

Role of Music in Personality Development

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Available online at: www.xournals.com

Received 6th February 2018 | Revised 7th May 2018 | Accepted 29th May 2018

Abstract:

Music is a crucial element of everyday life. Music is the universal language, People spend hours listening to it and billions of dollars to buying it. Music is reported to be one of the most powerful means for inducing powerful positive emotions with its influence staying strong irrespective of culture and across time. The influence of music on our well-being is deep. Music fascinate certain capacities of humans in close coordination with each other. Music is not just a sound, it is melody and rhythm, and often words. Yet despite the generality of music, mainstream social-personality psychology has hardly given any attention to this universal social phenomenon. This paper reviews research in fields concerned with the impact of music in personality development and factors that influence how people experience and use music in their daily lives.

Keywords: Music, Personality, Language, Human, Impact

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Introduction

Music is the first language of mankind. Music shapes cultural movements and unites people within generations. Due to biological or evolutionary reasons, people have assigned certain meaning to music and continue using it as a powerful instrument of influence and a tool for learning and development.

Music brings certain capacities of humans in close coordination with each other. It is not just a sound it has certain rules has a structure and is, somewhat, a language on its own which is the most fascinating character. Music is related to creativity For example, a physicist of Russian descent, Leo Theremin, apart from inventing sound alarm systems and a number of tools used in espionage, is best known for his invention of a Theremin, a musical instrument that uses a magnetic field and which people can play without touching it. When people listen to music, they move along with it, experience images, and feel emotions. Moreover, there is a significant social component in it. The role that music plays in our lives is more significant.

Some theories suggest that, people developed communication over the process of evolution and the main instrument serves is speech. Here music serves as a bridge between primitive cries, which can be observed as a communication means among animals, and human speech. The impact of music on people's lives is very high so it can be used in various areas. It is said that music helps therapists and psychiatrists calm and empower the patient. To memorize the materials more effectively and in a certain context teachers use music as an educational tool. There are many other useful applications of music that people can come up with.

Review of Literature

Premuzi and Furnham, (2007) provide important empirical evidence for those concerned with some of the dominant individual difference variables involved in everyday uses of music. In particular, they imply that those known, and well-established, traits that allow us to distinguish and compare between different individuals, notably neuroticism, extraversion, openness to experience, and cognitive ability, may also explain why certain individuals are more likely to use music in emotional or rational ways. Bearing in mind the many variables that may mediate and moderate our choice and motive for listening to music, the consistency with which personality and intelligence factors are associated with an individual's style for listening to music, is quite remarkable.

Hasan Gurkan Tekman, (2009) reveals that musical preferences may give information about social characteristics but personality traits are not redundant with music. Furthermore, rather than giving accurate information about listeners, musical preferences may cue stereotypes that may not always be true or may be used to actively manage impressions that listeners create on others (North, Hargreaves, & O'Neill, 2000).

Ganser and Huda, (2010) believes that the popularity of songs, with upbeat tempo and easily recognizable can easily influence the uplifting of mood. As the song often heard on the radio and at social events the popularity of the songs may make them associated with positive thoughts and feelings. In contrast the fast tempo and repetitive nature was distracting and likely annoyed participants which decreased their moods. By annoying music and anti-social lyrics music influence is negative on other side mood was positively influenced by uplifting music and pro social lyrics. Knowledge of how music influences mood may help induce a positive environment or avoid situations development negativity. Proper use can either inhibit or elicit the types of moods and behaviors appropriate for the setting. It shows that music has a power to influence mood both positively and negatively.

Maja Djikic, (2011) Shows that in a stable way music has a potential which cause fluctuation or change that individuals observe themselves even for a short term, may demonstrate the potential of music to open up one's personality to a more lasting personality change. But here is the question arises that the under what circumstances this potential leads to lasting changes in one's personality.

Dave Miranda, (2013) Music can represent a developmental resource and psychological research on music opens up a scientific window to the psychological, social, and cultural needs of contemporary adolescents. In favor of developmental research on music in adolescent psychology three arguments was offered. First, music can influence key aspects of adolescent development – for instance, aesthetics, identity, socialization, emotion regulation and coping; personality and motivation; gender roles; and positive youth development. This list of music's developmental impacts is not exhaustive, but it nonetheless serves as a sound basis. During adolescents music can act protective as well as a risk factor. Third, in prevention and intervention for adolescents music can act as an adjunct component which encouraging as adolescents that may benefit more from preventive and clinical initiatives that reflect and respect their youth culture. The psychology of music and developmental psychology is a building bridges which attuned initiative to better listen to the everyday sounds of adolescence.

Nikki S Rickard, (2014) music can be beneficial for both hedonic and eudaimonic well-being. For short-term or long-term, musical activity promotes positive functioning in people. This Special Issue represents one of several recent initiatives to interpret research in music psychology and music therapy from a more predominantly positive health perspective.

Karen S. Thomas, (2015)

Adolescence is a time where the behavior can be channeled into things such as music. Hallam (2011) stated, “music plays an important role throughout our lives, and that typically the impact is affective rather than intellectual, with the widest range of benefits accruing to those who actively participate in making music” (p. 792). The most important time for teenagers to shape their personal and musical identities, and to prepare for the social and emotional change into adulthood is transitional development period. The direction of a teenager’s behavior can also be affected by music during this time, giving him or her an outlet for emotional expression and access to rewarding activities and social connections, and helping shape identity and develop musical preferences. A large role in the development of music preferences and positive attitudes toward music for their students can be played by music educator which understanding the factors that can influence adolescent music preference, both biologically and environmentally.

Shveata Misra, (2018) infants’ responses are entirely consistent with dominance of musical scales with simple frequency ratio throughout the history and across the culture. It was found that when harmonious sounds were played the infants seemed calmer and more content. They were the ones who were stubborn and were feeling very uneasy. But when the Out of Tune sound was produced for the personality type, the calmer ones and the cry baby, both looked disgust, and cried all the more, and not even looked at the speaker or even their parents.

Conclusion

Music has the power to influence mood both positively and negatively. Music is reported to be one of the most powerful means for inducing powerful positive emotions with its influence staying strong irrespective of culture and across time. From this review study the result were not consistent. But result of most of the authors concluded that music plays an important role throughout our lives. Music helps for developing skills in children. It is also said that music act as a stress buster and keeps the person relax and calm, but it is also important that which type of music is listen by us because all type of music cannot cheer up the person. But overall music can make the person feel happy, calm and stress free.



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