

## Role of Music in Personality Development

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### Abstract:

*Music is a fundamental element for an individual in their day to day life. Music is the universal language, people used to give their major space of time to listening to it and also some of the time spent their money to buying it. Music is conveyed and considered as most influential and powerful means for inducing positive feelings and vibes with taking the encouragement staying effective notwithstanding of culture and passing time. It majorly influence on our happiness and regular routine in more serious manner. Hence, it usually mesmerize assured aptitudes of human being in major harmonization with each other. Music is not restricted as a sound, it is also termed as piece of music i.e. rhythm and melody, and frequently words. In spite of the overview of music, social-personality psychology and mainstream has hardly given any consideration to this common and worldwide social occurrence. This paper analyses research in fields connected with the impact of music in personality development and issues that affect how and individual familiar and utilize music in their day to day exists.*

**Keywords:** Music, Personality, Language, Human, Impact

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## Introduction

Music is considered as the foremost language of the mankind. The music forms the movement of culture and also unites people in their own existing types. Because of the involvement of various evolutionary and biological reasons individuals in present time give numerous meaning for music and considered it as a strong instrument as well as tool for the purpose of development and learning.

Music have the power to give some abilities of human being in close coordination between them. The music is not only termed as sound but also consist of various rules and language of its own which is one of the most interesting feature. Most of the people connect music with the creativity like Leo Theremin (physicist of Russian descent) is very well known for the invention of Theremin known as the musical instrument that use magnetic field which can be used by people without touching. With this instrument the people after listening the music move with the flow and simultaneously experience images and feel the emotions. Their contribution in music also include invention of number of tools helpful for espionage and sound alarm system.

Some concepts proposed that, people developed communication over the progress of development and the main instrument serves is speech. In this, music functions as a connection between primitive cries, which can be perceived as a communication means within human speech and animals. The music shows its dominance on individual's lives is very high so it can used in various areas. The music also helpful as a method of therapy and used by psychiatrists for the purpose of helping their patient by maintaining calm and empowering environment. The music is also utilizes by the teachers for the purpose of memorizing the materials and hence considered as education tool as well. There are numerous application of music in different fields.

## Review of Literature

**Premuzi and Furnham, (2007)** discussed about the significant experimental evidences that are connected with the dominant individual difference variables in day to day uses of music. Specifically, they focused on those well-established and recognized traits that are useful to differentiate and compare between different persons remarkably extraversion, cognitive ability, neuroticism and

honesty to experience also detailed the reason behind the use of music in both rational and emotional ways. Keeping in mind the various variables that adequate our choice and reason for listening the music is found to be remarkable.

**Hasan Gurkan Tekman, (2009)** stated that the music is helpful in giving information about the social features but at the same time the personality characteristics are not terminated with the music. Not majorly concerning with the correct information about listeners, the musical preferences hint may not found to be true and hence may be helpful in actively manage the impression that listeners produce on others.

**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 usually heard on the transistor and at numerous social events the popularity of the songs may shift towards with optimistic feelings. In comparison with the fast measure and monotonous nature was one of the diverting and likely irritated participants which some of the time reduce the positive aspects of 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. It is also important to know information regarding music influences mood of an individual which may help to convince an optimistic environment or evade conditions regarding negativity. With the proper utilization one can able to inhibit the different mood types and hence accordingly appropriate set up the settings. It conclusively stated that music cover the mood in both the manner i.e. negative and positive.

**Maja Djikic, (2011)** reflect that in a constant way music has a prospective which source for the variation or modification that individuals detect themselves even for a short term. It may establish the probable chance of music to concern with the one's personality to a more forever change in personality. But here is the question arises that the under what conditions this prospective indicates towards the stable and forever changes in an individual personality.

**Dave Miranda, (2013)** focused on the factor that music can be useful as developmental resource as well as psychological research which also concerning with the social, cultural and other modern needs of adolescents. In favor of developmental

research on music in adolescent psychology three arguments was offered. Initially, music deals with the major factor of development of adolescent which includes socialization, aesthetics, personality and positive development of youth. The music developmental list is not considered to be extensive but at the same time deliver as for the basis of sound. 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 inspiring the adolescents that may helpful more from protective and experimental advantages that signifies and esteem 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)** discussed about the role of music that can be valuable for both pleasant (hedonic) and eudemonic well-being. For short-term or long-term, musical activity promotes positive functioning in people. The particular type of concern reflects the different types of current edges to understand psychology of music and therapy with music in more dealing with the positive perspective of health.

**Karen S. Thomas, (2015)** discussed about the adolescence which is considered as the time where the behavior of an individual can be conducted into numerous things like music. According to Hallam in 2011, specified music as the one which plays a significant role during our lives, and impact more typically as compare intellectual. It concern with the huge range of profits to those who shows there active interest in music and hence therefore, music is considered is one of the important thing in teenagers life to shape their individual music identities and ready for both emotional and social change as they

switching towards the adulthood. It is also seen in most of the cases that behavior of teenagers can very much affected by the influence of music and resulting an opening for emotional expressions towards the satisfying activities and social bond. Music also help in the development of music likings and positive attitude for student by the music trainer which let them aware with the biologically and environmentally preferences.

**Shveata Misra, (2018)** discussed about the responses of infants which is are completely constant with control of musical balances including modest frequency ratio during the past time and across the related traditions and beliefs. It was found that when melodious sounds were played, it influenced infants in being content and calmer. As the time of being infant, they found to be more stubborn, rigid and uneasy with their feelings nd behavior and hence with the help of the out of tune sound their behavior and personality both altered.

### Conclusion

Music contains the power to effect mood in both the manner i.e. positively and negatively. Music is considered as most controlling and influential facts for encouraging great positive vibes and sentiments with related effect continuing major regardless of values and passing of time. From this review study the result were not consistent. But result of most of the authors concluded that music considered as vital role throughout our lives and our living condition as well. 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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