

INCULCATING VALUES IN LIFE THROUGH MUSIC EDUCATION

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ABSTRACT

The role of music in education is very important. Values, music and education – all three are inter-related to each other and help in the overall development of an individual. Values are like tools that help us to live a better and quality life. Education makes us knowledgeable and turns a closed mind into an open one. Music begins from within a human being. Our heart beats in a rhythm and we breathe in and out in a rhythm. Each human being has a different tone, pitch and frequency in his voice that can be called as his 'swara'. So our whole human body system is based on swara (note) and laya (rhythm). Music education helps in inculcating values in life. Values can be personal, moral, social, psychological, spiritual etc. Music in any form, whether it is a part of curriculum or as an extra-curricular activity or as an invocation in schools, colleges and institutions helps in developing these values. Personal values like discipline, confidence, learning, creativity etc. are inculcated while learning music in a peaceful atmosphere and a peaceful environment. This promotes the value of gratitude and dedication. Religious values are inculcated through prayer songs of different religions. The tone, colour and rhythm of seven notes also have a vocal or instrumental. Group singing or choir singing helps in developing a sense of unity and respect for the team. A harmonious atmosphere is created when students work together for musical performances. They exchange cultural thoughts with each other that develops the values of communication. Thus students learn to feel connected and inculcate social values in this way. If yoga and aerobics are accompanied by music, it helps in improving the physical health of a person. Singing prayers in schools creates a positive relationship with the seven energy centres of a human body. These have spiritual effects and result in the holistic development of an individual. Music education helps to channelize the energy of an individual in the right direction. It can thus transform the youth and make this world a better place to live in.

Keywords: Music, Education, Values, Creativity, Happiness.

Introduction

Values

Inculcating values in life is very important for an individual, society and culture. Values are those fundamental beliefs in life that work as the guiding force in shaping our behaviour and govern our decisions. They serve as the basis or the foundation on which our life is built. Values are like tools that help us to live a better and quality life. There are core values like love, humanity, compassion, patience, kindness etc. that make us a good human being. On the other hand, the values that build our personality and determine our approach towards life can be social, moral, personal, religious, spiritual, physiological, health values, family values and so on.

Music

Nature has blessed mankind with music. According to Hindu mythology, music is believed to have originated from the cosmic sound 'Om' (or Aum). Everything in the universe is vibrating. Om is said to be the original, primordial tone of the universe – the original sound of creation [Saxena Sonal 2025]. Om is considered to be the spiritual source of music. It is a common belief that the seven notes or swaras of music have their origin from the sound of birds and animals. [Joshi, Umesh 1969]

- Sa (Shadja) - Peacock
- Re (Rishabh) - Jacobin Cuckoo (Chatak)
- Ga (Gandhar) - Goat
- Ma (Madhyam) - Crow
- Pa (Pancham) - Cuckoo
- Dha (Dhaivat) - Frog
- Ni (Nishad) - Elephant

I feel there is music in each and every human body. Our heart beats in a rhythm, our lungs breathe in and out in a rhythm and there is 'swara' in our voice. Each human being has a different tone, pitch and frequency in his voice. Thus we can see that our whole human body system is based on swara (note) and laya (rhythm).

Education

The literal meaning of the word 'education' is to teach or train people in some skill or impart knowledge to them. This process of teaching, training and learning is done in schools, colleges, universities, gurukuls and other private institutes. It is a systematic process and the true purpose of education is to open the minds of the students from their limitations, make them knowledgeable and help them grow into fine individuals. Values, music and education all three are inter-related and we can say that music education plays an important role in inculcating values in human beings.

Importance of Values in Life

The main significance of values is that they help us to live an authentic and meaningful life. They help to build our personality and define and refine our character. They give a purpose to our life and provide direction to achieve the same. They contribute to our personal growth and help us to understand our inner being too. They help us to make the right choices in career and other aspects of life. They strengthen our relationships, enhance our well-being, resolve conflicts, foster communal harmony and create stability in life. To sum up in a few words, values help in the all round development of an individual so that he can create a future that he desires.

Review of Literature

Music education encompasses a vast range of personal, moral, social, psychological, spiritual values that can be inculcated in students. Studies have been conducted and many published research papers and books have delved into this area and provided valuable insights. Music education affects our moral and personal beliefs [Chabra Sonal & Mishra Mahima 2012], helps to cultivate creativity in students and promotes co-operation and communication amongst them [Chen Shasha 2023, Aug. 29]. It was also seen that our body chakras are related to the seven notes of music [Joshi, Indrayani Kedar 2025] and mantra chanting also stimulates these chakras [Roy Ujjal 2025]. How values intersect with music and education was explored [Jorgensen Estelle R. 2021]

Research Methodology

This paper is based on data gathered from secondary sources including books, articles, research papers and available historical contexts. Methodology had qualitative approach gathering data, understanding concepts, analyzing, getting insights and generating new ideas.

Results & Discussion

Values inculcated through music education

Odor and Omozeghian defined education as 'the process of developing the physical, mental, social, moral and aesthetic faculties of a person so that he could be useful to himself and to the community in which he lives.' Music plays a vital role in doing so. Thus music education is very important. I would like to throw some light on the values that can be inculcated through music.

Peace and Happiness and Moral Values

Education of a human being begins at home. A child's first teacher is his mother. A child's ears get attuned to music from the very beginning because every mother sings lullabies or hums tunes to make her child sleep. These lullabies of sweet and soft tunes take the child into a comfortable zone and he dozes off into a peaceful deep sleep. Thus she inculcates the values of peace and happiness in the child. When the child goes to school, his day usually begins with a prayer. Such prayers or songs are a source of moral values. The child also develops the value of learning. There is a beautiful prayer song for children sung by the singer Preeti Moti Sagar [2022] – "Tumhi ho mata pita tumhi ho, tumhi ho bandhu sakha tumhi ho, prabhu ji humko dena gyan padh likh kar hum banai mahaan, mata pita ki sewa karke, dukhiyon ka karein kalyan." The song teaches us the values of respect for parents, service to the elders and love for humanity. Moreover, if children are taught music in the early years of schooling, they cultivate the values of discipline, learning, attentiveness and social connection with other fellow students. Group singing generates the feeling of oneness and students develop a sense of unity and love for all. Music also helps in developing a child's cognitive abilities and influences his emotional growth. It has been observed that "Children studying music experience a richer world of moods and feelings, their musical studies help them to do better in other subjects [1996]." Music also brings joy and happiness to them.

Discipline

Discipline is a personal core value that can be inculcated through music education. Music is 'sadhna' (spiritual practice) in itself. Any student who begins to learn music is first of all taught to discipline his voice, posture of sitting or 'Baithak' and ensure discipline in 'riyaaz' or practice. Learning a raga means learning to use a set of swaras in a disciplined way. Time discipline is taught through talas. Regular music lessons train the memory, increase one's power of concentration and

attention. Discipline is a very important factor in a human being's life. If you remove the value of discipline from your life, there would be chaos everywhere. Continuous and consistent practice of music helps to develop the value of dedication and patience towards long term goals. In order to learn music, one needs to listen, follow, copy and reproduce the music being taught. Thus one develops the value of attentiveness. Attentiveness improves the power of concentration. It has been observed that students learning music showed significant improvement in other subjects too and do well in their academics.

Creativity

Music and creativity are related to each other. Music stimulates our brain and also improves our cognitive function. Musical activities develop our imagination and enhance our creativity. Classical music is all about improvisations. While learning a raga, a student uses his imaginative powers to create alaps, tans, bol alaaps, layakari etc. Creating compositions can greatly enhance a person's innovative power. Music whether vocal, instrumental or dance is all about creating through one's self-expression. Listening to good music makes a person happy and increases his power of thinking. Learning any instrument, helps one to be focussed. Music works like a creative catalyst. Music also gives a boost to the confidence level of a person. Shyness, aggressiveness and many other characteristics of an individual have been normalized by music.

Social and Cultural values

Man is a social animal. Human beings cannot live an isolated life. Music education makes students learn the value of responsibility and collaboration. Students learn to connect with each other through group performances. Indian Music represents the culture of India. Through music education, students get to know about the roots of Indian culture, evolution and history of music, appreciation of varied music of different states, countries etc.

It improves their social skills and team work. Pandit Vinay Chandra Maudgalya found that 'community singing had a very important role to play at every level of education [1996].' He created the 'Gandharva Choir'. Choir singing develops a sense of unity and respect for the team. Out of Pandit Vinay Chandra Maudgalya's numerous compositions, following song is a very good example of expressing unity amongst all.

“Hind Desh Ke Niwasi, Sabhi Jan ek hain,
Rang roop vesh bhasha chahe anek hain.”

Group singing or choir singing infuses feelings of patriotism, collectiveness and friendliness in us. It helps to bring the world together. Music, thus promotes social and cultural values and helps in building a harmonious society. As a result the value of universal brotherhood is inculcated. Teaching of group songs, patriotic songs and folk songs in schools creates a bonding amongst students and they feel the joy of togetherness. There is a very beautiful music video which was developed in 1988 by Lok Seva Sanchar Parishad and promoted by Doordarshan [1988] –

“Mile Sur Mera Tumhara to Sur Bane Hamara.”

It is an inspirational song promoting national integration and unity in diversity. The song is set to Raga Bhairvi and has lyrics of many languages like Hindi, Kashmiri, Punjabi, Tamil, Malayalam, Bengali, Gujarati, Marathi etc. Well known singers of North and South India have sung it together. It is very impressive, popular and its music is powerful enough to invoke patriotism and oneness. Music not only originates from feelings but also affects the feelings of the listener. Cultural functions of schools, colleges etc. are often adorned with such music.

Health Values

Good health is very important for each and every individual. Music has an effect on physiology of the body. It has a regulatory effect on our physiological processes such as digestion, blood circulation, metabolism etc. Physical activities, yoga, aerobics etc. are a common feature in any educational institution. If these exercises are accompanied by music, it helps in improving the posture of a person, his motor coordination, his walking and running habits etc. Exercising along with music is enjoyable and makes one feel light. Regular motion of the heart and lungs reinforces a sense of rhythm. Music affects our brain through ears. First it pleases the ears and then refreshes our brain. Singing improves our blood circulation which in turn improves mental alertness, concentration and memory. Music also acts as a tonic for mental health. It helps in removing frustration and reducing stress and emotional tension. Thus music can be a good friend to our mental and physical health.

Religious and Spiritual Values

It is observed that in almost all religions, music is used as a powerful medium to connect to God. There is an element of religion in educational system in the form of morning prayers sung at all schools, colleges etc. These prayers vary from vedic mantras from Rigveda like 'Sangachhadwam Samvadadhvam Samvo Manansi Janataam' or a hymn like 'Give me oil in my lamp keep me burning' (Youtube) or Shabad of Shri Guru Nanak – 'Jo mange thakur apne te' (Youtube) or an Urdu nazm by

Allama Iqbal – ‘Lab pe aati hai dua ban ke’ (Youtube) or the poem of Shri Rabindranath Tagore – ‘Where the mind is without fear’ etc. The purpose of these prayers is to provide a peaceful environment to teachers and students and promote the values of gratitude, dedication and kindness. These prayers help to create a positive and peaceful atmosphere in institutions.

Music also has spiritual effects that can free us from our base self. The tone, colour and rhythm of the seven swaras also have a relationship with the seven energy centres of a human body as follows :

- Sa (Shadaj) - Mooladhar Chakra which is the basis of all systems of human beings.
- Re (Rishabh) - Swadhisthan Chakra which is associated with creativity and knowledge.
- Ga (Gandhara) - Manipur Chakra which activates inner peace.
- Ma (Madhyam) - Anahat Chakra that provides a sense of security.
- Pa (Pancham) - Vishudha Chakra that is associated with communication and feeling of togetherness.
- Dha (Dhaviat) - Agya Chakra which is located in brain and is associated with compassion and forgiveness.
- Ni (Nishad) - Sahasrara Chakra which is the centre of self-realization.

Thus music education along with spiritualism, transforms from mere curriculum goals to holistic development of an individual. This could be done in the form of participating in group devotional singing, chanting mantras or learning instruments like Shankh, Khartal and Manjira besides other musical instruments. Spiritual melodies spread hope and motivation and help to uplift the soul.

Conclusion

In today’s ambitious world, man has become materialistic and has compromised with values, integrity and character. This is breaking the backbone of our society and nation. Music education at all levels is considered as a powerful tool to bring about the desired transformation in human beings. Self expression through music boosts up the self-confidence of children and young people as well. Music education channelizes their energy in the right direction. Initiating children into music definitely helps in their overall development. Music education as a part of curriculum of schools, colleges and other institutions is surely an asset for giving value education to them. It can transform our youth by inculcating the values of discipline, respect, compassion, responsibility, confidence, creativity, optimism, self-reliance, honesty, integrity, kindness, collaboration, morality, cultural awareness and social bondings and many more, thus making this world a better place to live in.

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