

A STUDY ON THE EFFECT OF SPIRITUAL MUSIC ON ADOLESCENTS' PEACE OF MIND

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Abstract

Background: This study mainly focuses on the impact of spiritual music among adolescents, in which their peace of mind is adversely affected by a variety of factors, including familial circumstances, personal issues, academic difficulties, financial struggles, heavy workloads, burden of study, etc. This stage not only becomes the main cause of stress and anxiety among adolescents but also plays an important role in negatively affecting their mental and physical health.

Materials and methods: This is an experimental study, in which a total of 92 participants were selected randomly from district Shimla, Himachal Pradesh (India). Using the POM scale (Lee et.al. 2012), a two-group pre-test and post-test design is implemented in this study. Following the pre-test, participants in the experimental group listened to Indian Bhajan songs for thirty days straight, for forty minutes each day, while the control group's routine continued as usual days.

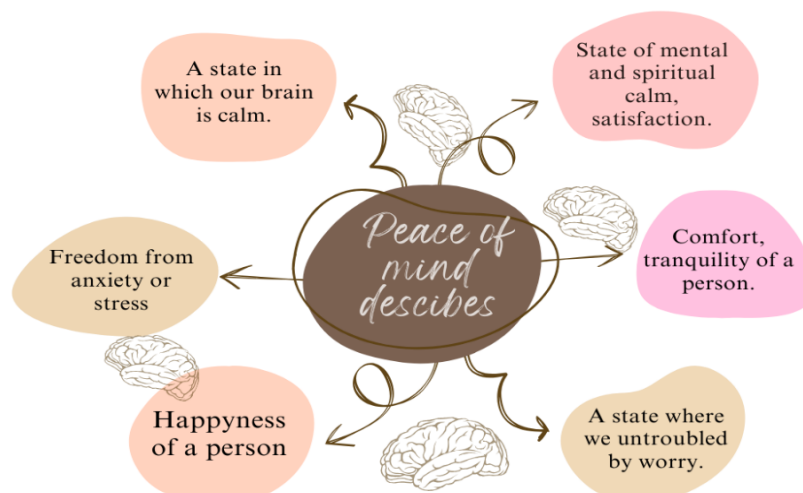
Results: It was found that the control group attained a score of $M = 15.68$ in the post-test, whereas the experimental group attained much higher score $M = 25.44$ than the control group. The resultant value of $t' = 15.859$, ($p < 0.01$) is highly significant at the level of confidence 0.01.

Conclusion: The findings revealed a significant impact of spiritual music on adolescents' peace of mind, which makes them feel happier and relaxed.

Keywords: Peace of mind, spiritual music, bhajan, mental calmness through music, effect of music.

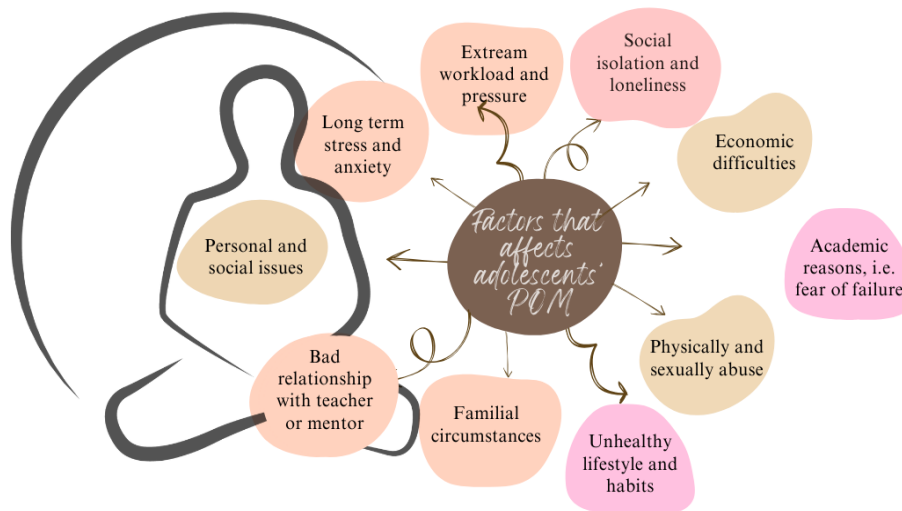
BACKGROUND

The adolescent phase is one of the most important periods in every person's life. His future is assured by the struggles and efforts he makes during these years. Adolescence is like a penance in the life of any student where he must follow his parents, teachers and guides while staying within a proper discipline. Additionally, adolescence is a time when new ideas arise in their minds. They want freedom of thought and the ability to make decisions about themselves and their lives. In such a time, where there is always pressure from parents, teachers, and society, along with this, several other factors including success, failure (Selman, 2010), struggle of life, financial difficulties (Cheng, 1993), personal problems (Baste, 2014; Brand, 2009), and academic difficulties (Zelaski, 1998) greatly affect their mental state (Ng, 2013; Knifton, 2020; Devi, 2019; Oosterwijk, 2012; Wikipedia, 2024; Medical, 2024). Where the joy of success inspires them to work hard, but situations such as failure create anxiety, stress, and fear in their minds (Verma, 2024). Other reasons, such as excessive workload (Devi, 2019), fear of failure (Bedewy, 2015; Selman, 2010), disagreements with friends, disputes with family (Reifman, 1990; Edwards, 2001), etc. also create a mental disturbance among adolescents and affect their peace of mind adversely (Stults, 2014).



In such a situation, teenagers often distance themselves from family, friends, teachers and become vulnerable to loneliness and drug addiction (Leonard, 2015; Chyu, 2022). Usually, these conditions heal on their own with time, but sometimes they take a long time to get better, which can be extremely dangerous for teenagers' mental health and cause fear, anxiety, and stress in their minds (Dovorany, 2023; Haung, 2011; Liu, 2023). This excessive fear, mental pressure and long-lasting stress are the main causes of various mental disorders including anxiety (Liu, 2023), depression (Wong, 2008), insomnia (NIH, 2023), mental exhaustion, mental disturbance among teenagers (Carmen, 2010; Underwood, 2002), which harms their physical health adversely. In such a situation, music acts like a medicine and plays an important role in enhancing the peace of mind (DPU, 2023; Hurtado, 2020; Angelus, 2024; Linked, 2024; Sharqawi, 2021; Wang, 2022) of teenagers by motivating them towards positivity in situations of loneliness, anxiety, stress etc. (Ning, 2023; Akbar, 2019, Shiksha, 2023).

In simple terms, peace of mind is a psychological state that reflects our state of mental and spiritual peace, happiness, and tranquility (Lee et al., 2012). The state of peace of mind does not mean experiencing happiness in the dream world by running away from the real world, but rather it means the mental and spiritual satisfaction that arises after living in the real world and establishing an impressive personality (Isha, 2024). Peace of mind is not the purpose of life, but the beginning of life, which gets transformed into a state of mental disturbance due to external factors (Isha, 2024).



A state of peace of mind reflects the ability to cope with problems quickly, it reflects the ability to make good decisions, it reflects the ability to make the right decisions in life. Just as throwing a stone in the water of a still pond creates waves there, similarly external factors or external causes affect the state of our peace of mind and music is an important medium of reducing these external influences. Today's teenagers are the future of tomorrow, so it is extremely important to foster positive emotions in them, in which the state of peace of mind is considered very significant and music with spirituality plays an important role in enhancing peace of mind (DPU, 2024; Sharqawi, 2021; Villancourt, 2009; Ismaili, 2024; Touma, 1986; Lagunen, 2017).

Music based on beliefs, customs, and traditions related to any supreme soul, divine power, deity, or God is called spiritual music (Waaajaman, 2003; Jasraj, 2023; Pathak, 1996; Bhawuk, 2019; Chander, 1988; Bhramkumaris, 2020). The language, dialect, literature, singing style, and playing style of spiritual music may differ based on different beliefs, custom, place, and region. But it is only intended to express spiritual feelings, devotion through music and to demonstrate one's faith in God or the Supreme Power (Bhramkumaris, 2020; Burkhardt, 2001). Due to its wide impact, this music is also referred to as miraculous music. Because this music is associated with faith and devotion to God, it has such miraculous qualities that the person listening to it experiences spiritual peace even in the face of various difficulties and challenges (Bhramkumaris, 2020; Goyandka, 2019). Even though all types of music have an impact on the human brain (Basner, 2014; Stansfeld, 2003; Harmat, 2008) but spiritual music which inspires positivity has a double impact. While there are many distinct musical genres in Indian music that can be classified as spiritual song genres, including *Dhrupad*, *Dhamar*, *Khayal*, *Bhajan*, *Thumri*, and *Folk music*, but the *Bhajan* song genre is usually

considered to represent all of India's spiritual song styles. That is why '*Bhajan Geet style*' is chosen for experiment in current study.

It has been found in various research studies that listening to spiritual music improves a person's mental state (Bradshaw et. al, 2014; Angelus, 2024; Ismaili, 2024; DPU, 2024). In addition to providing knowledge of manners, spiritual music also gives a person a sense of happiness (Pathak, 1996), joy, and spiritual satisfaction (Goyandka, 2019; Jasraj, 2023). Since every element of music and dance is inspired by the spirituality, it serves as an important means of assimilation with God whose attention leads to spiritual fulfillment. Good music not only gives a person wisdom, but it also takes away his troubles (Dovorany, 2023), motivates him and gives him courage (Schafer, 2013; Chen, 2023; Zou, 2022; Verywellmind,2024). There is no other music better than spiritual music which focuses on self-discovery and knowledge. In cases of various psychiatric conditions, such as anxiety (Batrel, 2013), stress (Hancock, 2000; Devi, 2019), depression (Tang, 2020; Bartel, 2013) etc., listening to music ensures a quick recovery. Furthermore, listening to music has a positive impact on serious diseases like Parkinson's (Sotomayer, 2021), Alzheimer's (Moreira, 2018), and schizophrenia (Lee, 2020), among others. In addition, music has a unique influence on teenagers and students (Zheng, 2022; Kiss, 2021; Li, 2022). Music is not only an important tool to motivate them but also a means to positively influence their physical (Choi, 2010; Ozgundondu, 2019), mental (Kavurmasi, 2020; Son, 2019), and social well-being. Good music not only improves concentration among students but also reduces their fatigue (Chaudhry, 2002). Music has a positive effect on teenagers' academic stress levels, which improves their chance of attaining academic achievements (Kent, 2006). Music composed with definite pitch, intensity, appropriate notes, and purity of raga increases the level of mental peace among teenagers (Sharqawi,2021; Villancourt,2009; Touma,1986; Lagunen,2017). Consequently, it can be said that music has miraculous properties that positively influence a person's mental state. That is why this research work is significant, which presents an experimental analysis of the impact of spiritual music on adolescents' peace of mind.

SIGNIFICANCE OF THE STUDY

In today's modern era, the situation of physiological distress among adolescents has become more common for a variety of reasons. Because the youth of today is the future of tomorrow, this situation not only hinders their personal development, but also creates obstacles to their nation's and society's upliftment. With the aim of resolving this issue and assisting in the mental, physical, and intellectual development of adolescent's the current study "A study on the effect of spiritual music on adolescents' peace of mind" is chosen as a topic.

HYPOTHESIS

- H_0 There is no significant impact of spiritual music on the level of peace of mind among adolescents.
- H_0 There is no significant impact of spiritual music on the level of peace of mind among boys.
- H_0 There is no significant impact of spiritual music on the level of peace of mind among girls.
- H_0 There is no significant difference in the impact of spiritual music on the level of peace of mind among boys and girls.

OBJECTIVE

The objective of the study is to investigate the impact of spiritual music on adolescent's peace of mind.

MATERIALS AND METHODS

The current study is an experimental study in which 'spiritual music' is taken as an independent variable and 'peace of mind' is taken as a dependent variable. Using the two group pre and post-test design, the *Bhajan* singing style of Indian spiritual music is used as a music intervention. To evaluate the impact of spiritual music on adolescents' peace of mind a total of 92 participants (boys and girls) were selected at random from the government colleges of district Shimla, Himachal Pradesh (India). (Control group = 45, boys = 23, girls = 22), (Experimental group = 47, boys= 23, girls = 24) (*Figure :1*). Data was collected in a quantitative format using the Peace of Mind Scale (POM) developed by Lee et. al. (2012) and SPSS software is used to analyze the data.

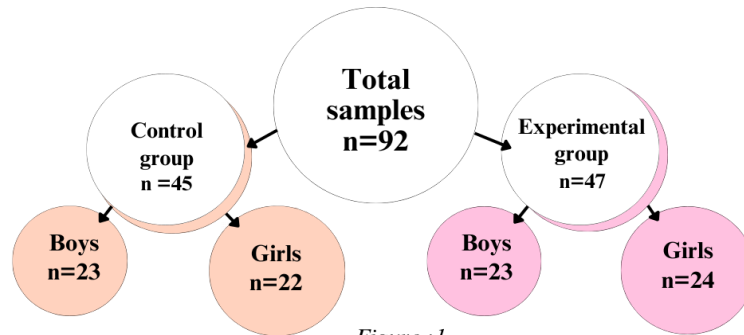


Figure :1

EXPERIMENTAL PROCEDURE

Initially, participants in both the control and experimental groups filled out the POM scale to ascertain their level of ‘peace of mind’ before the experiment. Following the pre-test, students in the experimental group listened to *Indian Bhajan songs* for thirty days straight, for forty minutes each day, while the control group's routine continued as usual days. Electric speakers were used to play the recorded *Bhajan* compositions among the participants. Afterwards, a post-test was conducted, and SPSS was used to assess the data gathered from both the experimental and control groups using a pre-test and post-test method.

DATA ANALYSIS

Using the SPSS software both the paired and independent samples t-test techniques were used to evaluate the impact of spiritual music on peace of mind, and their significance was assessed at a confidence level of 0.01.

RESULTS

Table: 1 Pre-test means, SDs, t-values, and p-values of both experimental and control groups						
	Mean	Std. Deviation	N	t	p	eta. squire
Control	15.08	2.78	45	.986	.327	.01
Experimental	15.63	2.55	47			

As shown in Table: 1 (Figure 2), the experimental group attained a score of $M = 15.63$, $SD = (2.78)$ in the pre-test, while the control group attained a score of $M = 15.08$, $SD = (2.55)$. This indicates that there is a very minimal difference between the control and experimental groups’ scores achieved in the pre-test. The $P(.327) > 0.05$ and $t(90) = .986 < t = 2.626$ (Critical value) is not significant at the level of confidence 0.01. The eta squire statistic (.01) indicate null effect size (Cohen, 1988). Therefore, pre-test results do not indicate a statistically significant difference between the control and experimental groups. Thus, it can be said that both groups (control and experimental) had equal levels of POM at the time of the pre-test.

Figure: 2 The pre-test, post-test scores of both the control and experimental group

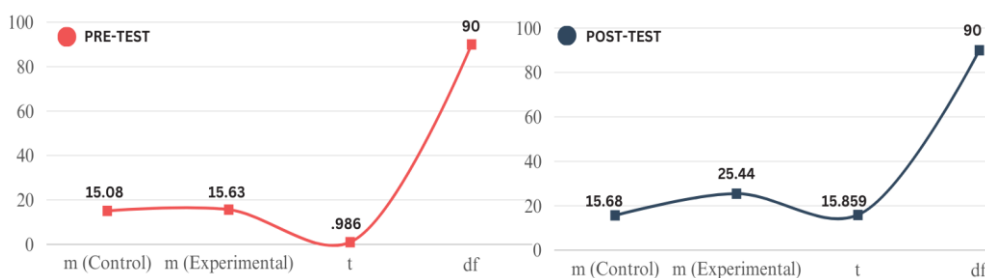


Table: 2 Post-test means, SDs, t-values, and p-values of both control and experimental groups

	Mean	Std. Deviation	N	t	p	eta. squire
Control	15.68	2.720	45	15.859	.000	.73
Experimental	25.44	3.154	47			

As shown in Table: 2 (Figure 2), the control group attained a score of $M = 15.68$, $SD = (2.72)$ in the post-test, while the experimental group attained a score of $M = 25.44$, $SD = (3.154)$. This indicates a decent difference between the control and experimental groups' scores achieved in the post-test. The $P (.000) < 0.01$ and ' t ' (90) = 15.859 > (2.626 Critical value) is highly significant at the level of confidence 0.01. The eta squire statistic (.73) indicate higher effect size (cohen, 1988). The mean difference test scores are $M = 9.757$, with a 95% confidence interval ranging from 10.980 to 8.535. In this way post-test outcomes indicate a substantially significant difference between the control and experimental groups. Thus, it can be said that listening to spiritual music had a significant impact on adolescents' POM, which helps to reduce their mental stress and improve the probability to do better in their studies and work.

Table: 3 The differences between pre-test and post-test scores of control group

	Mean	Std. Deviation	N	t	p	eta. squire
Pre-test	15.08	2.786	45	1.051	.299	.02
Post-test	15.68	2.720	45			

As shown in Table: 3 (Figure: 3), the control group's pre-test mean value is $M = 15.08$, $SD = 2.78$, while the post-test mean value is $M = 15.68$, $SD = 2.72$. This suggests that the pre-test and post-test outcomes are almost the same in the control group. The $P (.299) > 0.05$ and the ' t ' (44) = 1.051 < ($t = 2.678$ critical value) is not significant at the level of confidence 0.01. The eta squire statistic (.01) indicate lowest effect size (cohen, 1988). Thus, it can be said that the difference between pre-test and post-test scores is not statistically significant in the control group.

Figure: 3 The comparison of pre-test, post-test outcomes of both the control and experimental group

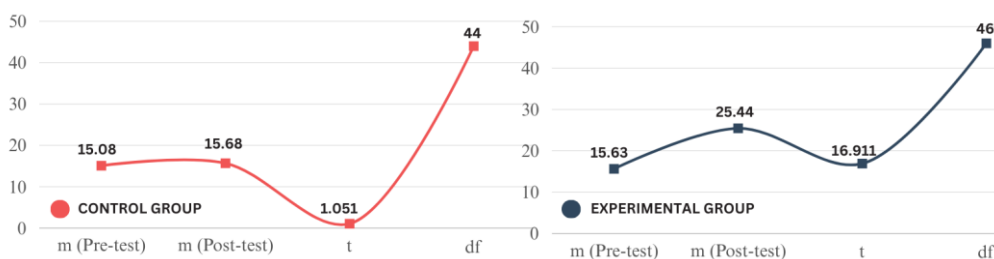


Table: 4 The differences between pre-test and post-test scores of experimental groups

	Mean	Std. Deviation	N	t	p	eta. squire
Pre-test	15.63	2.557	47	16.911	.000	.86
Post-test	25.44	3.154	47			

As explained in Table: 4 (Figure 3), the pre-test scores $M = 15.63$, $SD = 2.55$ are lower than the post-test scores $M = 25.44$, $SD = 3.15$. This suggests a statistical difference between pre- and post-test scores of the experimental group. The $P(.000) < 0.01$ and ' t ' (46) = 16.911 > ($t = 2.678$ critical value) is highly significant at the level of confidence 0.01. The mean and Sd difference test scores are $M = 9.808$, $SD = 3.976$ with a 95% confidence interval ranging from 10.97 to 8.641. The eta squire statistic (.86) indicates high effect size (cohen, 1988). In this way the difference between pre-test and post-test outcomes of experimental group is substantially significant. Therefore, it can be determined that listening to spiritual music will have a significant impact on adolescents' POM.

Table: 5 Post-test means, SDs, t-values, and p-values of both groups control & experimental among boys

Boys	Mean	Std. Deviation	N	t	p	eta. squire
Control	15.39	2.641	23	10.914	.000	.72
Experimental	25.08	3.342	23			

As shown in Table: 5 (Figure 4), The boys in the experimental group achieve a higher post-test score ($M = 25.08, SD = 3.342$) than boys in the control group ($M = 15.39, SD = 2.641$). This indicates a decent difference between the boys in the experimental and control group. The $P (.000) < 0.01$ and the $t (44) = 10.914 > (t = 2.678 \text{ critical value})$ value is highly significant at the level of confidence 0.01. The mean difference test scores are $M = 9.695$ with a 95% confidence interval ranging from 11.485 to 7.905. The eta squire statistic (.72) indicate a higher effect size (Cohen, 1988). Thus, it can be said that the difference between the control and experimental groups is statistically significant in the post-test among boys and it may be stated that listening to spiritual music had a significant impact on boys' level of POM.

Figure: 4 The Post-test outcomes of boys and girls in both the control and experimental group

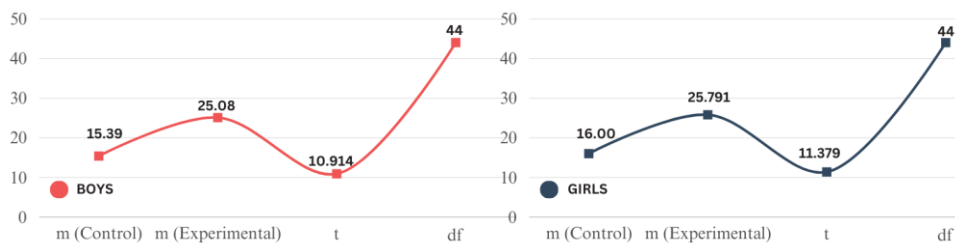


Table: 6 Post-test means, SDs, t-values, and p-values of both groups control & experimental among girls

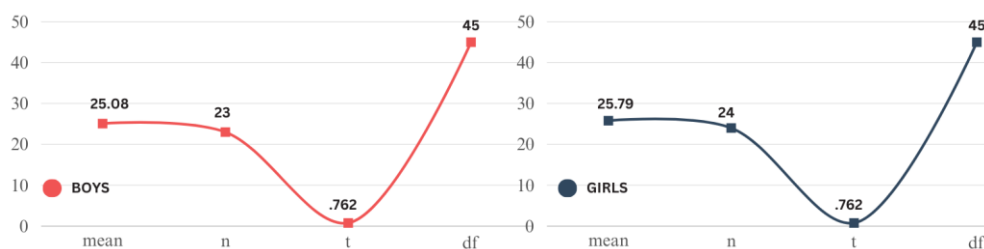
Girls	Mean	Std. Deviation	N	t	p	eta. squire
Control	16.00	2.828	22	11.379	.000	.74
Experimental	25.791	2.992	24			

As indicated in Table: 6 (Figure 4), Similarly to boys, girls in the experimental group scored higher in the post-test ($M = 25.791, SD = 2.992$), compared to the girls in the control group ($M = 16.00, SD = 2.828$). This indicates a decent statistical difference between the girls in the experimental and control group. The $P (.000) < 0.01$ and the $t (44) = 11.379 > (t = 2.678 \text{ critical value})$ is highly significant at the level of confidence 0.01. The mean difference test scores are $M = 9.791$ with a 95% confidence interval ranging from 11.525 to 8.057. The eta squire statistic (.74) indicate a higher effect size (Cohen, 1988). Thus, it can be said that the difference between the control and experimental groups is statistically significant in the post-test among girls and it may be stated that listening to spiritual music had a significant impact on girls' level of POM.

Table: 7 The difference between post-test scores of experimental group's boys & girls

	Mean	Std. Deviation	N	t	p	eta. squire
Boys	25.08	3.342	23	.762	.450	.01
Girls	25.79	2.992	24			

Figure: 5 The Post-test outcomes of both the boys and girls in the experimental group



As shown in Table 7 (Figure: 5), Both the boys ($M = 25.08, SD = 3.342$), and girls ($M = 25.79, SD = 2.992$) in the experimental group scored almost similarly on the post test. The $P(450) > 0.05$ and the $t' (45) = .762 < (2.678 \text{ critical value})$ is not significant at the level of confidence 0.01. The eta square statistic (.01) indicate null effect size (Cohen, 1988). Accordingly, there is no statistically significant difference between boys' and girls' scores, and listening to spiritual music enhanced their levels of POM in boys and girls equally.

DISCUSSION

The purpose of this study was to examine the impact of spiritual music on adolescents' peace of mind. Bhajan singing style of Indian spiritual music was played as a music intervention among an experimental group of students. The results revealed that the students in the control group obtained almost the same score in pre-test and post-test. However, the post-test scores of students in the experimental group were higher than the pre-test, and the difference between pre-test and post-test scores of experimental groups was statistically significant. Consequently, students in the experimental group reported a significant increase in peace of mind after listening to spiritual music and the level of peace of mind for students in the control group stayed relatively constant. Therefore, the null hypothesis, "There is no significant impact of spiritual music on the level of peace of mind among adolescents", has been rejected and, it can be said that listening to spiritual music had a significant impact on adolescents' peace of mind, which helps to reduce their level of mental stress, exhaustion and improve the probability of doing better in their lives. The findings of the current study are supported by the findings of numerous studies (Villancourt, 2009; Ismaili, 2024; Touma, 1986; Lagunen, 2017; Bradshaw et. al, 2014; Angelus, 2024; Hurtado, 2020; DPU, 2023; Sharqawi, 2021; Wang, 2022) that demonstrate listening to good music has a significant effect on peace of mind.

Several studies have suggested that music improves adolescents' mental wellbeing (Villancourt, 2009; Touma, 1986; Lagunen, 2017; Bradshaw et. Al, 2014; Sharqawi, 2021; Wang, 2022), mental pressure, and stress (Hancock, 2000; Devi, 2019). Similarly in the current study, a significant difference in post-test scores has been found between the experimental and control groups. Accordingly, spiritual music affects POM levels significantly among adolescents. The current study found that spiritual music significantly enhanced POM levels among boys in the experimental group. Therefore, the null hypotheses, "There is no significant impact of spiritual music on the level of peace of mind among boys" is rejected and it may be stated that listening to spiritual music had a substantially significant impact on POM among adolescents' boys. Not just among boys, but also among girls, spiritual music (Bhajan) has been found to have a positive and significant impact on their POM levels. Therefore, the null hypothesis, "There is no significant impact of spiritual music on the level of peace of mind among girls" is rejected and it may be stated that listening to spiritual music significantly enhanced girl's level of POM.

According to Kiss, 2021; Li, 2022; Hancock, 2000; Lagunen, 2017; Wang, 2022 among many others, music can positively affect the mental state of both boys and girls. In a similar vein, the results of this study indicate that both boys and girls achieved the same scores in post-test, which indicates they were similarly affected by listening to spiritual music as well. Therefore, the null hypothesis, "There is no significant difference in the impact of spiritual music on the level of peace of mind among boys and girls" is accepted and it can be said that listening to spiritual music had a similar significant impact on both boys and girls, which enhanced their POM levels equally.

CONCLUSION

Consequently, it can be said that spiritual music is purely dedicated to God, which symbolizes hope in despair, support in sorrow, and light in darkness, which gives a pleasant experience of peace of mind to the person in every situation and produces feelings of spiritual satisfaction, comfort, and happiness in his heart. Therefore, listening to delectable spiritual music enhances the level of peace of mind among adolescents, which not only benefits the physical and mental health of adolescents, but listening to spiritual music also contributes significantly to their all over development.

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