

ROLE OF MUSIC IN CREATING A HEALTHY HOME ENVIRONMENT, FOSTERING EMOTIONAL INTELLIGENCE AND PROMOTING VALUES

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ABSTRACT

This study examines the influence of music on students' well-being, focusing on its role in fostering a healthy home environment, developing emotional intelligence, and promoting values. Growing research highlights the impact of music on cognitive growth, emotional regulation, and overall academic success. The study aims to assess how musical engagement contributes to students' mental health, emotional intelligence, and value formation, comparing those who actively engage in music with those who do not. A descriptive research approach is employed, utilizing primary data collected through random sampling. Five key aspects are analyzed, including music's effects on emotional and psychological well-being, physical health, and academic performance. Data is gathered through a questionnaire distributed via mail survey, and the results are analyzed using. Findings indicate that music plays a crucial role in shaping a positive home environment, enhancing emotional intelligence, and instilling core values such as respect, empathy, and discipline. Additionally, music fosters concentration, confidence, memory retention, and self-expression, all of which contribute to academic and personal success. This study underscores the significance of music in holistic development, reinforcing its importance in education and daily life.

Keywords: Music, Emotional Intelligence, Home Environment, Values, Family Dynamics

Introduction

Music has been an integral part of human existence, serving as a means of expression, communication, and cultural identity. Its impact extends beyond entertainment, shaping emotions, thoughts, and behaviors. In the context of family life, music serves as a powerful medium for fostering a healthy home environment conducive to emotional and moral development. Emotional intelligence (EI), defined as the ability to recognize, understand, and manage emotions, is critical for personal and interpersonal well-being. Music's role in enhancing EI and promoting values has been a growing area of interest among educators, psychologists, and sociologists. The home environment plays a pivotal role in shaping individuals' personalities and value systems. By incorporating music, families can create an atmosphere of unity, understanding, and shared values. This paper explores the theoretical underpinnings of music's role in fostering a harmonious home environment, its influence on emotional intelligence, and its capacity to instill core values. Music has long been recognized as a powerful medium for self-expression and emotional communication, transcending cultural and geographical boundaries. Adolescence is a particularly significant stage of development, characterized by profound emotional, psychological, and social changes. During this phase, musical preferences often play a crucial role in shaping identity, regulating emotions, and fostering social connections. Adolescents gravitate toward specific genres of music that resonate with their emotional states, personal experiences, and social affiliations. These preferences are not merely a reflection of their tastes but also an indicator of their emotional and psychological well-being. Music is a universal language that transcends cultural and generational barriers. Its role in shaping emotions, behaviors, and relationships has been widely acknowledged across disciplines such as psychology, sociology, and education. Within the context of the home environment, music serves as a medium for expression, communication, and connection. It has the potential to influence emotional well-being, foster positive interactions among family members, and instill values that guide moral and ethical behavior.

Emotional intelligence (EI), defined as the ability to perceive, understand, regulate, and manage emotions in oneself and others, has emerged as a critical factor in overall psychological development and interpersonal functioning. Adolescents with higher emotional intelligence are better equipped to navigate the challenges of this developmental stage, including managing peer relationships, academic pressures, and self-identity formation. As music profoundly influences emotions and mood, understanding the relationship between musical preferences and emotional intelligence in adolescents can offer valuable insights into their developmental processes. In today's fast-paced world, families often struggle to maintain emotional connections and a harmonious environment. Music offers a simple yet powerful solution to bridge these gaps. It provides a shared experience that can bring family members together, helping them navigate emotional challenges and build stronger relationships. Musical activities such as singing, dancing, or simply listening together can act as a bonding agent, reinforcing a sense of togetherness.

Joyful-happy emotions were most associated with music listening, with preferences varying by gender, location, and music listening frequency, and Turkish pop-rock being the most popular genre (Gurpinar E., 2022). Human aggression has long been the subject of numerous theoretical and empirical studies and understanding the causes of adolescent aggression has become a research field of increasing interest (Card, Stucky, Sawalani & Little, 2008). Participation in musical activities during class reveals that it benefits the learners by fostering the contact aspect while making them realize the aspects of variety and cross-cultural interaction. Ways that may be used to incorporate the social aspect of music-making may be especially effective if music is made by people who combine their efforts to compose or play as a group (Westerlund, Karlsen, & Partti, 2020). The students can gain knowledge of music from their own culture they also achieve an understanding of the other group's cultural differences and learn how to respect them.

Furthermore, music plays a significant role in the cognitive and emotional development of individuals, particularly children and adolescents. Studies have demonstrated that exposure to music from an early age enhances brain plasticity, improves emotional regulation, and fosters creativity. For parents, the inclusion of music in daily routines offers an opportunity to model healthy emotional expressions and engage in shared activities that promote positive family dynamics. Moreover, the lyrical content of music can serve as a medium for discussing values and ethics. Songs with themes of resilience, empathy, and integrity can inspire meaningful conversations and reinforce desirable behaviors. Music, therefore, is not just an art form but a vital tool for cultivating emotional intelligence and nurturing a value-oriented family culture.

This paper aims to explore how music contributes to a healthy home environment, supports the development of emotional intelligence, and promotes values. By reviewing existing literature, the study seeks to provide insights into the transformative power of music and its applications in fostering well-being and moral growth within families.

Objectives

The objective of this study is to analyze the role of music in:

- To study the role of music in creating a positive and healthy home environment.
- To study the role of music on fostering emotional intelligence and promoting values within families.
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Literature Review

Jain V.K and Sharma R. (2024) investigated the effects of music on anxiety and well-being among university students over a 50-day period. The study involved 16 participants (8 males, 8 females), with data collected using the State-Trait Anxiety Scale and the Psychological Well-being Scale. While no significant changes were observed in State Anxiety, there were notable improvements in Trait Anxiety and overall Psychological Well-being ($t = 4.31, p < 0.01$; $t = 1.173, p < 0.002$). Among the well-being dimensions, "autonomy" remained unchanged, but significant progress was noted in "positive relations," "environmental mastery," "personal growth," "purpose in life," and "self-acceptance." These results are consistent with previous studies emphasizing music's role in stress relief and emotional regulation. The findings further support music therapy as an effective approach to enhancing psychological well-being and fostering social connections, highlighting its potential as a valuable tool for stress management in academic environments.

Carvalho, M., et. al. (2022) The well-being of lawyers in a transforming legal profession that prioritizes financial performance and productivity is a growing concern. This study aimed to investigate whether the perceived values of employers are associated with lawyer well-being, stress, and work over commitment. A survey was administered to a random sample of 1959 attorneys, who were grouped based on what they perceived their employer valued most: professionalism/individual, financial worth/availability, or no value/no feedback. The results showed a significant difference in mental health, stress, and work over commitment between the groups, with the professionalism/individual group faring better than the financial worth/availability and no value/no feedback groups, indicating a health hierarchy within legal work environments linked to employer values.

Váradi, J. (2022) Social-emotional learning (SEL) has become a critical focus in education, enabling children to develop essential life skills, including emotional regulation, empathy, and responsible decision-making. Research has also highlighted the significance of music education in fostering SEL. This study examines the connection between music education and SEL development, drawing on peer-reviewed journals and international literature from music psychology, education, therapy, and health. A comprehensive review of 100 studies from around the world provides insights into the relationship between music and SEL, with a particular focus on the Kodály Concept. The findings underscored the importance of music education in promoting SEL and highlight its potential as a valuable tool for holistic development.

Liu, S. (2022) This study examined the impact of social media on motivation and learning outcomes in English language acquisition among Thai undergraduates. A mixed-methods approach was employed, combining a questionnaire ($n=270$) and semi-structured interviews ($n=12$). The results showed that social media enhances motivation, self-confidence, and language skills, while promoting autonomous learning and relatedness. YouTube emerged as the most effective platform for English learning. The study recommended integrating social media into English language instruction, with proper guidelines, to leverage its potential benefits.

Singh, M., et.al. (2022) This study investigated the effects of music on intelligence quotient (IQ), emotional quotient (EQ), social intelligence (SI), and resilience in college-going students. A randomized sample of 100 students was assessed in two phases: baseline and post-music intervention. Results showed significant correlations between IQ, EQ, SI, and resilience scores. Music intervention significantly improved cognitive abilities, with males showing greater improvement in IQ and females in SI. The findings suggested that music can be a valuable tool for enhancing intelligence and resilience.

Giannopoulou, P., et. al. (2016) This study aimed to explore the relationship between musical intelligence and empathy as potential factors in reducing aggression within the school context. Drawing from the theories of multiple intelligences and emotional intelligence, the research investigates how music, which enhances emotional sensitivity, might help counteract aggression by fostering empathy. Data were collected through questionnaires administered to junior high school students. The results

indicated that cultivating musical intelligence could serve as a deterrent to aggression in schools. Additionally, the study found that both male and female adolescents exhibited equal levels of empathy, with the connection between empathy and musical intelligence being slightly stronger in females aged 12 to 16. The study suggested that schools should reassess their curricula, incorporating approaches that engage multiple intelligences and promote a broader range of talents and skills.

Research Methodology

The research is characterized as descriptive and relies on primary data to examine the role of Music on creating healthy home environment, fostering emotional intelligence, and promoting values of college-going students' lives in higher educational institutions in Moradabad. The study aims to investigate how music creates healthy home environment, fosters emotional intelligence and promotes values. Data collection was conducted through a Google Form using a questionnaire approach. Three aspects – home environment, emotional intelligence, and values- were studied to study the role of music in influencing all these three aspects. three aspects – home environment ,emotional intelligence and values - were analysed to assess the role of music in creating healthy home environment and fostering emotional intelligence. The research population comprised the school students of Moradabad, Uttar Pradesh, Approximately 125 students were approached to fill out the questionnaire via Google Form, resulting in 80 completed responses. Out of which 80 responses were received.

Result and Discussion

The data obtained from the study has been subjected to percentage analysis methods. Below are the findings derived from the research objectives and subsequent analysis of the data

Table: 1 HOME ENVIORMENT

Statements	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Music in my home creates a peaceful and positive atmosphere.	10	16	17	24	13
	12.5%	20.0%	21.3%	30.0%	16.3%
Music strengthens the bond between my family members.	11	13	19	23	14
	13.8%	16.3%	23.8%	28.3%	17.5%
Talking about music with my family strengthens our relationship.	9	11	24	22	14
	11.3%	13.8%	30.0%	27.5%	17.5%
Engaging in musical activities at home promotes positive behavior.	10	15	17	25	13
	12.5 %	18.8%	21.3%	31.3%	16.3
Sharing favorite music with my family helps us connect emotionally.	9	14	20	22	15
	11.3%	17.5%	25.0%	27.5%	18.8%

Interpretation

The table presents responses to a series of statements about the impact of music on the home environment and family dynamics. The results suggest that music plays a significant, though not universal, role in fostering positive family interactions. Regarding the statement "Music in my home creates a peaceful and positive atmosphere," a notable proportion of respondents (30.0%) agreed, with 16.3% strongly agreeing. This indicates that, for many, music contributes positively to the atmosphere of their home. However, 12.5% strongly disagreed, and 20.0% disagreed, suggesting that the effect of music on the home environment may vary among families. the statement "Music strengthens the bond between my family members," 28.3% of participants agreed, and 17.5% strongly agreed, suggesting that music is an integral factor in strengthening family bonds. However, 16.3% of the participants disagreed, and 13.8% strongly

disagreed, indicating that music might not have the same influence on all families in strengthening familial bonds. For the statement "Talking about music with my family strengthens our relationship," the responses received were more neutral in nature, with 30.0% of respondents being neutral. While 27.5% agreed, and 17.5% strongly agreed, there was a smaller group (13.8%) who disagreed, and 11.3% who strongly disagreed. This indicates that discussions about music may not universally strengthen relationships for all families. When it comes to "Engaging in musical activities at home promotes positive behavior," 31.3% of respondents agreed, and 16.3% strongly agreed. This suggests that musical activities are perceived as promoting positive behavior in the home for many participants. However, 18.8% disagreed, and 12.5% strongly disagreed, indicating a diverse range of perspectives on the influence of musical activities. Finally, in response to "Sharing favorite music with my family helps us connect emotionally," 27.5% of respondents agreed, and 18.8% strongly agreed. This indicates that sharing music may foster emotional connections in many families. However, 17.5% disagreed, and 11.3% strongly disagreed, suggesting that the emotional impact of sharing music may not be equally felt by all families. The data indicates that while music is generally seen as beneficial in creating a positive home environment and strengthening family relationships, its impact is not universally experienced. A significant portion of respondents indicated that while music can have positive effects, these effects are not equally shared across all families. This suggests the need for further exploration into the specific contexts and conditions under which music most effectively contributes to family dynamics.

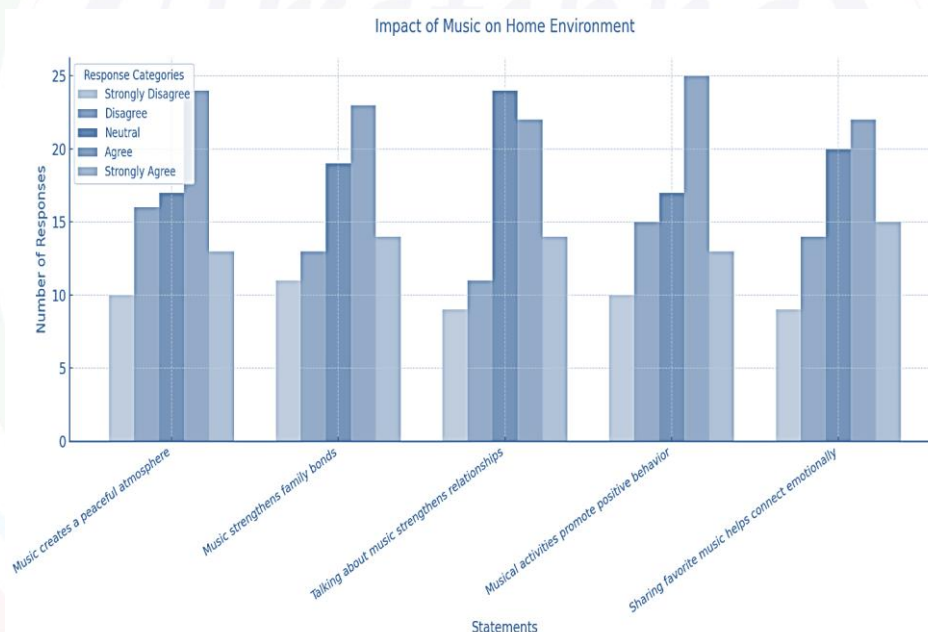


Table 2 Emotional Intelligence

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Listening to certain types of music has a noticeable impact on my mood and emotions.	5 6.3%	12 15.0%	18 22.5%	21 26.3%	24 30.0%
Listening to music helps me regulate my emotions effectively.	6 7.5%	10 12.5%	15 18.8%	28 35.0%	21 26.3%
Music helps me manage stress effectively.	8 10.0%	11 13.8%	16 20.0%	29 36.3%	16 20.0%
I feel more empathetic towards others when I listen to meaningful music.	5 6.3%	11 13.8%	22 27.5%	26 32.5%	16 20.0%
Music enhances my ability to understand and express my emotions.	7 8.8%	12 15.0%	19 23.8%	25 31.3%	17 21.3%

Interpretation:

The table helps to develop insights into the relationship between music and emotional intelligence, focusing on how music affects mood, regulates emotions, deal with stress, empathy, and emotional expression. Regarding the statement a significant number of respondents (30.0%) strongly agreed, and 26.3% agreed, suggesting that music serves as a powerful tool for regulating emotions and mood. However, 15.0% disagreed, and 6.3% strongly disagreed, indicating that for some individuals, music may not have a pronounced effect on their emotions. In response to the statement "Listening to music helps me regulate my emotions effectively," 35.0% of participants agreed, and 26.3% strongly agreed. This indicates that music is seen as an effective tool for emotional regulation by a majority of respondents. However, a smaller percentage (7.5% strongly disagreed and 12.5% disagreed) suggests that there are individuals for whom music does not serve as a primary mechanism for managing emotions. For the statement "*Music helps me cope with stress in an effective way.*" the majority (36.3%) agreed, and 20.0% strongly agreed, indicating that music plays a significant role in stress management for many respondents. Conversely, 13.8% disagreed and 10.0% strongly disagreed, implying that music may not be universally effective for stress relief. When asked "I feel more empathetic towards others when I listen to meaningful music," 32.5% agreed, and 20.0% strongly agreed, suggesting that meaningful music can enhance empathy in some individuals. However, 13.8% disagreed, and 6.3% strongly disagreed, highlighting that the connection between music and empathy is not universally experienced. Regarding the statement "Music enhances my ability to understand and express my emotions," 31.3% of participants agreed, and 21.3% strongly agreed, indicating that music can improve emotional understanding and expression for many people. However, 15.0% disagreed, and 8.8% strongly disagreed, suggesting that this effect may not be as prominent for all individuals. Overall, the responses indicate that music has a generally positive impact on emotional intelligence, with a significant number of respondents reporting benefits in mood regulation, stress management, empathy, and emotional expression. However, the presence of some disagreement suggests that the influence of music on emotional intelligence may vary depending on individual preferences and experiences. This variability calls for further exploration into the specific factors that might influence the relationship between music and emotional intelligence.

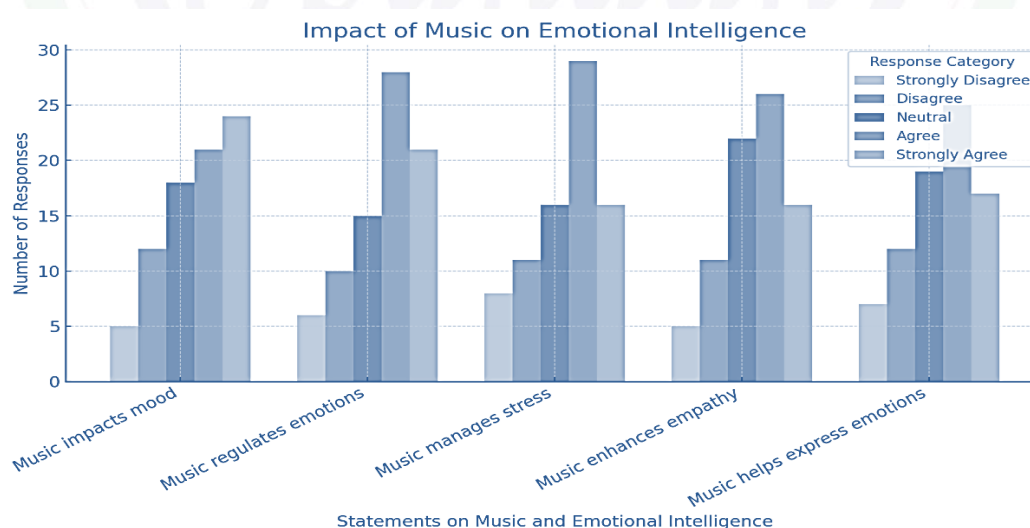
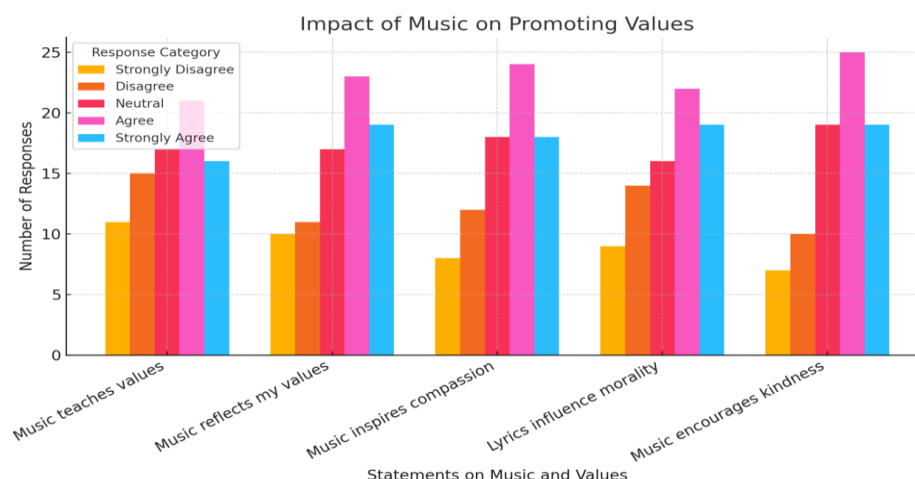


Table 3 Promoting VALUES

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Music plays a role in teaching me important values such as respect and kindness.	11	15	17	21	16
	13.8%	18.8%	21.3%	26.3%	20.0%
I prefer listening to music that reflects my personal values and beliefs.	10	11	17	23	19
	12.5%	13.8%	21.3%	28.8%	23.8%
Music inspires me to be more compassionate and understanding toward others.	8	12	18	24	18
	10.0%	15.0%	22.5%	30.0%	22.5%
The lyrics in songs influence my perspective on social issues and morality.	9	14	16	22	19
	11.3%	17.5%	20.0%	27.5%	23.8%
Music encourages me to treat others with kindness and respect.	7	10	19	25	19
	8.8%	12.5%	23.8%	31.3%	23.8%

Interpretation

The table examines the role of music in promoting values among respondents emphasizing on how music influences individuals' perspectives on respect, kindness, compassion, social issues, and personal beliefs. Regarding the statement "Music plays a role in teaching me important values such as respect and kindness," 26.3% of respondents agreed, and 20.0% strongly agreed, it suggests that many people consider music as an important medium for promoting positive values. However, 18.8% disagreed, and 13.8% strongly disagreed, indicating that not everyone perceives music as a tool to promote values. In response to the statement "I prefer listening to music that reflects my personal values and beliefs," a substantial 28.8% agreed, and 23.8% strongly agreed, pointing to the importance of aligning music with personal values for many individuals. On the other hand, 13.8% disagreed, and 12.5% strongly disagreed, suggesting that some people do not prioritize personal values when selecting music. For the statement "Music inspires me to be more compassionate and understanding toward others," 30.0% of respondents agreed, and 22.5% strongly agreed, reflecting that music has a significant positive influence on fostering compassion and understanding in many individuals. However, 15.0% disagreed, and 10.0% strongly disagreed, indicating that the emotional impact of music may not be as strong for everyone. Regarding the statement "The lyrics in songs influence my perspective on social issues and morality," 27.5% agreed, and 23.8% strongly agreed, suggesting that the lyrical content of music plays an important role in shaping listeners' views on social issues and morality. However, 17.5% disagreed, and 11.3% strongly disagreed, indicating that some individuals do not find music's lyrics to be influential in shaping their perspectives. Finally, in response to "Music encourages me to treat others with kindness and respect," 31.3% agreed, and 23.8% strongly agreed, showing that music is seen by many as a motivator for promoting kindness and respect toward others. However, 12.5% disagreed, and 8.8% strongly disagreed, suggesting that this value may not resonate equally with all listeners. The responses indicate that music is perceived by many as a tool for promoting important values such as kindness, respect, compassion, and social awareness. While a significant portion of respondents reported being influenced by music in this way, the presence of some disagreement suggests that the effect of music on value formation is not universal and may depend on personal preferences, the type of music, and individual perspectives. Further research could explore the factors that influence how music impacts value development and whether specific genres or lyrics are more effective in promoting particular values.



Conclusion

Music is a powerful tool that significantly influences the home environment, emotional intelligence, and value promotion. It provides a unique and versatile platform for emotional expression, communication, and value transmission, making it an essential component of family life. By integrating music into family routines, individuals can foster a nurturing and supportive atmosphere that promotes emotional growth, strengthens family bonds, and instills lifelong values. The findings of this study emphasize the multifaceted benefits of music in enhancing family dynamics. Music not only serves as a tool for relaxation and stress reduction but also facilitates emotional regulation and empathy development. These attributes are integral to building emotional intelligence, which is crucial for personal and social success. Additionally, the lyrical content of music often carries moral and ethical lessons, making it a subtle yet effective medium for value promotion. Families who engage in shared musical activities, such as singing, playing instruments, or attending concerts, experience a heightened sense of unity and cooperation. However, the impact of music is influenced by factors such as cultural context, individual preferences, and access to musical resources. To maximize its benefits, families and educators must tailor musical experiences to suit their unique needs and circumstances. This calls for the development of practical strategies to integrate music into daily life, such as creating playlists for different family activities, encouraging children to learn musical instruments, or using music as a tool for conflict resolution. The potential of music to transform family environments and individual lives is immense, yet it remains an underutilized resource. Future research should focus on exploring culturally diverse musical practices, examining the long-term effects of musical engagement on emotional intelligence and value formation, and developing interventions to make music more accessible to families across socio-economic backgrounds. By doing so, we can unlock the full potential of music as a catalyst for holistic development and well-being. Music is a transformative tool that enriches family life, fosters emotional intelligence, and promotes core values. By integrating music into daily routines, families can create a nurturing environment that supports holistic development. Future research could explore specific interventions, such as music-based workshops or therapeutic sessions, to further harness the potential of music in familial and societal contexts.

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