

IMPACT OF SPIRITUAL FOLK MUSIC ON MENTAL PEACE

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Abstract

This study is mainly focused on the impact of spiritual folk music on the mental disturbance caused by the challenges, pressures, fatigue, anxiety, stress, and various types of workloads related to the daily life of an ordinary people, which are the main factors to affect a person's mental peace and state of mind adversely. For this experimental study, a total of 240 participants were selected randomly from Shimla, Himachal Pradesh (India). A two-group pre-test and post-test design was implemented. Following the pre-test, participants in the experimental group listened to spiritual folk music for 30 consecutive days (01 hour each day) while the control group's routine continued as regular days. It was found that the control group attained a score of $M = 48.54$ in the post-test, whereas the experimental group had a higher post-test score of $M = 54.97$. The resultant value of $t = 14.755$, ($p < 0.01$) is highly significant at the level of confidence 0.01. The findings revealed that spiritual folk music had a significant impact on mental peace among the participants. Therefore, it can be suggested that listening to spiritual folk music makes a person feel happy and peaceful, lowers their mental disturbance, and enhances their level of peace.

Key Words: spiritual folk music, music therapy, mental health, mental peace, mental disturbance.

INTRODUCTION

The modern human being is constantly facing different problems and situations as he strives to live a better life. To achieve the goal, he keeps battling, struggling, and compromising with the never-ending circumstances. Sometimes the aim is accomplished, sometimes it fails, sometimes the situation gets better, sometimes it gets worse, sometimes there is a feeling of happiness, and other times it seems reasonable to weep in despair due to human behavior. Reasons can be familial (Devi,2019), social (Medical,2023; Devi,2019), economic (Ng,2013; Knifton,2020), personal, psychological, or any other type of scientific which can affect the mental state of an individual (Oosterwijk,2012; Wikipedia,2023; Devi,2019; Medical,2023; Ng, 2013). In general, the human mind responds to the outcomes of any activity in two ways: either it experiences happiness, contentment, and peace upon completion of the task, or it experiences sadness and disappointment upon failure. Both phases of a person's psychological state are significantly influenced by music (Schafer,2013; Chen,2023; Dovorany,2023; Zou,2021; Verywellmind,2023). Music not only increases pleasure and joy when things or situations are happy, but it also has a positive impact on a person's nervous system when things or circumstances are stressful (Emami,2023; Devi,2019; Cattell,1953; Kemper, 2005) or going wrong (Tesorie,2012; Wendy,2002). In the same way, music provides him with the sensation of peace (Lefevre, 2004) and inspiration (Witte,2020; Haung,2011) in the circumstances of worry (Dovorany,2023; Cattell,1953), tension (Haung,2011), and depression (Tang,2020; Bartel,2013) caused by restlessness and failure. Music has a good impact on a person's mental health (Kemper,2005; Harmat,2008) and may cure many kinds of mental conditions. The positive psychological impacts of classical music improve the human mind positively and raise achievement among students (Kent,2006). Listening to interesting music reduces the mental and physical exhaustion of the person.

(Linnemann,2015; 2016). A significant decrease in level of anxiety and work stress as well as beneficial personality changes are brought about by listening to interesting music (Singh,2022; Devi,2019; Sharma,2022; Bhatoya,2019). According to Cattell (1953) and Wassily (2002), music can improve a person's mental state while they are suffering from severe psychoses. The patient's health gets better by music therapy programs at different phases of Parkinson's disease (Sotomayor,2021).

Negative impact on the mental state of a person occurs when he suffers from a state of numerous types of psychological conditions such as mental disturbance, worry (Dovorany,2023), tension (Haung,2011), anxiety (Liu,2023), stress (Devi,2019), loneliness. In which the person feels restless, anxious (Liu,2023), depressed (Wong, 2008), inferior, lazy, and apathetic, along with negative emotions (Gross,2015; Sikka,2023; Tendhar,2013). This situation not only adversely affects the level of mental peace of the person, but also makes them unhappy which negatively impacts their capacity for decision-making, ability to work efficiently, as well as the quality of their personal, social, and professional lives (Scheier,1993; Koole,2009; Suri,2016). Prolonged exposure to this state can cause several mental illnesses, including schizophrenia (NIMH,2021), Alzheimer's (Bhushan,2018), Parkinson's (Sotomayor,2021), and insomnia (NIH,2023). On the other hand, the condition of mental peace is a steady state in which one feels mentally satisfied (Lama, 2012; Stephenson, 2017), happy, and enthusiastic (Anderson,2004; Underwood,2002; Huang,2000; Lee,2013). Frustration, which can occur for several causes and affect a person's happiness and mental peace while also making them feel inadequate, is the primary cause of mental instability (Huang,2000). In addition to this, mental peace is also affected by heavy workloads, stressful work, hatred, and intolerance, etc. A person's mind is continually engaged in different types of pondering and contemplating, which has a negative impact on mental peace (Carmen,2010; Underwood,2002) by leading to numerous types of mental conditions (Wang,2022; Hohmann,2017). As a result, mind control is essential, and music is an excellent tool for doing so (Sharqawi,2021; Pruitt,2011).

The notes of the music are so melodious that the individual who is listening to the composition made from it becomes emotional and begins diving into the unfathomable ocean of emotions and feelings, under the influence of which there is a change in the mental state of the person(Stansfeld,2003; Basner,2014; Lefevre,2004) and there is an advantageous reduction in the level of anxiety, depression, and restlessness (Ning,2023; Dutta,2020; Akbar,2019), etc., and he gets a feeling of joy (Lefevre,2004) and satisfaction (Shree,1976; Shiksha,2023). Folk music, which is part of the genre of music, shares the same amazing properties as music, therefore it stirs up emotions in listeners' minds and heart and provides them happiness and contentment. Since the primary objective of spiritual folk songs is to worship and glorify the Supreme power or God, therefore listening to spiritual folk music leads one to feel inspired, devoted, kind positive, and self-satisfied, which has a positive impact on mental state and peace.

SIGNIFICANCE OF THE STUDY

In the process of evolution, man has faced many new challenges and tasks, which have become a huge challenge in themselves, which can sometimes lead to anxiety-inducing and stressful behavior. As a result, the person becomes apathetic, and unhappiness and his mental state becomes disturbed. Consequently, a person's decision-making abilities, work efficiency, and work capacity are negatively affected, as well as his personal relationships and family life becoming dull and negatively affected also. Music helps to alleviate these conditions and has a positive impact on the person's mental state (Kavurmaci,2020; Ince,2017; Son,2019; Said,2020; Ozgundondu,2019). Hence, this study becomes necessary for all human beings and accordingly, the researcher chooses to study "A study on the impact of spiritual folk music on mental peace" as a research topic.

OBJECTIVE

The objective of the study is to investigate the impact of spiritual folk music on mental peace.

HYPOTHESIS

- H₀ There is no significant impact of spiritual folk music on the level of mental peace among all the participants.
- H₀ There is no significant impact of spiritual folk music on the level of mental peace among the control group of participants.
- H₀ There is no significant impact of spiritual folk music on the level of mental peace among the experimental group of participants.
- H₀ There is no significant impact of spiritual folk music on the level of mental peace among males.
- H₀ There is no significant impact of spiritual folk music on the level of mental peace among females.
- H₀ There is no significant difference in the impact spiritual folk music on the level of mental peace among males and females.

VARIABLES

Independent variable: spiritual folk music

Dependent variable: mental peace

SAMPLE

Initially, a total of 300 participants (*males = 150, females = 150*) were selected at random from district Shimla, Himachal Pradesh (India) using random sampling technique to evaluate the impact of spiritual folk music on mental peace. Out of which only 240 participants completed the research process (Control group = 120, males = 48, females = 72 /

Experimental group = 120, males= 45, females = 75). Accordingly, 240 individuals, both male and female, were selected for the study. (Figure :1).

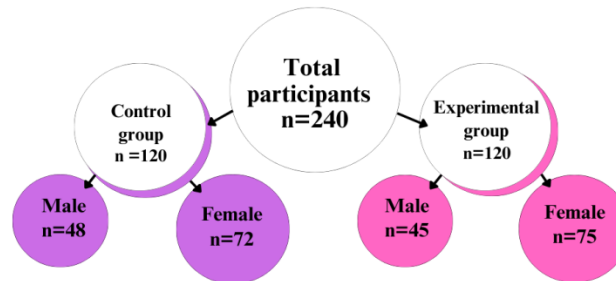


Figure :1

RESEARCH TOOL

The Mental peace Inventory (MPI) developed by Sharma, Dr. M. & Verma, M. (2023) is used as a tool in this study. There are a total of 20 items on MPI and four alternatives for each item, which range from "lower level of Peace" (LP) to "highest level of Peace" (HP). Each response is given a score, which ranges from '1' to '2' to '3' to '4' respectively. Therefore, the highest possible score is 80 (4 x 20) and the lowest possible score is 20 (1 x 20). The higher score indicates a higher mental peace, and low score indicates a lower level of mental peace.

EXPERIMENTAL PROCEDURE

First, the spiritual folk songs were gathered from several sources. Following this, the participants in both control and experimental groups were asked to fill out a questionnaire (MPI) to ascertain their level of mental peace before the experiment. After the pre-test, participants in the experimental group listened to Himachali spiritual folk songs such as Lok Ramayana, Mahabharata, Bharthari, Siya-Haran, Lok bhajan, Birsu and others for 30 consecutive days (30 minutes each day), whereas the control group continued with its regular routine. Electric speakers were used to play compositions of folk music among the participants. After that, SPSS was used to assess the data that had been attained from the control and experimental groups in the form of pre-tests and post-tests.

RESULTS

To assess the impact of spiritual folk music on mental peace, an independent and paired sample t-test was used. Following this approach, substantial differences between the samples pre-test and post-test have been discovered, and the significant differences between the samples' pre-test and post-test have been evaluated at a 0.01 level of confidence.

Table: 1 The pre-test means, SDs of both Control & Experimental groups

Pre-test	Mean	N	Std. Deviation
Control	48.16	120	3.200
Experimental	48.95	120	3.959

As shown in Table 1, the control group scored $M = 48.16$ on the pre-test, while the experimental group scored $M = 48.95$ in the pre-test. The experimental group seemed to score minimally higher ($M = 48.95, SD = 3.959$) than the control group ($M = 48.16, SD = 3.200$). This indicates that the control and experimental groups' pre-test outcomes are almost the same (Figure:2).

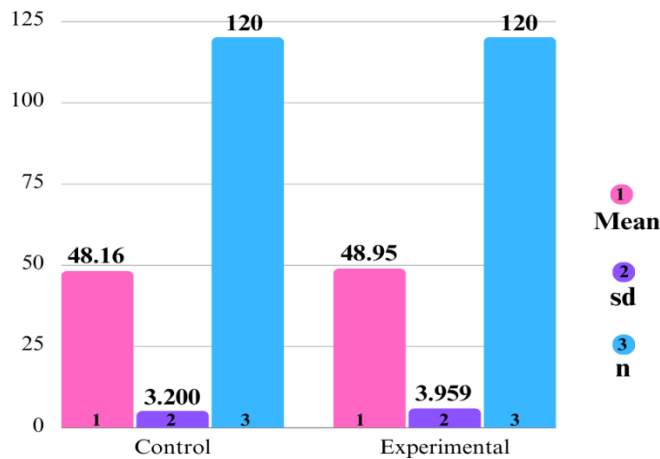


Figure: 2 The pre-test means, SDs of both Control & Experimental groups

Table: 2 Independent Test differences between pre-test of both groups' control and experimental

	t-test for Equality of Means			t	df	p
	Mean difference	95% Confidence Interval of the Difference				
		Lower	Upper			
Control / Experimental	-.791	-1.707	.123	1.703	238	0.90

According to Table 2, the resultant value of ' t ' (238) = 1.707 is less than the critical value ($t = 2.581$). This indicates that the ' t ' (119) = 1.707 is not statistically significant at the level of confidence 0.01. The mean difference test scores are $M = -.791$ with a 95% confidence interval ranging from -1.707 to $.123$. The value of $P (0.90) > 0.05$ is not significant and the eta square statistic (.01) indicate null effect size (cohen,1988). As an outcome, it may be stated that there is no statistically significant difference between the control and experimental groups in pre-tests. Thus, it can be concluded that at the time of the pre-test, the psychological states, and levels of mental peace of the experimental and control groups of participants were substantially the same.

Table: 3 The post-test means, SDs of both Control & Experimental groups

Post-test	Mean	N	Std. Deviation
Control	48.54	120	2.758
Experimental	54.97	120	3.898

According to Table 3, the control group scored $M = 48.54$ on the post-test, while the experimental group scored $M = 54.97$. In the post-test, the control group seemed to score less ($M = 48.54, SD = 2.758$) than the experimental group ($M = 54.97, SD = 3.898$). This suggests that there is a substantial difference in post-test scores between control and experimental group (Figure:3).

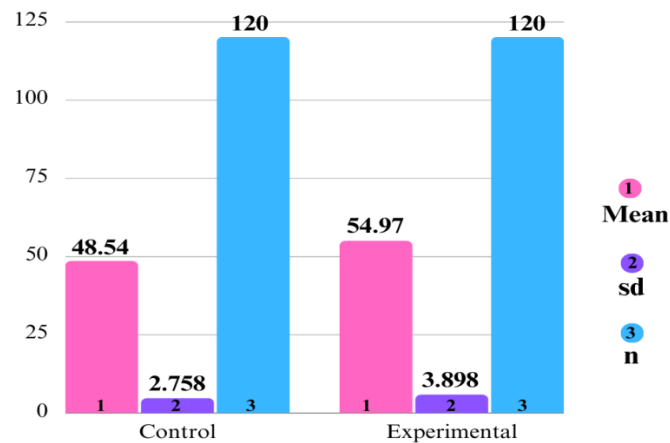


Figure: 3 The post-test means, SDs of both Control & Experimental groups

Table: 4 Independent Test differences between post-test of both groups' control and experimental

Post-test	Paired Differences		t	df	p	
	Mean differences	95% Confidence Interval of the Difference				
		Lower				Upper
Control / Experimental	-6.433	-7.292	-5.574	-14.755	238	.000

As indicated in Table 4, the resultant value of ' t ' (238) = $-14.755 > 't' = 2.581$ (Critical value) is statistically significant at the 0.01 level of confidence. The mean difference in test scores is $M = -6.433$ with a 95% confidence interval ranging from -7.292 to -5.574 . The eta square statistic (.47) indicates a medium effect size (Cohen, 1988) and the $P (.000) < 0.01$ is highly significant. Thus, it can be said that the difference between control and experimental group's post-test score is substantially significant.

Therefore, the null hypothesis, "There is no significant impact of spiritual folk music on the level of mental peace among all the participants", has been rejected and, it can be determined

that listening to spiritual folk music will have a significant impact on the level of mental peace, which contributes to reducing the level of mental disturbance and enhancing mental calmness.

Table: 5 showing means, SDs of control group

Control group	Mean	N	Std. Deviation
Pre-test	48.16	120	3.200
Post-test	48.54	120	2.758

Table 5 demonstrates that the pre-test mean value is $M = 48.16$ and the post-test mean value is $M = 48.54$. The pre-test score ($M = 48.16, SD = 3.200$) was minimally less than the post-test score ($M = 48.54, SD = 2.758$). This indicates that there is a very minimal difference between pre-test and post-test scores in the control group of participants (Figure 4).

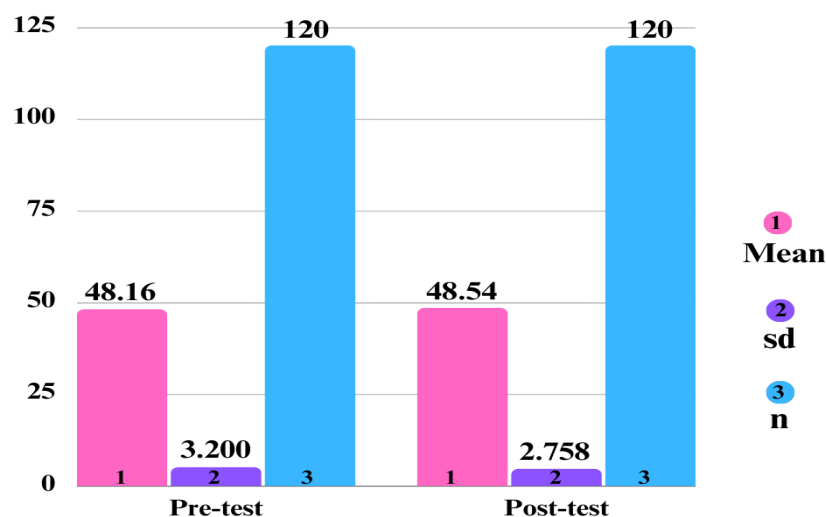


Figure: 4 showing means, SDs of control group

Table: 6 Paired differences between pre-test and post-test of control group

Control group	Paired Differences				t	df	p
	Mean	Std. Deviation	95% Confidence Interval of the Difference				
			Lower	Upper			
Pre-test / Post-test	-.375	3.368	-.983	.233	-1.220	119	.225

According to Table 6, the resultant value of ‘t’ (119) = $-1.220 < t = 2.581$ (Critical value) is not significant at the 0.01 level of confidence. The mean and standard deviation decline in test scores is $M = -.375, SD = 3.368$ with a 95% confidence interval ranging from -983 to $.233$. The eta square statistic (.01) indicates no effect size (Cohen, 1988) and the P (.225) > 0.05 is not significant. Thus, it can be said that the minimal difference between pre-test and post-test scores is not significant in the control group.

Therefore, the null hypothesis, “There is no significant impact of spiritual folk music on the level of mental peace among the control group of participants” is accepted and it can be said that there was not a significant difference in the level of mental peace in the control group's before and after the test.

Table: 7 showing means, SDs of experimental group

Experimental group	Mean	N	Std. Deviation
Pre-test	48.95	120	3.959
Post-test	54.97	120	3.898

According to Table 7, the pre-test mean value is $M = 48.95$ and the post-test mean value is $M = 54.97$. The post-test score ($M = 54.97, SD = 3.898$) is higher than the pre-test score ($M = 48.95, SD = 3.959$). This suggests that there is a substantial difference between the pre-test and post-test scores among experimental group of participants (Figure:5).

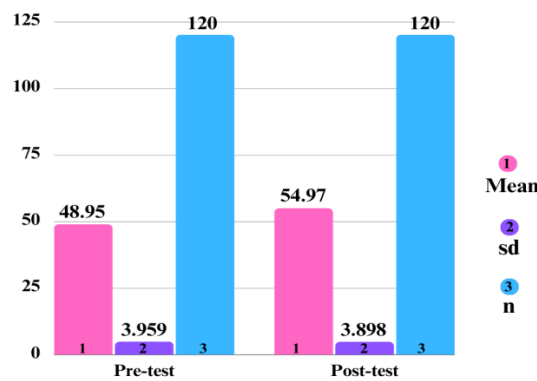


Figure: 5 showing means, SDs of experimental group

Table: 8 Paired differences between pre-test and post-test of experimental group

Experimental group	Paired Differences				t	Df	P
	Mean	Std. Deviation	95% Confidence Interval of the Difference				
			Lower	Upper			
pre-test / post-test	-6.016	4.795	-6.883	-5.149	-13.743	119	.000

As indicated in Table 8, the resultant value of $t(119) = -13.743 > t = 2.581$ (Critical value) is statistically significant at the 0.01 level of confidence. The mean and standard deviation decline in test scores is $M = -6.016, SD = 4.795$ with a 95% confidence interval ranging from -6.883 to -5.149. The eta square statistic (.61) indicates moderate effect size (Cohen, 1988) and the $P(.000) < 0.01$ is highly significant. Thus, it can be said that the difference between pre-test and post-test scores is substantially significant in the experimental group of participants.

Therefore, the null hypothesis, “There is no significant impact of spiritual folk music on the level of mental peace among the experimental group of participants” has been rejected and it can be determined that listening to spiritual folk music will have a substantial impact on the level of mental peace, which significantly contributes to enhance the mental calmness.

Table: 9 post-test scores of both groups’ control & experimental among males

Male	Mean	N	Std. Deviation
control	48.52	48	2.744
experimental	58.84	45	2.540

According to Table 9, in the post-test, the males in the experimental group scored $M = 58.84$, while the males in the control group scored $M = 48.52$. The males in the experimental group scored ($M = 58.84, SD = 2.540$) higher than the males in the control group ($M = 48.52, SD = 2.744$). This shows a statistically significant difference between the males in the experimental group and those in the control group. (Figure:6).

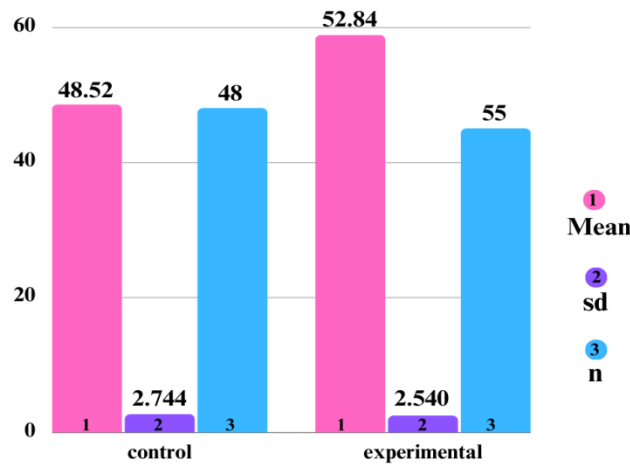


Figure: 6 post-test scores of both groups’ control & experimental among males

Table: 10 Independent test differences between post-test scores of both groups control & experimental among males

Male	t-test for Equality of Means				t	df	P
	Mean	95% Confidence Interval of the Difference					
		Lower	Upper				
Post-test Control / experimental	-10.32	-11.414	-9.232	-18.792	91	.000	

According to Table 10, the resultant value of ' t ' (91) = $-18.792 > 't' = 2.626$ (Critical value) is statistically significant at the 0.01 level of confidence. The mean decline in test scores is $M = -10.32$ with a 95% confidence interval ranging from -11.414 to -9.232 . The eta square statistic (.79) indicates higher effect size (Cohen, 1988) and the P (.000) < 0.01 is highly significant. Thus, it may be said that there is a substantially significant difference between the experimental and control groups of males on the post-test.

Therefore, the null hypotheses, "There is no significant impact of spiritual folk music on the level of mental peace among males" is rejected and it may be stated that listening to spiritual folk songs had a significant impact on mental peace among male participants.

Table: 11 post-test scores of both groups' control & experimental among females

females	Mean	N	Std. Deviation
control	48.55	72	2.787
experimental	52.65	75	2.457

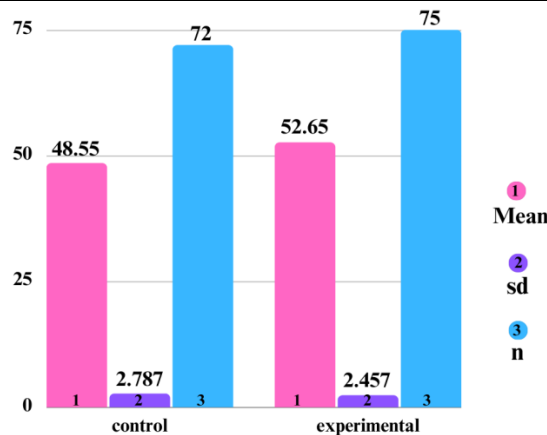


Figure: 7 post-test scores of both groups' control & experimental among females

Table 11 shows that, in the post-test, the females in the experimental group scored $M = 52.65$, while the females in the control group scored $M = 48.55$. The females in the

experimental group scored ($M = 52.65, SD = 2.457$) higher than the females in the control group ($M = 48.55, SD = 2.787$). This shows a statistically significant difference between the females in the experimental and control group. (Figure:7).

Table: 12 Independent sample differences between post-test scores of both groups control & experimental among females

Female	t-test for Equality of Means				t	df	P
	Mean difference	95% Confidence Interval of the Difference					
		Lower	Upper				
Post-test Control / experimental	-4.097	-4.953	-3.241	-9.463	145	.000	

According to Table 12, the resultant value of ' t ' (145) = $-9.463 > 't' = 2.581$ (Critical value) is statistically significant at the 0.01 level of confidence. The mean decline in test scores is $M = -9.463$ with a 95% confidence interval ranging from -4.953 to -3.241 . The eta square statistic (.38) indicates small effect size (Cohen, 1988) and the P (.000) < 0.01 is highly significant. Thus, it may be said that there is a substantially significant difference between the experimental and control groups of females on the post-test.

Therefore, the null hypotheses, "There is no significant impact of spiritual folk music on the level of mental peace among females" is rejected and it may be stated that listening to spiritual folk songs had a significant impact on mental peace among female participants.

Table: 13 The post-test scores of experimental groups among male & females

Post-test	Gender	N	Mean	Std. Deviation
Experimental group	Males	45	58.84	2.540
	Females	75	52.65	2.457

According to Table 13, the males' mean score was $M = 58.84$, while the females' mean score on the post-test was $M = 52.65$. The males' score ($M = 58.84, SD = 2.540$) is higher than the females' ($M = 52.65, SD = 2.457$). This demonstrates a decent difference between the experimental group's males and females. (Figure:8).

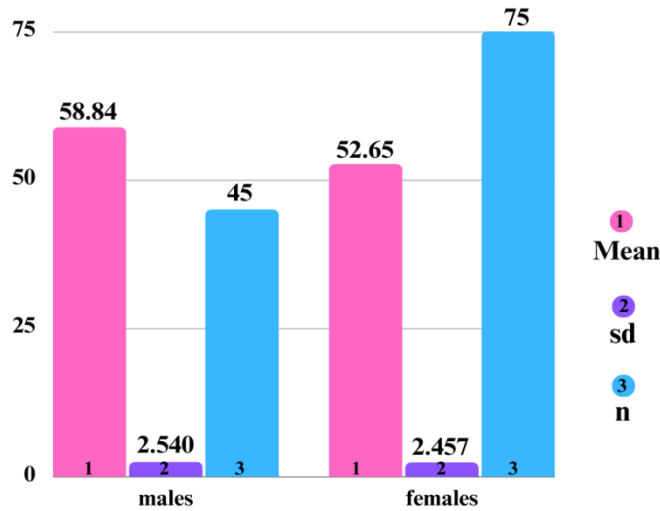


Figure: 7 The post-test scores of experimental group among male & females

Table: 14 Independent test difference between post-test scores of experimental groups among males & females

Post-test	P	t-test for Equality of Means				
		t	df	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Experimental group	.000	13.193	118	6.191	5.261	7.120

Table 14 reveals that, the 't' (118) =13.193 > 't'=2.581 (Critical value) is significant at the 0.01 level of confidence. The mean decline in test scores is M=6.191 with a 95% confidence interval ranging from 5.261 to 7.120. The eta square statistic (.59) indicates medium effect size (Cohen, 1988) and the P (.000)<0.01 is substantially significant. Thus, it can be said that the difference between males' and females' scores is statistically significant.

Therefore, the null hypotheses, "There is no significant difference in the impact spiritual folk music on the level of mental peace among males and females" is rejected. However, the difference among males and females' post-test outcome could also be related to the fact that the total number of participants $N = 120$ (Male = 45, female = 75) is not equal.

DISCUSSION

The objective of this study was to assess the impact of spiritual folk music on the level of mental peace among the people. The results revealed that the participants in the control group

scored almost the same in the pre-test and post-test, while the post-test scores of the experimental group participants were higher than the pre-test. This demonstrates that people in the experimental group reported a substantial increase in mental peace because of listening to spiritual folk music. In contrast, the level of mental peace for participants in the control group stayed relatively constant. The findings of the current study are supported by the findings of numerous studies (Sharqawi,2021; Villancourt,2009; Touma,1986; Lagunen,2017; Pruitt,2011; Wang,2022; Hohmann,2017) that demonstrate listening to music has a significant effect on the level of mental peace. Numerous studies have revealed that music has a beneficial effect on the levels of mental peace (Sharqawi,2021; Pruitt,2011; Touma,1986), stress (Ozgundondu,2019), mental pressure, and anxiety (Giordano,2022; Choi,2010; Ince,2017; Son,2019). Similarly, the current study found significant differences between the post-test scores of participants in the control and experiment groups. From this, it may be inferred that the spiritual folk music significantly affected the participants in the experimental group. Not just among males, but also among females, spiritual folk music has been found to have a significant impact on their level of mental peace. Hohmann (2017), Thoma (2013), Li (2022), Hakim (2023), Villancourt (2009) and many others demonstrated that music has a favorable effect on both males' and females' mental states. Additionally, the post-test outcome of males and females in the experimental group differed slightly. This suggests that both categories (male and female) were similarly impacted by listening to spiritual folk music, and their levels of mental peace have been found to be substantially increased.

CONCLUSION

Based on the results of current study it can be concluded that listening to spiritual folk music enhances a person's state of mind. By listening to spiritual folk music, a person's level of mental disturbances and frustration decreases significantly, and their mind and heart are filled with sensations of joy and calm. consequently, it may be said that listening to spiritual folk music inspires, motivates, and brings joy and happiness into people's hearts and minds. As a result, the level of disturbance decreases, and the level of mental ease and peace rises.

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