

The Spell That Spiritual Music Casts on the Teens

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Abstract: Music is one of the ways of expression. It is not for humans only but also for each and every thing that exists in nature. Music is really a God's gift which is meant for everyone. The song of the birds, the unending resonance of the waves of the sea, the magical melody of the rain-drops, the sound of the murmuring trees, the captivating melody which is produced by strumming the strings of various musical instruments – all of these are various forms of music. Some musical sounds are the production of nature while the others are produced by human beings. Music is one of the most potent means of connecting with our spiritual nature – our divine source — the unseen, as well as to the cosmos surrounding us and those other divine beings that inhabit it with us. Spiritual music has the power to convert the most mundane and the most challenging moments of one's life into some deeply resonating human and often indescribably divine experiences. It has been found that adolescents have identified many benefits of listening to music, including psychological, social, daily life benefits, along with the formation of one's own identity. Adolescent minds get rejuvenated while listening to music as their stress or anxiety level is reduced and thereby music helps in counteracting or preventing depression. "Depression" is a commonplace and grave medical ailment that adversely affects how one feels, the way one thinks and how one acts. Depression can be a gradual withdrawal from one's active life. Thank heavens, this serious psychological illness is treatable.

Adolescence is a period in human life which is characterized as the most sensitive and responsive of all periods when habits are most easily developed and characters formed. When alterations occur in our lives, we find it harder to adjust and this issue itself leads to adjustment disorders. During adolescence there is a great emotional disturbance in the individual because of the change in his body and mind. Emotions like fear, anger, repulsion, delight, distress, wonder, anxiety are as intense as they were never before. Great care for the sublimation of emotions during this period has to be taken; otherwise, the life of the adolescent may not take a desirable turn. Music (especially spiritual music) may be the only answer to this dangerous social problem. Music Therapy is the only reaction less medicine to this problem.

Keywords: Adolescence, spiritual music, Depression, Music Therapy

Introduction

Depression is like common cold in the context of mental maladies. It is a kind of psychological ailment which affects most people either directly or indirectly. Confusion about depression is commonplace since people experience different types of depression, viz, unipolar depression, biological depression, manic depression, seasonal affective disorder, dysthymia etc. Hence it is usually found that common people confounding the concept of depression with the notion of just feeling down.

Phenomenal Symptoms of Depression:

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

The term "Adolescence" comes from the Latin word 'adolescere' which suggests to grow or 'to grow to maturity'. Maturing involves not only physical but also mental growth. Adolescence, basically, is the time which fills up the gap between childhood and adulthood. This particular period is often termed as "youth". Adolescence is viewed as a state of transition, during which youths begin to isolate themselves from their parents but still lack a clearly defined role in society. Adolescents face a range of developmental problems and experience different types of biological, cognitive and social changes and encounters a number of emotions. Lord Byron quotes this stage of human life in his words as **"So much alarmed that they are quite alarming, Giggle and blush, half pertness and half pout."**

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leads to adjustment disorders. Technological advancements have made a major impact on people's lives and, no doubt, the adolescents are no exception. Technological changes and the altering socio-economic and political situation in the country shape the adolescents and also impact their transition to adult roles and responsibilities.

Music and adolescent period

Music plays a prominent role in the life of most adolescents. This can be seen quite clearly in the amount of time a teenager spends listening to music. The power music has to change emotions and elevate or depress mood is a key sign that it would be an effective tool to use in counseling mood disorders. Adolescents, especially, are susceptible to the effects of music. The type of music adolescents listen to can be a predictor of their behavior.

It has been found that adolescents have identified many benefits of listening to music, including psychological, social, daily life benefits, along with the formation of one's own identity. Adolescent minds get rejuvenated while listening to music as their stress or anxiety level is reduced and thereby music helps in counteracting or preventing depression. As an individual step into the adolescent phase of development they begin to avoid activities which require them to spend time with their family, for instance, watching TV with others in the family or taking part in family chat etc. Most of the time adolescents are found to be spending their free time listening to music.

Music is one of the most potent means of connecting with our spiritual nature – our divine source — the unseen, as well as to the cosmos surrounding us and those other divine beings that inhabit it with us. Spiritual music has the power to convert the most mundane and the most challenging moments of one's life into some deeply resonating human and often indescribably divine experiences. Now the question might arise that what type of music is actually spiritual? Well, the answer is any music that assists us to reconnect to our essence, i.e. to our inner divine nature. The nature of music from the spiritual perspective cannot be defined by religion, culture or genre. Music has the power of transcending all such constrictions and boundaries. Music can be regarded as the sound of the spirit.

Research has shown that music is capable of stimulating the pituitary gland, the secretion of which impacts the nervous system and the circulation of blood. The right kind of music helps in bringing about refreshment and relaxation. It has also been found that light music in course of any work improves work efficiency and sometimes music is also found to be healing certain physical maladies.

'Music' stands for:

M – M's and other living beings
U – Under a range of frequencies of
S – Sound
I – Influence the
C – Common and Crucial life.

Methodology

Objectives:

- 1) To know the difference between boys & girls in respect of changing behaviour score.
- 2) To know whether any relation exists between depression and the scores of changing behaviour.

Null Hypotheses:

- H1. There exists no difference between boys & girls in respect of changing behaviour.
- H2. There exists no co-relation between depression and the scores of changing behaviour.

Definition of important terms.

A) Music:-vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion.

B) Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being.

C) Adolescence

- 1) **The state or process of growing up.**
- 2) **The period of life from puberty to maturity terminating legally at the age of majority.**

Sample:

Sample is a small and representative proportion of the population selected for observation and analysis. In case of selection of sample one technique of sampling was used, known as Purposive Sampling-to select District, Blocks and co-operating institution.

After selecting Howrah District, 10 schools of 2 Blocks were selected. X, XI, XII class students were selected purposively.

Considering the time limit and other facilities 100 boys & 100 girls were selected. Total 200 sample.

Sampling Technique:

As the study formulated to identify the level depression of adolescent students in the higher secondary stage in the District of Howrah, the researcher used purposive sampling Technique in regard to selection of depressed adolescent students. Purposive sampling is a kind of Non-Probability sampling which is based on the typicality of the cases to be included in the sample. It is a very good representative of the population.

Variables of the study

The following variables were considered in the study:

1. Changing behaviour.
2. Depression

Changing behaviour is independent variables and Depression is the dependent variable.

TOOLS

- a) Tool-Questionnaire (close ended). & Beck Depression Inventory

Questionnaire refers to device for securing answers to a series of questions by using a form, which the respondent fills in himself. Goods, Hatt(1952).

The instruments used in the study included a DVD player (SONY DVD DTH2150A) measuring 485x108x345mm manufactured by SONY India private limited in May 2001, with serial number MHG RV 50.

2. Other instruments were compact disc plate containing of the, 'spiritual music' "MONGAL DIP JWELA" "BISWO PITA TUMI HE PRABHU" "BEPODA MORA ROKHA KORO AI NOHA MOR PARTHONA" "KHWAJA MERA KHWAJA" "O PAALAN HAARE"

Data analysis

Researcher for 3 months continued this counselling of on about 200 students. Among them 100 are boys and rest are girls. The age group of the students are nearly from 16 to 18. the most of the students, reading higher secondary school are adolescent. The crucial period of student life is adolescent period. In this time so much physical and mental changes occur in student life and sometimes they become puzzled. Educationists call the period, the stage of storm and stresses or strain and strife. These students are generally the holder of higher secondary. They are generally the regular listeners of this song. For a better result the scientist has prepared a questionnaire and gave it to the listener of this song to provide a better counseling to them. And they were asked to tick the correct answer of the following questions which they did properly.

61% boys and 57% girls have said that they listen to the songs when they get tired in order to get out of the tiredness. 22% boys & 25% girls students have said sometime they listen to the song when they get tired. 10% boys & 12% girls students have said occasionally they listen to the song when they get tired. 7% boys & 6% girls students have said sometime they don't like to listen to the song when they get tired. So, it reveals that songs play an important role to get out of the tiredness.

As tiredness fades depression & anxiety starts. Depression is a generalized emotional state. Depression is an emotional disturbance that may encompass many different feelings and symptoms. It is defined as a vague, unpleasant and sometimes debilitating emotion that is experienced in anticipation of misfortune. In social performance situations the sufferer fears exposure to scrutiny humiliation or embarrassment and anticipates the failure to perform up to standard. In the performance situation one is intensely anxious may have a panic attack and sometimes avoid, the feared situation or endure it with intense distress. The combination of avoidance, anticipation or anxiety in the situation prevents one from functioning normally in the occupational area. If the pattern of depression becomes long lasting or pervasive enough, it can generalize to other situations and with time its sufferer may develop avoidant personality disorder. Other than this if one realizes and understands the meaning of the song then it gives relief and calms the mind. They also experienced that this song gives relief from their family life.

67% boys and 64% girls have said that there are such kinds of songs which make their heart filled with happiness after listening. Sometimes when they get worried or sad by some happenings of everyday life, songs help them to come out of that condition of mind. In the period of adolescence students face many kinds of incidents and for this sometimes they feel mentally worried or sad. But these kinds of songs bring happiness to their heart. Moreover 16% boys and 20% girls' students have said that they sometimes listen to the songs when they feel happiness. 12% boys and 8% girls' students have said that they occasionally listen to the songs when they feel happiness. 5% boys and 8% girls' students have said that they don't like to listen the songs when they feel happiness. 58% boys and 60% girls have that there are such kinds of songs which increase their working energy. After listening those kinds of songs their desire to work rises again. If they get depressed by the work-pressure their desire to work comes back after hearing songs. Sometimes if they get bothered by a long time study their desire to read comes back after listening to songs. They also listen to the songs when they feel depressed at the time of their project work. 19% boys and 17% girls have said that sometime they get back their working energy after listening to the songs. 18% boys and 16% girls have said that occasionally they get back their

working energy after listening to the songs. 5% boys and 7% girls have said that don't like to listen to the songs for get back their working energy.

74% boys and 79% girls have said that there are such a kind of songs which make their heart filled with happiness after listening. Sometimes when they get worried or sad by some happenings of everyday life, songs help them to come out of that condition of mind. In the period of adolescence students face many kinds of incidents and for this sometimes they feel mentally worried or sad. But these kinds of songs bring happiness to their heart.

68% of boys and 73% of girls have admitted that these songs are instrumental in changing their behavior. They have developed a cordial relationship with the people around them. They exchange good wishes. At present, the relevance of this song is much. Because with the change of age, we have changed our leading of life. Today, the ideal of simple living and high thinking into high living and no thinking. At present, people are only competing to curb each other. Patience, love, affection are lost. Earlier people had a good relationship not only with their family but also with the people around them. The elderly people of the family had the right to love and rule. Now a day, we do not see joint family. Children are brought up in a nuclear family where both fathers and mothers are in the service. Naturally, they are not able spend much more time with their children. Even in this situation, this song has a great significance. Students have informed that this song gives them peace and happiness. They become more calm. They feel a strong relation among their friends and relatives 33% boys and 28% girls have said that there are some different kinds of songs which make them feel that they have some responsibilities to the society and these songs motivate them to do some work for the society. An effort of making a development in the social relation is observed in them by this declaration. Because boys and girls of this age feel attracted towards the outer world and materialistic things and they face social discipline, laws and value and they learn to adjust with them. Moreover, another characteristic of this age is their self-involvement to the welfare of the mankind. In this age they are altruist and they love to involve themselves for the welfare of the mankind.

74% boys and 81% girls have admitted that these songs enhance their will power. They are able to concentrate more on other works. Will power is such a positive and creative power that helps us to determine and to avoid the undesirable activities. It is that special ability of mind which helps us to get know about what is right and what is wrong.

Analysis of Data and Major Finding

Showing t Value:

Changing behaviour	N	M	σ	SED	df	t	Level of Significance
boys	100	46.49	7.69	0.76	198	0.015842	No Significance
girls	100	46.66	8.13	0.81			

There is no difference between students and aged people in score of changing behaviour. So calculate value is less than table value that is why null hypotheses are **not rejected**.

Showing Co-relation

	N	M	σ	SED	df	r	Level of Significance
Changing behaviour	200	46.74	8.32	0.84	198	-0.1662	Negative co-relation
Depression	200	5.08	3.78	0.53			

There is Negative co-relation between score of Changing behavior and **depression**.

Delimitation of the Study:

Although the investigator tried to precede this study to the best of his effort sincerely but there are certain delimitations as the study was conducted within the restricted scope and facilities.

1. The study was delimited to Howrah district of West Bengal.
2. The study was delimited only to the two blocks out of six blocks of Howrah district of West Bengal.
3. The study was delimited only to adolescent student in the area under study.
4. In the study 200 students (boys & girls) were taken as sample from both groups. For more valid results the number of sample should be increased but it was not possible due to paucity of time.
5. The changing behaviour of different subjects could be assessed to get more specific results; it was not possible due to time constraint.

FINDING AND CONCLUSION

1. These songs make calms their mind and body.
2. These songs draw away the tension and depression & anxiety.
3. These songs enhance their social awareness.
4. They have a good relationship with the people around them.
5. They have developed their spirituality and power of realization and also developed will power.
6. These songs lead them to lead a selfless life and also develop their patience and tolerance.
7. These songs improve their attention to study and daily work.

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