

ROLE OF MUSIC TO AFFECT THE PSYCHOLOGY OF AGRICULTURAL SCIENTISTS: A SURVEY

Dr. Seema Parmar

Assistant Librarian

CCS HAU Hisar

Email: seemaparmar9@gmail.com

Dr. Sandhya Sharma

Assistant Professor, Culture,

CCS HAU Hisar

Email: sandhya.vashishth@gmail.com

Abstract: Music is a very powerful feeling that has a significant impact on human psychology. The goal of this study is to investigate the effect of music on psychology of agricultural scientists. Music is not only beneficial for our health but for our souls also. Listening to music can energize our bodies, alleviate pain, and relax our minds. It has significant effects on our behaviors, feelings, and thoughts. Music has powerful effects on the psychological aspects of our lives. The wonderful thing about music is that it helps your brain stimulate and remember information better. It also contributes to improve the mental health of a person. Most of the people listen to music because it regulates their emotions and processes their feelings. Thus, it is essential to know what the effects of music on Agricultural Scientists are.

Keywords: Impact of Music, Agricultural Scientist, Survey, Human Psychology, Musical Effects, Musical Activity.

1.0 Introduction

Music has altered people's thinking abilities and mental states. Music can be beneficial in a variety of ways. It aids in relaxation, depression reduction, memory enhancement, improved attention, enhanced performance in several specialisations, and overall improved mental, emotional, and physical health (Wang, et al, 2022). Music is really beneficial to us in every way. "Engaging in musical activity can have a positive impact on health and well-being in a variety of ways and in a diverse range of contexts across the lifespan. Musical activities, whether focused on listening, being creative or re-creative, individual or collective, are infused with the potential to be therapeutic, developmental, enriching, and educational, with the caveat provided that such musical experiences are perceived to be engaging, meaningful and successful by those who participate" (Welch, et al, 2020).

2.0 Literature Review

A few studies related to the topic were explored wherein Tekin (2016) studied 322 university students for their music involvement from childhood stage to present age He explored the reasons for music and various other factors. Hallam (2010) studied the empirical confirmations relating to the effects of active engagement with music on the intellectual, social and personal development of children and young people. Gregory, et al (2016) analyzed the influence of music videos with science-based lyrics on subject knowledge and attitude in a three parts study of almost 1000 students to know the role of music in science education. Catterall, and Rauscher (2008) explored in their study the effect of music learning on different intellectual capacities. Schafer, et al., (2013) studied 834 respondents in two parts to know the research contributions which were clearly referred to musical functions and to investigate the hundreds of functions extracted from the reviewed contributions.

3.0 Objectives of the Study

The study has been carried out with following objectives:

1. To know the normal hobbies of agricultural scientist;
2. To see the preference of scientists for music activity;
3. To identify the frequency of music activity by agricultural scientist;
4. To identify the impact or effect of music on agricultural scientists.

Methodology and Design

For the study a structured questionnaire was designed and distributed among agricultural scientists who were attending a refresher course organized by ‘The Academy of Agricultural Research and Education Management, Department of Human Resource Management’ at CCSHAU, Hisar. There were 35 male and female agricultural scientists to whom the questionnaire was handed over but only 31 Scientists responded to the questionnaire. Thus, the response rate of 88.57% was received. Further, the response of the questionnaire was exported to a Microsoft excel file to calculate the data and presentation of data into tables for further interpretations.

4.0 Results and Discussions

The data via questionnaire was filled up using MS excel applications and various filters were used. The data was presented in tabular form and Percentage method was applied to further interpret the response.

Table 1 Demographic Information of Agricultural Scientists

Factor	Number	%
Age		
25-30	3	9.67
31-35	2	6.45
36-40	7	22.58
41-45	10	32.25
46-50	4	12.90
51-55	2	6.45
56-60	3	9.67
Qualification		
Masters	01	3.22
PhD	30	96.78
Family Type		
Joint	15	48.39
Nuclear	16	51.61
Marital Status		
Married	30	96.77
Unmarried	01	3.23

Table 1 reflects the different demographic factors of agricultural scientists like age, qualifications family type, marital status, etc. The table shows that majority of scientists were in age between 41-45 followed by 36-40. All scientists except one were having highest qualification i. e PhD in that specific field. Almost half (51.61%) were living in nuclear family whereas 48.39 % were living in joint family. All scientists except one were married.

Table 2 Hobbies of Agricultural Scientists

Hobbies	Number	%
Dance	02	6.45
Drawing	01	3.22
Music	14	45.16
Reading	08	25.80
Sports	05	16.12
All options	01	3.22
Total	31	100.00

Table 2 shows the different hobbies of agricultural scientists. A little less than half of scientist (45.165) preferred for musical activity in their free time. One third of scientists (25.80%) preferred reading followed by Sports (16.12%), Dance (6.45 %). Only a meager number (3.22%) preferred to make drawing.

Table 3 Preference of Music Activity

Music Activity	Number	%
Instrumental	01	3.22
Listening	27	87.09
Planting	01	3.22

Singing	02	6.45
Total	31	100.00

Table 3 demonstrates the different kind of music hobbies like listening, singing, instrumental etc. Majority of scientists (87.09%) revealed that they preferred to listen musical rather than singing and playing instruments. There were only a small number of scientists (6.45%) preferred singing musical while 3.33 % each preferred playing instruments and composing music.

Table 4 Frequency of doing Music Activity

Frequency	Number	%
Daily	20	64.51
Rarely	05	16.12
Weekly	06	19.35
Total	31	100.00

Table 4 shows the frequency of doing musical activity by agricultural scientists. A large number of scientists (64 %) preferred music on daily basis followed by 19.35% scientist did on weekly basis and 16.12 % rarely did musical activity.

Table 5 Impact after Music Activity

Facet	Number	%
Boost memory	07	22.58
Relax	20	64.51
Build Task Endurance	04	12.90
Total	31	100.00

Table 5 shows the impact of musical activity on agricultural scientists. There were a large number of scientists revealed that after listening, singing or playing music they felt relaxed, 22.58 % said that it boost their memory while 12.90 percent told that Music built their task endurance.

Table 6 Effects of Music on Different Psychological Aspects

Response	Number	%
Music is effective in concentration		
Yes	31	100
No	-	0.00
Music affects Psychology		
Yes	31	100
No	-	0.00
Music affects Behavior		
Yes	31	100
No	-	0.00
Music connects with Realism		
Yes	28	90.32
No	03	9.68
Spiritualism		
Yes	27	87.10
No	04	
Paradox Situation		
Yes	26	83.87
No	05	16.13
Release Anxiety and Depression		
Yes	31	100.00
No	-	0.00
Effective in Meditation		
Yes	30	96.77
No	01	3.23

	Music heals Grief and Sorrow	
Yes	29	93.55
No	02	6.45

Table 6 reflects the agricultural scientists' point of view on effect of musical activity on their other psychological aspects. All scientists revealed that musical activity had been effective in their concentration on different things; all said it affected their psychology, their behavior and released their anxiety and depression emerged due to different factors of their lives. 90.32 % scientists revealed that Musical activity connected them with realism while 96.77% said that musical activity had been helpful in their meditation. 83.87% agricultural scientists disclosed that Musical activity had helped them to come out from paradox situations whereas 93.55% expressed that it heal them from grief and sorrow.

Table 7 Effects of Music on different General Aspects

Music activity used in Promotion of Agriculture		
Response	Number	%
Yes	26	83.87
No	04	12.90
Not known	01	3.22
Music Reflects the Image of Society		
Yes	29	93.55
No	02	6.45
Helpful to Fulfill Communication Gap of Society		
Yes	24	77.42
No	07	22.58
Emotions Arouse Emotions in Listeners		
Yes	29	93.55
No	02	6.45
Emotional difference from other emotions		
Yes	24	77.42
No	07	22.58

Table 7 illustrates the agricultural scientists' conception towards effect of musical activity on their daily life activities. There were 83.87% agricultural scientists expressed that Musical activity can be helpful in promotion of agriculture. 93.55% showed that music reflects the image of society whereas 77.42% said that it was helpful in filling the communication gap of society. 93.55% said music arouses emotions in listeners and 77.42% thought that musical emotions are different from other emotions.

5.0 Conclusion

Impact of Music and other Arts has a special impact on lives of human beings. Art and culture remains effective irrespective of nation, state, caste, creed and profession. In present work agricultural scientists are studied with effect of musical artistic activity and tried to find the different kind of general and psychological impact on their life. It has been concluded that music has a very positive impact on lives of agricultural scientists. They preferred to do the activity in singing listening, and playing with instruments but majority of agricultural scientists (87.09%) preferred listening music and majority of them listen music on daily basis which made them relaxed.

6.0 Practical Implications

These kinds of studies show that impact of different kind of activities on psychology of a specific group of populations. These studies are helpful in analyzing the positive and negative effects of different activities on a specific group on a small scale and after analyzing its benefits make the strategy of implementation on a larger group of other group of population.

7.0 References:

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