some of the interventions were conflicting with young people's values or perceived as too difficult.

Minna Nikunen and Päivi Korvajärvi (2020) aimed to analyze the ways in which young adults reflect on their future in times of austerity. The sample included young Finnish adults between the ages group 18-30. The subjects included students, employed and unemployed as well. It has been observed from an interview that the young adult's anticipation toward future experiences was positive, unlike common expectations. One group that had positive expectations emphasized happiness. Most of the young adults responded that instead of material success they were seeking to be happy in their future lives.

Raymond C.F. Chui and Chi-K. Chan (2020) studied the associations between positive thinking, school adjustment, and the psychological well-being of Chinese college-going students. The aim here is to investigate the moderating role played by positive thinking in the effects of poor school adjustment on stress and well-being. Across eight universities in Hong Kong, 299 male and 396 female college students in the age group 17-28 were selected to administer a cross-sectional survey. Results observed suggested that the enhancement of positive thinking is beneficial to the psychological well-being of college-going students.

Andrew K. MacLeod & Clare Conway (2006) conducted a study on well-being and positive future thinking for the self-versus others. The aim was to test whether the link between well-being and positive future thinking is restricted to future thinking which is self-related or extends to more general representations of the future. In a community sample, well-being was related to the ability to think self-related positive future outcomes but not for others. Here, parasuicidal individuals were compared to non-suicidal controls. It showed a reduced ability to think of self-related future thoughts but showed no effect on other-related future thinking. It has been observed that the lack of personal positive future thinking reflects an inability to see how such experiences would happen to them.

The information of music's role and function in therapy and medication is undergoing a fast transformation, primarily based totally on neuroscientific studies displaying the reciprocal courting between analyzing the neurobiological foundations of music in the mind and the way musical conduct through getting to know and experience changes mind and behavior function.

The rationale of the Study

In today's world of chaos, it is almost impossible for a person to keep himself/herself in positive thoughts always. The loop of positivity and negativity exists throughout life. But one has to put conscious efforts to come out of the quagmire of negative thoughts. Music helps people to calm their minds even in the toughest situations. There could be hardly anyone who doesn't like music. Almost everyone listens to some kind of music they like. Most of them hum their favorite song or tune all through the day. It is said that we are what we eat. Similarly, we are what we think and what we listen. As the research suggests, listening to music can have an influence on your mind. A positive mindset can enhance the well-being of a person.

Each one of us has a unique taste in music. One person might like Indian Classical Music and some other person might be inclined toward Bollywood music. The kind of music we listen to can have a huge impact on our way of thinking. By studying the effect of music on people's minds, therapists can start emphasizing music during counseling. Many theories explain how music can regulate changes in the mind and body. It is important to understand how the preference of music is affecting positive thinking and well-being in a person. This helps us to recognize which genre of music is playing a major role in inducing positivity and well-being in people.

A lot of studies in the west have been conducted to understand the effect of music on the body and mind. In 2016, Dr. Durgesh K. Upadhyay, Dr. Ridhima Shukla, and Ms. Aheli Chakraborty have conducted research on Music Preference Scale and its Relation to Personality in the Indian context. However, this study focused on Big-Five personality characteristics and gender differences in music preferences with a sample that included 445 under- and post-graduate students. The current study includes a broader range of age groups and focuses on how music preference can change according to age. The present study also helps to understand people with which music preferences have positive outlook on life.

Methodology

Research Problem

The aim of the present research is to study the relationship between Music and Positive attitude among Young adults.

Objectives

- To study the Music Preferences and Positive attitude among Young Adults.
- To study the Relationship between Music Preferences and Positive attitude among young adults.
- To study the gender difference in the Music Preferences and Positive attitude among young adults.

Hypotheses

There will be a significant relationship between Music Preferences and Positive attitude among Young Adults.

There will be significant gender differences in Music Preferences and Positive attitude among young adults.

Variable:

Variable 1: Music Preferences

Variable 2: Positive Attitude

Operational Definition

- **Music:** The science or art of ordering tones or sounds in succession, in combination, and in temporal relationships to produce a composition having continuity and unity. It can be vocal, instrumental, or mechanical sounds having rhythm, melody, or harmony (Meeriam Webster).
- **Positive Thinking:** Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any situation. It can have a big impact on physical and mental health.

Inclusion Criteria:

The participant age ranges from 25 to 40

The participants should be Music Lovers

The participants know the English language to read and write.

Exclusion Criteria:

The Participants having any physical or psychological impairment

The Participants who do not love to listen to the music

Sample

Since it is difficult to study the entire population, a sample is selected to represent it. The sample selection depends on the objectives and the nature of the study. Judgement sampling, a type of non-probability sampling method, will be used in the current study. Participants of the study will be of age group 25–40-year-old adults residing in Hyderabad. The number of participants to be chosen is about 100 individuals. Out of this, 50 will be male and 50 will be female.

Research Design

The research design is a quantitative research technique adopting specifically a correlation design with a criterion variable such as 'music preference' and a predictor variable such as 'positive thinking'. The criterion and predictor variables are correlated to establish a relationship between them.

Data Collection:

Primary data through questionnaires

Sampling technique:

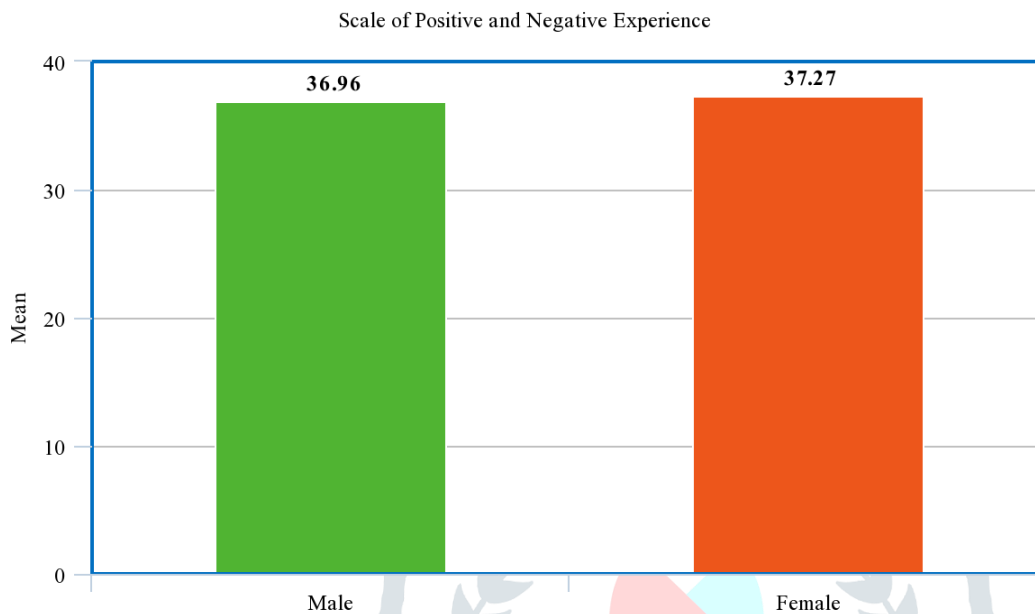
Judgement sampling

Data Analysis

Data were coded and tabulated in MS Excel software and the same was analyzed to draw conclusions.

Table 1 represents the mean analysis for the Scale of Positive and Negative Experiences (SPANE) among males and females

Gender	Mean
Male	36.96
Female	37.27

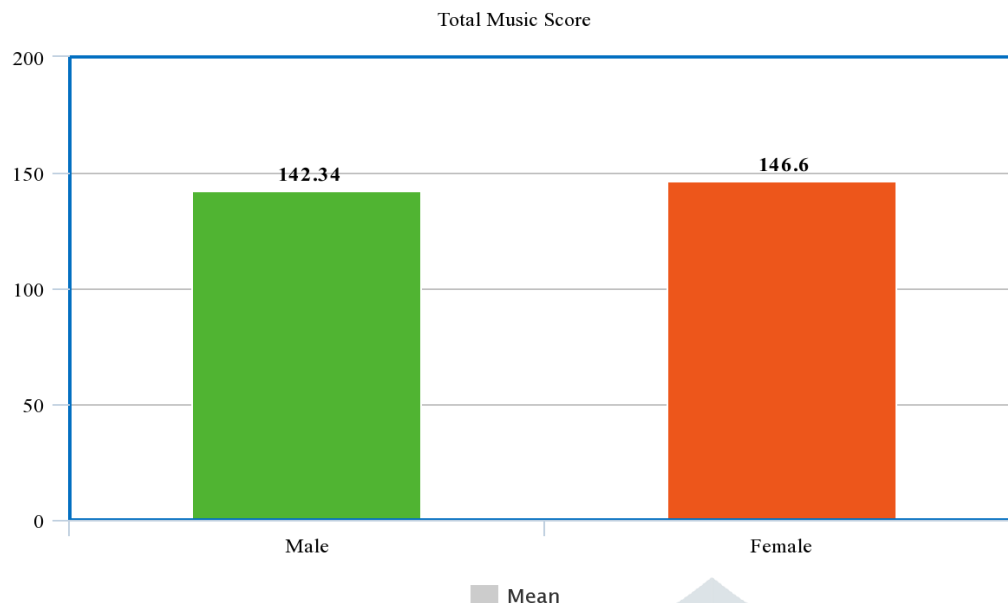


Interpretation:

The graph shows the mean value of males and females are 36.96 and 37.37 for SPANE respectively. This study shows that females have a higher tendency to identify emotions when compared to males.

Table 2 represents the mean analysis of Total Music Score among males and females

Gender	Mean
Male	142.34
Female	146.6



Interpretation:

The bar chart represents the mean analysis of total music scores among males and females are 142.34 and 146.6. This indicates that females have a higher interest in music when compared to males.

Discussion:

The present research aims to study the relationship between musical preferences and positive attitude among young adults. A total of 107 people participated in this study. Among them 47 are males and 60 are females. Scale of Positive and Negative Experiences (SPANE) questionnaire and Musical Preference Scale were filled by all the samples. Following is the analysis of the collected data.

Hypothesis:

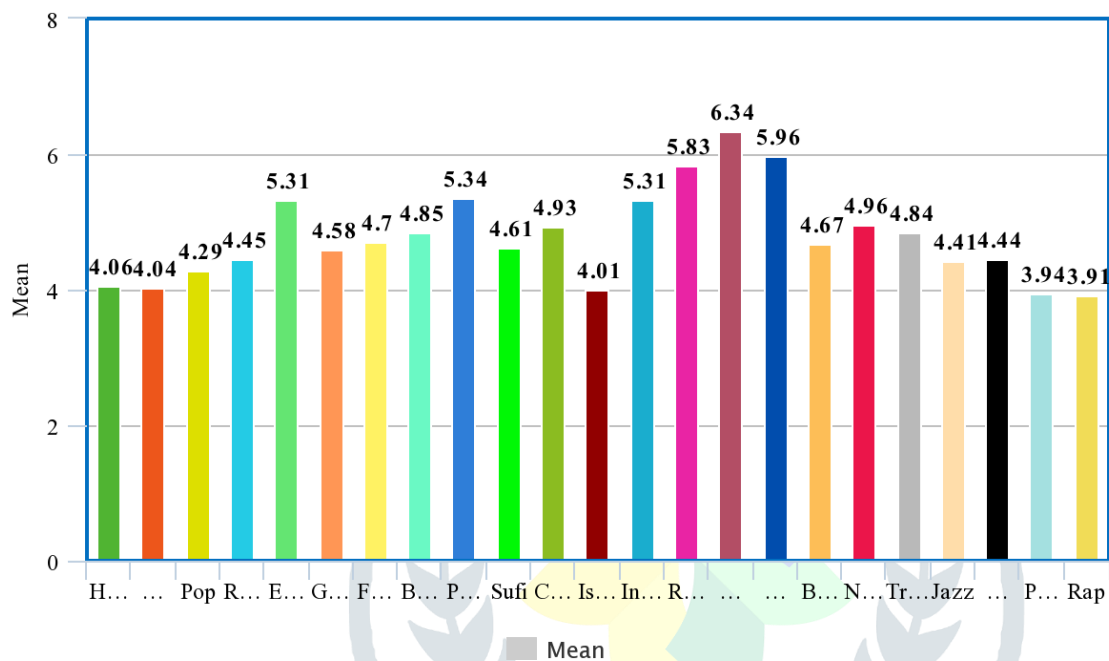
1. There will be significant gender differences in musical preferences and positive attitude among young adults.
2. There will be a significant relationship between musical scores and positive attitude among young adults.

Table 3 represents the Mean Analysis of Musical Preferences among Young Adults

Music Genres	Mean
Hip Hop	4.0654
Remix	4.0467
Pop	4.2991
Rock	4.4579
English	5.3178
Ghazal	4.5888
Folk	4.7009
Bhajan	4.8598
Patriotic	5.3458
Sufi	4.6168
Classical	4.9346
Islamic Songs	4.0093
Instrumental	5.3178
Romantic (Love) Songs	5.8318
Melodious Film Songs	6.3458
Soft Songs	5.9626
Bollywood (Sad) Songs	4.6729

New Age	4.9626
Trance	4.8411
Jazz	4.4112
Blues	4.4486
Punjabi	3.9439
Rap	3.9158

Mean Analysis of Musical Preferences



Interpretation:

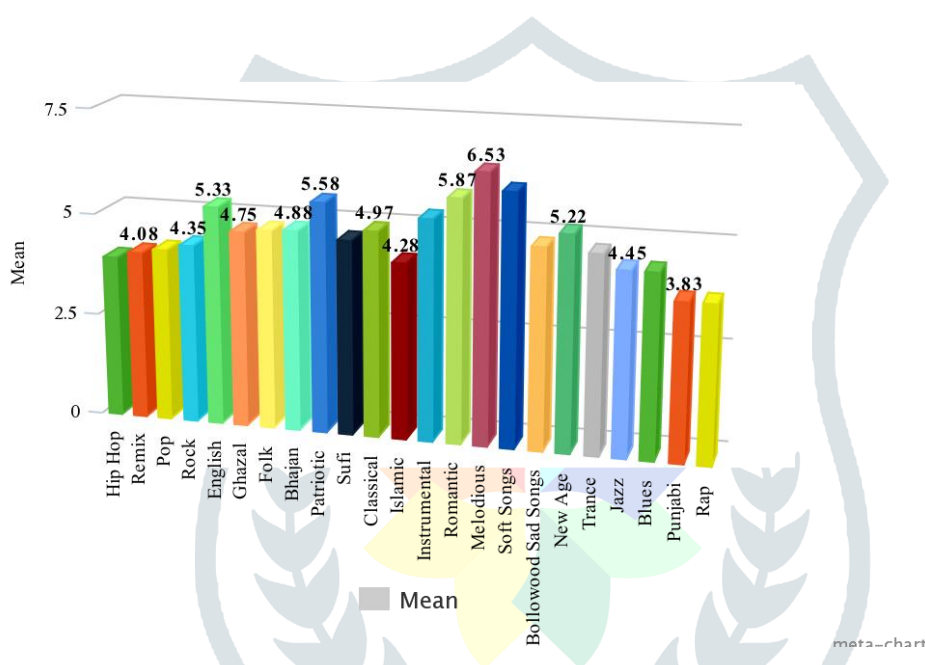
The above bar chart represents the Mean Analysis of various Music Genres among Young Adults. It shows that Melodious Film Songs is the most preferred genre with a mean of 6.3458 and Rap music is the least preferred genre with a mean of 3.9158.

Table 4 represents the Mean Analysis of Musical Preferences in males and females

Music Genre	Females	Males
Hip Hop	3.95	4.21
Remix	4.08	4.00
Pop	4.20	4.43
Rock	4.35	4.60
English	5.33	5.30
Ghazal	4.75	4.38
Folk	4.83	4.53
Bhajan	4.88	4.83
Patriotic	5.58	5.04
Sufi	4.72	4.49
Classical	4.97	4.89
Islamic Songs	4.28	3.66
Instrumental	5.37	5.26
Romantic (Love) Songs	5.87	5.79

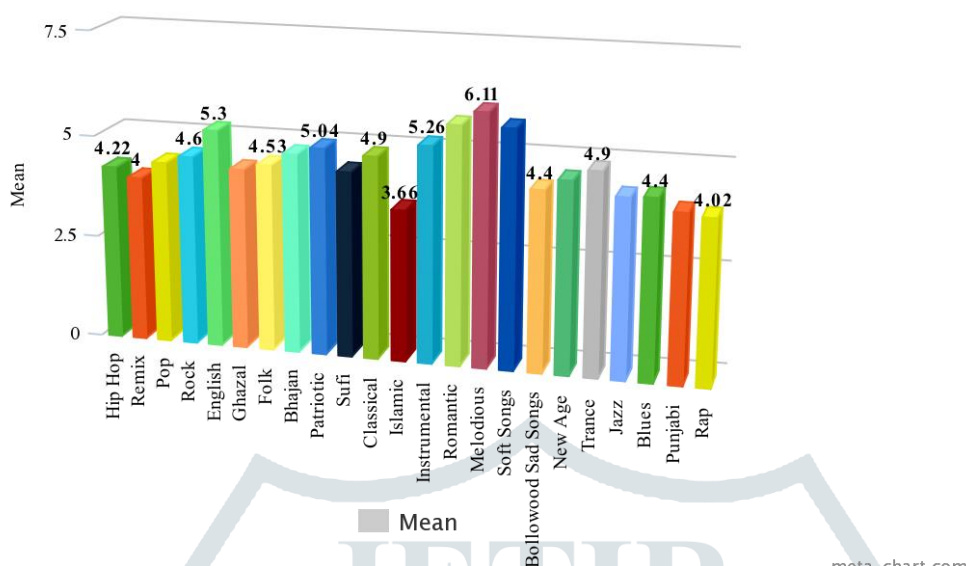
Melodious Songs	Film	6.53	6.11
Soft Songs		6.10	5.79
Bollywood Songs	(Sad)	4.88	4.40
New Age		5.22	4.64
Trance		4.80	4.89
Jazz		4.45	4.36
Blues		4.48	4.40
Punjabi		3.83	4.09
Rap		3.83	4.02

Mean Analysis of Music Preference Scale in Females

**Interpretation:**

The above bar chart represents the Mean Analysis of various Music Genres among Female participants. It shows that Melodious Film Songs is the most preferred genre with a mean of 6.53 and Rap and Punjabi music are the least preferred genres with a mean of 3.83.

Mean Analysis of Music Preference Scale in Males

**Interpretation:**

The above bar chart represents the Mean Analysis of various Music Genres among Male participants. It shows that Melodious Film Songs is the most preferred genre with a mean of 6.11 and Islamic is the least preferred genre with a mean of 3.66.

Scale of Positive and Negative Experiences:

Gender	N	Mean	Standard Deviation	t-test Equality Means	for of	Degrees of Freedom	Significance (2-tailed)
Male	47	36.96	3.014	-0.531		105	0.597
Female	60	37.27	2.974				

Interpretation:

The mean score of males and females is 36.96 and 37.27 respectively. Obtained t-test value is -0.531, df value is 105 which is significant at the level of 0.01. This shows that there is no significant difference between males and females in terms of Positive and Negative Experiences.

Total Music Scores:

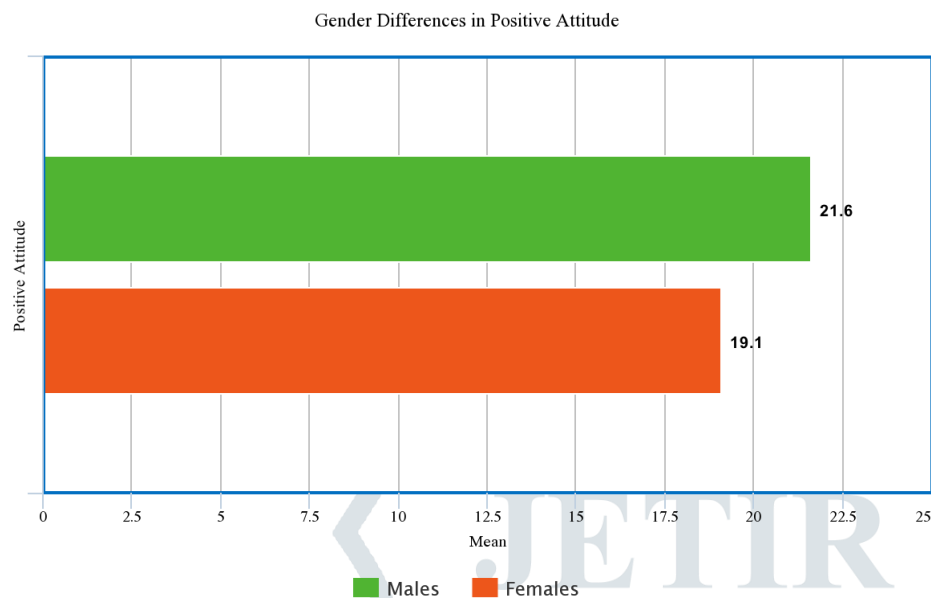
Gender	N	Mean	Standard Deviation	t-test Equality Means	for of	Degrees of Freedom	Significance (2-tailed)
Male	47	142.34	24.780	-0.931		105	0.354
Female	60	146.60	22.409				

Interpretation:

The mean score of males and females is 142.34 and 146.60 respectively. Obtained t-test value is -0.931, df value is 105 which is significant at the level of 0.01. This shows that there is no significant difference between males and females in terms of musical interest.

Gender Difference in Positive Attitude:

Gender	Mean
Males	21.6
Females	19.1



Gender	Males	Females
Mean	21.6	19.1
Standard Deviation	3.43	3.90
N	47	60
df	105	
t	3.4674	
Standard error of the difference	0.721	

P-value and statistical significance:

The two-tailed P value equals 0.0008

By conventional criteria, this difference is considered to be extremely statistically significant. However, this cannot be considered as the sample size is not equal.

Pearson Correlation between Positive Attitude and Total Musical Score:

Variable	Mean Score	N	SS _x	SS _y	R
Positive Attitude	20.196	107	1604.879	58363.14	0.292
Total Music Score	144.729	107			

Interpretation: The value of R is 0.292. Although technically a positive correlation, the relationship between the variables is weak.

RESULTS AND DISCUSSION

Present research sample with sample size 107, in which 47 are males and 60 females as shown in the above tables. The present study proposed the hypothesis that there will be significant gender differences in musical preferences and positive attitude among young adults. As per the result obtained, the null hypothesis is rejected so there is no significant gender difference with regards to music preference and positive attitude.

Referring to the results it can be inferred that there is no significant difference between male participants and female participants with regard to musical preferences and positive attitude among young adults.

Limitations of the Present Study:

The major limitation of the study is the sample size is not equal i.e., males are 47 and females are 60. Also, the musical profile of part is not taken into account.

Implications of the study:

The present study explored the difference between musical preferences among Young Adults. It gave a picture of the Positive and Negative experiences of males and females. Gender differences in musical preferences have also been observed. The result of the study has implications in the counseling settings, where therapists can devise treatment using music as an intervention.

Scope for further research:

There is definitely scope for further research where different age groups can be studied. The relationship of music with other aspects can be studied using different scales. Further studies can be done to compare the musical preferences between musicians and non-musicians.

Conclusion:

1. This study finding concluded that there is no significant gender difference in musical preferences and positive attitude. Though the difference observed is statistically significant, it is difficult to conclude the same because of the lack of uniformity in the sample size.
2. Pearson Correlation value shows that there is a relationship between positive attitude and musical score among young adults, however, the difference is weak.
3. It has been observed that there is a statistically significant gender difference in positive attitude.

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QUESTIONNAIRES APPENDICES

SOCIO-DEMOGRAPHIC PROFILE

1. Name (Initials):
2. Contact Details: Email(Optional)
3. Age:
4. Gender
5. Status of Living: Living with parents Living in Hostel
Others
6. Number of members in the family:
7. Number of siblings:
8. Marital Status: Single Married Others
9. Educational Qualification: 10th 12th Graduate Post Graduate
10. Place of Living:
11. Current Location: Urban Semi-Urban Rural
12. Music Profile: Musician(Vocal/Instrument)
Non-Musician

Informed Consent Form

Information to Participants:

The present study titled “Relationship between Positive Attitude and Music Genres among Young Adults” is being conducted as part of the academic requirements of Post Graduate course in Psychology.

Undertaking by the Researcher:

I Yamini Gowribhatla, Student of Indira Gandhi National Open University, carrying out the above-mentioned research project under the guidance of faculty supervisors of IGNOU.

You are hereby requested to give your voluntary consent to participate in this study. Any information collected from you during the process would be kept confidential and will be used strictly for research purposes only. You are free to withdraw from the study at any point of time without any prejudice.

Date: 24/08/2021

Statement of Consent by the Research Participant:

I _____ have read the above information carefully and I give my consent to participate in the study.

Date: _____

SPANE Questionnaire

Please think about what you have been doing and experiencing during the past four weeks. Then report how much you experienced each of the following feelings, using the scale below. For each item, select a number from 1 to 5, and indicate that number on your response sheet.

1 = Very Rarely or Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Very Often or Always

Positive _____

Negative _____

Good _____

Bad _____

Pleasant _____

Unpleasant _____

Happy _____

Sad _____

Afraid _____

Joyful _____

Angry _____

Contented _____



Music Preference Scale

For the following items, please indicate your basic preference level for each of the music genres listed using the scale provided.

1 = Strongly Dislike

2 = Moderately Dislike

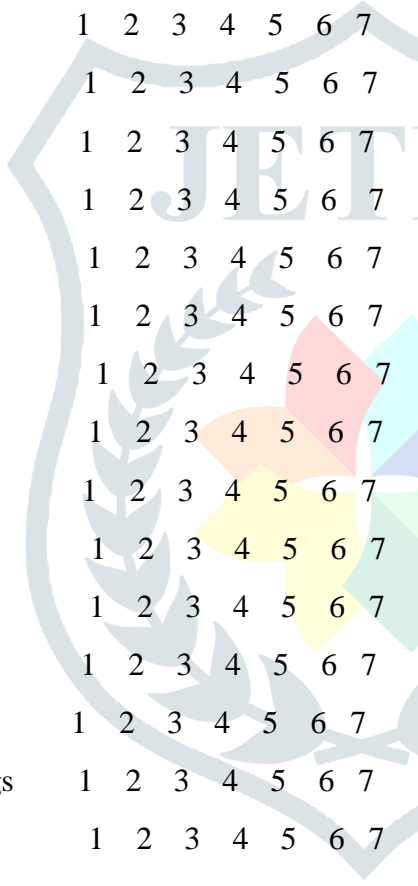
3 = Slightly Dislike

4 = Neither Like nor Dislike (neutral)

5 = Slightly Like

6 = Moderately Like

7 = Strongly Like



1. Hip Hop	1	2	3	4	5	6	7
2. Remix	1	2	3	4	5	6	7
3. Pop	1	2	3	4	5	6	7
4. Rock	1	2	3	4	5	6	7
5. English	1	2	3	4	5	6	7
6. Ghazal	1	2	3	4	5	6	7
7. Folk	1	2	3	4	5	6	7
8. Bhajan	1	2	3	4	5	6	7
9. Patriotic	1	2	3	4	5	6	7
10. Sufi	1	2	3	4	5	6	7
11. Classical	1	2	3	4	5	6	7
12. Islamic Songs	1	2	3	4	5	6	7
13. Instrumental	1	2	3	4	5	6	7
14. Romantic (Love) Songs	1	2	3	4	5	6	7
15. Melodious Film Songs	1	2	3	4	5	6	7
16. Soft Songs	1	2	3	4	5	6	7
17. Bollywood (Sad) Songs	1	2	3	4	5	6	7
18. New Age	1	2	3	4	5	6	7
19. Trance	1	2	3	4	5	6	7
20. Jazz	1	2	3	4	5	6	7
21. Blues	1	2	3	4	5	6	7
22. Punjabi	1	2	3	4	5	6	7
23. Rap	1	2	3	4	5	6	7

For the following items, please indicate the most appropriate answer provided below:

1 = Strongly Disagree

2 = Moderately Disagree

3 = Slightly Disagree

4 = Slightly Agree

5 = Moderately Agree

6 = Strongly Agree

- | | | | | | | |
|--|---|---|---|---|---|---|
| 1. Music is important to me | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I consider myself to be musical | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I listen to music everyday | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I like to sing everyday | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I like to play a musical instrument everyday | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I like to dance often | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I have felt emotional as a result of hearing to music | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. I have felt emotional as a result of playing a musical instrument | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I have felt emotional as a result of singing | 1 | 2 | 3 | 4 | 5 | 6 |