



Attitude Of Higher Secondary School Students Towards Role Of Music On The Reduction Of Stress In West Bengal

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Abstract :

Music through its auditory nature merges specific structured auditory elements and pauses into arrangements which induce mental wellness in people. Preferred music acts as a mood enhancer before vital occasions and provides soothing relief when emotions run high. It achieves this and more throughout the middle range too. People have long studied and respected music since it functions as a source of healing as well as entertainment. Modern scientific studies demonstrate that music possesses major capabilities which successfully decrease anxiety but also lower stress while enhancing cognitive focus. People commonly observe that slow-tempo music used in meditation helps decrease heart rate and both minimizes stress and anxiety. During Indian yoga meditation practitioners experience musical guidance through speakers who assist them in reaching their flow objectives and defining targets. Listening to music enhances attention while carrying out complex tasks. Listening to music can enhance brain functions for information storage such as memories and mental relationship formation. In this context the main purpose of this study to find out the attitude of higher secondary students towards music on the reduce of stress in West Bengal. Researcher framed Five null hypotheses, 200 students of higher secondary level in Nadia and kolkata district including urban and rural area of west Bengal was considered as sample. In this study, the purposive sampling technique was adopted for sample selection. Researcher developed a tool to measure attitude towards music on the reduce of stress. The validity of the questionnaire was estimated by the expert and content validity has been maintained properly in this study. For reliability measure, test retest method was applied. After collection of data 't' test was applied for testing hypotheses.

Keywords : Music , Stress , School Education , Mental Health

Introduction :

Music is an organized art form made up of a combination of sounds and melodies, which is created in various types of materials such as rhythm, melody, and rhythm. It is considered a powerful means of expressing human joy, sorrow, emotion, feeling, and psychological state through it. Music is performed by artists in various forms, including songs, musical instruments, dance, and vocal music. It is used as an important means of expressing the traditions and expressions of different cultures and societies. And is passed on from one person to another. Music has the ability to change people's attitudes, it has both positive and negative effects on people's minds, and it has the power to connect people. Music, whether it's singing or playing an instrument at a social

event, can create unity and bonding between people, which creates good relationships. Music can help with mental health and promote a positive mindset. Types of music therapy, such as calming melodies or musical memory therapy, are popular in the market and can help people reduce stress and maintain emotional balance. In the current progressive world, people have become more advanced than ever. With the advancement of modern technology, travel around the world and space has become free, and communication between people in different places has been established in an instant. As part of this communication, mobile phones have come into the hands of people, which has not only provided great convenience to people, but also increased their sense of loneliness. Due to this sense of loneliness, various mental diseases and mental disorders have been created among people. Along with this, mental depression has been created, which is affecting people and the social system to a great extent. By ensuring positive effects by keeping negative thoughts at bay, music therapy has been found to utilize various goal-oriented music listening techniques, resulting in purposeful interaction with music that helps you overcome distressing emotions or problems and encourage positive feelings.

Objectives of the Research :

- ❖ To find out music on the reduce of stress among between boys and girls student of higher secondary Level in West Bengal.
- ❖ To find out music on the reduce of stress among between Rural and Urban student of higher secondary level in West Bengal.
- ❖ To find out music on the reduce of stress among between Arts and Science student of higher secondary level in West Bengal.
- ❖ To find out music on the reduce of stress among between Listening Music Boys and Not Listening Music Boys Students in higher secondary level.
- ❖ To find out music on the reduce of stress among between Listening Music Girls and Not Listening Music Girls Students in higher secondary level.

Probable hypothesis of the study:

Ho.1 - There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between boys and girls Students in higher secondary level.

Ho.2 - There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between Rural and Urban Students in higher secondary level.

Ho.3 - There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between Arts and Science Students in higher secondary level.

Ho.4 - There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between Listening Music Boys and Not Listening Music Boys Students in higher secondary level.

Ho.5 - There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between Listening Music Girls and Not Listening Music Girls Students in higher secondary level.

Delimitation of the study:

This study is limited to the student of class xi of twelve co-education school rural and urban area of Nadia, Kolkata district in west Bengal.

Research Methodology

To accomplish the current study's objectives, higher secondary school students' attitudes Toward Role of music, reduction of stress were measured using a descriptive survey method. The survey that helped us to understand the insight of students for the impact of online learning. In this case, the descriptive methodology was employed to identify key components of the current problem. The use of questionnaire techniques enabled the collection of numerical data, considers Quantitative approach for collection which was subsequently analysed using statistical methods.

Population:

This study's population consists of all higher secondary school students from Nadia District and Kolkata District West Bengal.

Sample:

A sample of 200 the higher secondary school students was selected from higher secondary schools in the Nadia District and Kolkata District of West Bengal using the purposive sampling method.

Table 1: Sample Distribution

Demographic Variables	Group	N	Total
Gender	Boys	100	200
	Girls	100	
Locality	Rural	100	200
	Urban	100	
Academic Stream	Arts	100	200
	Science	100	
Gender (Music listening/not listening)	Boys (Listening Music)	105	200
	Boys (Not Listening Music)	95	
Gender (Music listening/not listening)	Girls (Listening Music)	102	200
	Girls (Not Listening Music)	98	

Tools Used for the Study: Data was collected using a 25 item closed-ended questionnaire created by the researchers.

Variables:

Independent variables: Areas – Rural and Urban, Gender – Boys and Girls, Academic Stream – Arts and Science.

Dependent variables: Stress reduction of the students.

Tool Used for Data Collection:

The tool used for data collection was a 25 item closed ended questionnaire developed by the researchers by modifying the questionnaires of experts who worked in the area of music.

Reliability And Validity Of The Tools:

For justifying the reliability of the Investigation the researcher has applied the test and retest method .the value of co- efficient of correlation of test and retest method score is $(r) = 0.82$. And the validity of this test items is justified by experienced and expert persons.

Statistical Techniques:

collected data was analyzed by using different descriptive and inferential statistics. Like the mean, standard deviation and t- test.

Data Analysis and Interpretation:

After collecting data researcher used different descriptive and inferential statistics. The mean, standard deviation and t- test were used for analyzing the data. The Mean and SD of the scores of the students is shown in Tables.

Descriptive statistics

Table - 2 displays the Mean and SD of the students' scores.

Table - 2: Descriptive Statistics of the Sample

Demographic Variables	Group	N	Mean	SD
Gender	Boys	100	73.84	13.34
	Girls	100	75.46	13.88
Locality	Rural	100	74.20	14.85
	Urban	100	75.82	13.70
Academic Stream	Arts	100	76.12	14.34
	Science	100	75.17	13.33
Gender (Music listening/not listening)	Boys	105	76.32	15.39
	Boys	95	71.95	13.08
Gender (Music listening/not listening)	Girls	102	75.90	14.20
	Girls	98	72.06	13.25

Inferential Statistics

Testing hypotheses makes significant use of inferential statistics. In a study, inferential statistics were used to determine whether to accept or reject a null hypothesis. In the present study, the mean difference between the pairs was computed using 't'-values.

Ho.1 There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between boys and girl Students in higher secondary level in Nadia and Kolkata district.

Table -3: 't'-test: Attitudes of Boys and Girls Students Studying Higher Secondary Schools in the Nadia and Kolkata District towards Role of music on the reduction of stress

Gender	N	Mean	SD	SED	Df	"t"
Boys	100	73.84	13.34	1.92	198	0.84
Girls	100	75.46	13.88			

**Not Significant at 0.05% Level

The above table reveals that 't' value was found that 0.84 which is not significant at 0.05% level, therefore the Corresponding null hypothesis (Ho.1) was accepted. So, there existed no significant difference in the mean score of attitude towards music on the reduce of stress between total boys and total Girls at higher secondary level.

Ho.2 There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between Rural and Urban Students in higher secondary level.

Table - 4: 't'-test: Attitudes of Boys and Girls Students Studying Higher Secondary Schools in the Nadia and Kolkata District towards Role of music on the reduction of stress

Locality	N	Mean	SD	SED	Df	"t"
Rural	100	74.20	14.85	2.02	198	0.80
Urban	100	75.82	13.70			

**Not Significant at 0.05% Level

The above table reveals that 't' value was found that 0.80 which is not significant at 0.05% level, therefore the Corresponding null hypothesis (Ho.2) was accepted. So, there existed no significant difference in the mean score of attitude towards music on the reduce of stress Rural and Urban at higher secondary level.

Ho.3 - There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between Arts and Science Students in higher secondary level.

Table - 5: 't'-test: Attitudes of Boys and Girls Students Studying Higher Secondary Schools in the Nadia and kolkata District towards Role of music on the reduction of stress

Academic Stream	N	Mean	SD	SED	Df	"t"
Arts	100	76.12	14.34	1.95	198	0.48
Science	100	75.17	13.33			

**Not Significant at 0.05% Level

The above table reveals that 't' value was found that 0.48 which is not significant at 0.05% level, therefore the Corresponding null hypothesis (Ho.3) was accepted. So, there existed no significant difference in the mean score of attitude towards music on the reduce of stress Arts and Science at higher secondary level.

Ho.4 - There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between Listening Music Boys and Not Listening Music Boys Students in higher secondary level.

Table - 6: 't'-test: Attitudes of Boys(Music listening) and Boys(Not listening)Students Studying Higher Secondary Schools in the Nadia and kolkata District towards Role of music on the reduction of stress

Gender (Music listening/not listening)	N	Mean	SD	SED	Df	"t"
Boys	105	76.32	15.39	2.03	198	2.15
Boys	95	71.95	13.08			

** Significant at 0.05% Level

The above table reveals that 't' value was found that 2.15 which is significant at 0.05% level, therefore the Corresponding null hypothesis (Ho.4) was Reject. So, there existed significant difference in the mean score of attitude towards music on the reduce of stress Music listening or not listening,Boys vs Boys at higher secondary level.

Ho.5 - There is no significant difference in the mean scores of Attitude towards music on the reduce of stress between Listening Music Girls and Not Listening Music Girls Students in higher secondary level.

Table - 7: 't'-test: Attitudes of Girls(Music listening) and Girls(Not listening)Students Studying Higher Secondary Schools in the Nadia and kolkata District towards Role of music on the reduction of stress

Gender (Music listening/not listening)	N	Mean	SD	SED	Df	"t"
Girls	102	75.90	14.20	1.94	198	1.97
Girls	98	72.06	13.25			

** Significant at 0.05% Level

The above table reveals that 't' value was found that 1.97 which is significant at 0.05% level, therefore the Corresponding null hypothesis (H_0 .5) was Reject. So, there existed significant difference in the mean score of attitude towards music on the reduce of stress, Music listening or not listening, Girls vs Girls at higher secondary level.

FINDINGS OF THE STUDY

Based on the statistical analysis and interpretation of the results of the present study, the following might be reiterated:

- In terms of attitude towards music on the reduce of stress, there is no discernible difference between boys' and girls' students in higher secondary education.
- No significant difference between higher secondary level Rural and urban student on the criteria of Attitude towards music on the reduce of stress.
- The attitude of Arts and Science higher secondary students towards music on the reduce of stress did not significantly differ.
- Regarding attitude towards music in the reduce of stress, there is a difference between music on the reduce of stress, Music listening or not listening, Boys vs Boys at higher secondary level.
- Regarding the attitude toward music in the reduce of stress, there is a difference between music on the reduce of stress, Music listening or not listening, Girls vs Girls at higher secondary level.

LIMITATION OF THE STUDY

The following are the study's limitations:

- The researcher sampled 200 higher secondary school students. They were not at all a reflection of the population.
- The survey focused on the Nadia and Kolkata district of West Bengal and excluded other districts.
- The data was analysed and interpreted without using complicated statistical methods like ANOVA or F-Value computation.
- Only students from class xi were included in this study.

Further Research Recommendation

The same study may be extended to other state, districts, Bed, Med, diploma, engineering and medical colleges etc. Different other variables like socio-economic status, religion, caste etc. can be included. The current research study was carried out with a sample of 250 and more adolescent students. It is recommendable to conduct the same study with a bigger sample and find out if any differences in results.

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