# Relationship between musical appreciation and personality influence on social attitudes

E.M.I. Edirisooriya, Senior Lecturer (Gr.I) in Violin (North Indian Classical) Dept. of North Indian Classical Music Faculty of Music University of Visual and Performing Arts, 21, Albert Crescent, Colombo 7, Sri Lanka indrani.e@vpa.ac.lk

#### ABSTRACT

An individual can enjoy one or more musical disciplines as a huge variety of musical systems exist all over the world. The aim of this research is to evaluate individuals' responses towards the social attitudes by means of collecting answers for a questionnaire of selected samples of community, considering their musical appreciations, and studying how the interrelationship between music and personality influence on the behavioral patterns of a person and observing if the attitudes of that particular person are favorable or unfavorable to the society. The research question of this research is "Are there any effective specific music disciplines which contribute to the development of favorable personality-characteristics of human beings that lead towards the wellbeing of the society?". If positive personality characteristics could be developed through music, it will be a much favorable output for the society. As far as the researcher is aware, there has been no research conducted in order to evaluate how a person's attitudes could be improved by certain types of music. The objectives of the research are to find out the age from which the interrelationship between music and personality should be introduced to a person's life and what types of music disciplines are best for this purpose and to prove that certain kinds of music have the capacity of enhancing the concentration of a person and also uplift characteristic values which could lead to a healthy society, both physically and mentally. Similarly, it was proven that the factors such as age and profession greatly influence the music appreciation of a person. The research further revealed that, enjoying various classical musical styles pave the way for developing favorable physical, psychological and social friendly personalities. Finally, as a result of exposure to classical music and appreciation, social friendly personalities could be developed.

Keywords: Attitudes, Musical appreciation, Musical discipline, Rehearsing, Usage of tones

## Introduction

Out of the various musical items appreciated by each person, classical music and light music could be identified as two common systems. An individual can enjoy one or more classical music systems and light music systems. The objective of this research is to evaluate individuals' responses towards the social attitudes under the above topic by means of collecting answers for a questionnaire. Randomly selected sample includes 50 A/L students, 50 university students and 50 various professionals. The data will be collected by means of substitute and prescribed questionnaires and finally data will be analyzed according to the charts/tables.

## Question

How does music contribute to the development of favorable personality characteristics and how does it indirectly affect the society?

## The importance of the research

If favorable personality characteristics could be developed through music, it will be a much favorable output for the society; consequently, it will be effective to upgrade the personality of a person indirectly. The research will be carried out in order to make out whether music education and appreciation will have impact on various aspects such as intellectual, emotional, ethical, social and spiritual personality characteristics of a person. Moreover, the research is to prove that music has the capacity to influence human life and society favorably. It is a timely need to examine the practicability of music towards creating persons with balanced personality, in an era where social values and personal ethics are deteriorating. According to various researches carried out on Music and Personality, it is expected to study from which age that the interrelationship between music and personality should be started and how musical disciplines could be used to develop favorable attitudes where rehearsing music, respecting the musical disciplines and teachers, will be considered.

## Methodology

- 1. Reference of written resources /cyber resources
- 2. Field study

Data is analyzed according to the prescribed questionnaire compared with substitute questionnaire. In the substitute questionnaire, the 7<sup>th</sup> question was designed in order to obtain the five personality characteristics (mentioned in the Diagram 01) by tallying the answers according to the WATER concept; five qualities through music learning and appreciation.

## 1. Music

There are enough evidences to prove that music has been a basic component in human life from the very beginning of the evolutionary stage of the homo sapiens. According to Bowra, it is revealed that from the ancient ages of evolution, man was a being who exchanged goods with each other; he migrated from one area to another, meeting many new tribes. In instances like these, if he found a better hunting tool than the one he has presently, he would exchange it with each other. Additionally, even clothes, armor were among the goods that were exchanged between tribes, but the only thing they never exchanged or shared was their tribal songs. (Bowra,1963, p14.) Thus, if we consider music as a component of life, it has been closely associated by humans in their lives from then till now; it has been a practically applicable subject throughout the evolutionary process of humans. "Music is a most important factor in human being which enters into daily lives of the people and has taken an essential part of their all religious ceremonies and processions also. Even in the most primitive tribes of the world the music is accompanied with their various occasions, functions, the different of stages of agriculture and other occupations rather day-to-day activities etc." ( Pathirana, 2017, p91). Similarly, the history of music can be accessed through a large body of books and cyber resources, as there are many disciplines and categories of music existing all over the world which bear many diverse definitions. (Mainly Western and Eastern) it is not an easy task defining the term "music".

According to The new encyclopedia Britannica, Music is a word derived from the Greek word "maousiki". In latin, it's named "Musicae". According to Oxford Dictionaries "Vocal or instrumental sounds (or both) combined in such way as to produce beauty of form harmony and expression of emotion".

In the Collegiate online dictionary, it is said that, "The science or art of ordering tones or sounds in succession in combination and in temporal relationships to produce a composition having unity and continuity"

Apart from these western definitions, there are definitions given in ancient Indian records.

One is the book "Sangeetha Rathanakaraya" (sarangadeva,13<sup>th</sup> century) written in the language of 'Sankrit'. In it says "Geethang vaadyang Thathaa Nuthyang Thrayang Sangeetha Muchchathe" According to this, the meaning is, "Music is singing, playing instruments, and dancing combined together." (Shringy, 2007, English Translation-Sangeetha Rathnakaraya). In addition to this, many books are written in Sanskrit in the ancient times in India such as "Sangeetha Paarijaatha" and "Bruhadh Deshi" which also bear definitions of this sort.

The mind is the basic component of enjoying musical creations. "Music provides exercises for the brain to develop HBF (Rauseher, Robinson&Gens, 1998) ... Patterns of sound and silence influenced brain development in the areas of higher brain functioning. (Pinker 1997) "... Music is an experience in the relations of space/ melody, intervals and movement and force/ dynamics and physical impact of sound waves". (Crowe ,2004, p139) According to the modern scientific investigations, it has been ensured that music should influence the mind of an individual thus the mind responds. Thus, it is evident that music can cause the building of favorable personalities and therefore it has to be studied how music style causes the building of such personalities.

"People like the music according to their personality, mood and culture and moreover, music appreciation or musical skills depend on some reasons like genes and what they listen. Music potentially influences behavior because it can affect each level of the organization needed and influence the integrated activity of the various components as a whole, that stimulate behavior." (Crowe,2004, p139) "... As music affect emotion,

feeling and mood it can ultimately contribute to this aspect of personality" (Crowe,2004, p154).

Presently, music is applied as a psychological therapeutic technique too. The theory behind this application is using music as a healing agent to reduce the impact of certain illnesses such as cancer, high blood pressure, mental stress and also sometimes to support the mentality of pregnant mothers. "...A super system like memory or music appreciation arises out of the functioning of the inter connected parts...highly evolved human cortical function is called Higher Brain Function (HBF)...Human mental capacities such as mathematics, reasoning, problem solving and musical behavior are HBF." (Crowe,2004,245)

Scientific studies have proven that music has an influence not only on the human mind, but also on flora and fauna as well. Through researches as well as experiences gained through social characteristics, that music has an influence on the ethical and personality characteristic development in an individual.

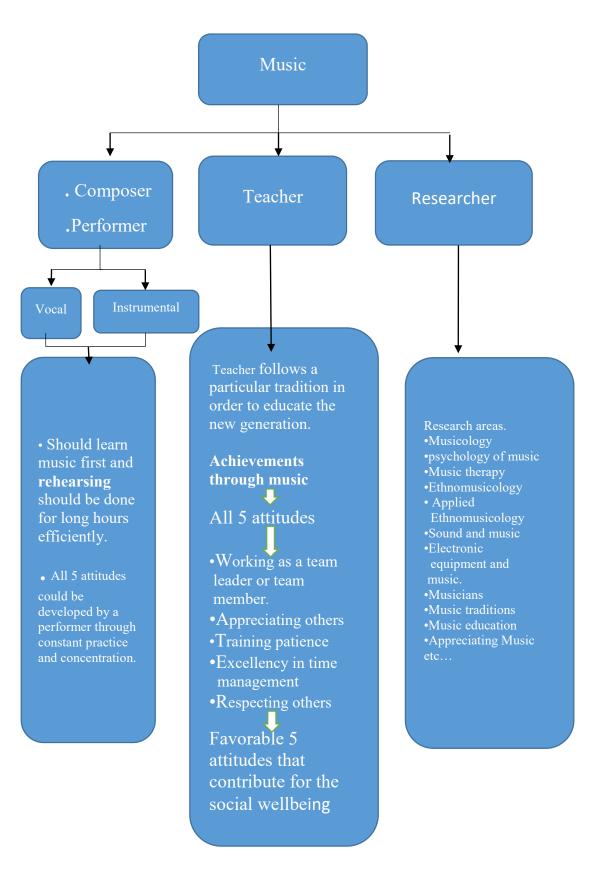


Diagram 01. Conceptual Framework

All these three significant professionals (performer, teacher, researcher) hold an authority regarding their respective field. Rarely there could be an expert in all three (Here listeners and audience excluded) (according to diagram 01.)

The above mentioned five achievements gained through music, will affect the social attitudes of a person favorably. All the aspects regarding good quality of a person can be seen in those five which fundamentally could be identified as favorable personalities. By the reaching of the destination of learning music, the above mentioned characteristics could be seen within an individual. This can be the reason why a person's life should be enriched with the quality of music. Unlike other subjects, music should be a part of life; the starting point may be any age or the duration of associating music maybe short-term or long-term.

Music and musicology are two different areas. Music is something humans enjoy whereas, musicology reveals the scientific mechanism behind music and music appreciation. Simply musicology is based on all the theoretical aspects regarding music. (Kennedy,1996, p502)

According to musicology, musical mind is comprised of few aspects such as, musical imagination, musical memory, musical intelligence, music feelings and musical performance. (Fernando, 2003. P 91). To enrich the musical mind, one should study music with deep concentration on the above components, then that sort of education will affect the enrichment of the musical mind. This particular research does not go further into defining or elaborating on musicology.

## **1.1 Musical appreciation**

## 1.1.1 Hearing

Although various sounds are heard by the ear all those sounds are not taken into consideration by an individual. It should be named "hearing" they are just heard and passed down without one's attention and it could be music or any kind of sound. The research is not about these type of hearings.

## 1.1.2 Listening

Listening deliberately, paying attention to the sound, is called "listening". As for listening to music on purpose or with concentration is what's called listening to music. The research is to discuss about this type of listening regarding any kind of music.

## **1.1.3 Usage Tones in music**

'Tone' is one of the essential components affiliated to music as music means 'tone' and 'rhythm'.

According to dictionary of psychology, tone can divide into two main categories as simple tones and pure tones. (Arthers, 1985, p779)

"...In western music musical tone is a steady periodic sound" (Arthers, 1985, p779)

In Indian music tone is called *naada*. Musical tones indicate in notes. (Indication of notes are different from one music tradition to another. i.e. do re mi fa, G D E F... etc.) As music is a combination of tones and rhythms, scientific researchers have done

regarding this particular area of "tones". The mind can identify musical tones separately. (Seashore,1938, p53) But for the ordinary man in the society, music is not only about tones and rhythms; lyrics play a vital role in music which affects the listener by great means. The importance of lyrics needs to be highlighted due to the reason that every music creation is not instrumental. Therefore, listening to music is not only about listening to tones. So is it possible, when learning or appreciating music, to avoid the lyrics and only concentrate on the tonal significance? Therefore, listening to the tone as well as the lyrics is relatively important because listening to tones and listening to language are separately understood by the brain/mind.

"imagery and feeling states were produced when classical music was used. Classical music is more rhythmically consistent, which is shown to produce more vivid imagery compared to other music". (Crowe,2004, p245)

According to the evidence shown above in psychology of music, it can be proven that listening or learning classical music is more effective than learning or listening to other music styles.

"music can and does alter our mood (Radocy &Boyle 1997). In music therapy practice, this was first noted by Altschuier (1954) and identified...music's ability to match and alter mood. Current research shows that when the mood of the music is matched to an individual's mood and then gradually change the person's mood...'" (Crowe, 2004, p245)

## 2. Personality

Personality is an idiosyncratic feature of each person. The environment where the person lives, the way of the person's life style and biological factors, genetic characteristics, thoughts, attitudes and even some physical and psychological disorders have an impact on the personality development. Similarly, the experiences gained from the persons' living environment and social relationships greatly influence the personality. Personality is a key to identify individuals separately and personality is demonstrated through personal skills, attitudes, independence etc.

Many various theories on personality have been suggested by psychologists. Investigations have proven that even food and drugs taken by mother, and her emotions during pregnancy directly influence the child's personality development. During the stage of initial development of a child (Revolution in some specific organs) the nerve system development is started. (thebrain.mcgill.ca) Researchers point out that the evolution of the cells of nerve system of a child is started during the first month of pregnancy and it leads to grow a number of nerve cells at the last month of the pregnancy. It has been confirmed that the development of brain cells is only occurred up to ninety percent during pregnancy. Therefore, the basis of developing a balanced personality of the new born child should be started from the early childhood. The shared interrelationship between the child and mother, directly influences the personality development. It leads to build favorable or unfavorable personalities. The mother has to play an important role in developing a favorable personality in a child. Similarly, it is a great social mission as well as a vital responsibility. The child who starts to develop his initial personality from his/her house and surrounding environment continues that development in the preschool age as well as through school education. Personality development consists of two aspects. Those are physical and psychological personalities. Therefore, special attention should be given on child centered education.

Here, music should be considered as a main relative supporter. A balanced personality should be created in children from the early childhood. Further, in developing personality, the child should be made to focus on appreciation, and performing creative skills etc. Similarly, children should not be exposed to mistreatment, cruelty, negligence and violence. Researches have proven that exposure of children to above factors will lead to build not only narrow personalities but also nostalgia, neurosis in their latter parts of the life.

## 2.2 The influence of music towards personality development

Many researches have been carried out on this subject all over the world. A number of researches which have been carried out by Psychologists on music are being reported from various countries. Jason Rentfrow and Sam Gosling are the foremost psychologists among them. According to the analysis of those two psychologists, it has been revealed that judgments could be made on personality of an individual depending on the music style to which that person listens. Hence, researches have been carried out to reveal the impact of music on mental functioning. The reaction to music done by each part of the brain is shown below. "The data indicated that people consider music an important aspect of their lives and listening to music an activity they engage in frequently." (Rentfrow,Samuel,psynet.apa.org)

- 01. Connection of right and left parts of the brain.
- 02. Movement of legs, dancing and playing of music instruments.
- 03. Contented with expectation and non-violence.
- 04. Respond emotional functioning.
- 05. Responding musical process
- 06. Responding to the feeling created by music playing and dancing.
- 07. Analyzing the sound during the early days of paying attention to sound.
- 08. Having musical memory and relationship between terms.
- 09. Controlling action of people and reading music.
- 10. All emotional expressions and reactions.

It has been proven that the intellectual personality of persons is improved through listening to music and studying music as above. Psychologists established that playing musical instruments helped in developing the ability to make various movements and dancing patterns. Accordingly, when children those who studied music for more than a period of many years were compared with children those who did not study music, it was found that the children who studied music had made a progress in oral, logical and movement capacities. It directly influences the physical development. Researches have also proven that visual attention of adults is developed through listening to the music. Further, the creative and emotional, ethical as well as intellectual personality of the people is developed through listening to the music. This proves the relationship between music and personality. According to the view of Andrian Horth there is a real relationship between the music style that a person is interested in, and his/her personality. Similarly, according to the research result of Heriot Wott, it was confirmed that there is a genuine relationship between music and personality. More than 36000 individuals had taken part in that research. This was the first musical research conducted by employing a group who appreciated a wide range of musical compositions. In that research, action was taken to compare personality characteristics and preferred musical styles of few persons out of a group 104 participated in the research. The result of that comparison is shown below.

01. Blues Music -	Having a self-esteemed, amicable, simple, pleasant and creative personality
02. Jazz Music -	Having a self-esteemed, simple, amicable and creative personality.
03. Classical Music	- Having a self-esteemed intelligent, simple, creative personality.
04. Rap Music	- Having amicable, self-esteemed personality.
05. Reggae Music	- Would like to work hard and having self-esteemed personality with amicable and creative characteristics.
06. Rock Music	-Having a less self-esteem, less amicable, but creative and simple personality who would not like to work hard.
07. Pop Music	- a self-esteemed personality with less creativity, less ease and would like to work hard
08. Folk Music	- creative, amicable personality.
09. Opera Music	- pleasant, decent, and self-esteemed personality.

Further, scientific researchers have confirmed that music greatly influences the personality development of humans favorably and unfavorably. Researches have further revealed that classical music greatly helps to relieve stress and to change the sympathetic tone of body and to cure distress. It was have revealed that blood circulation is regularized by listening to classical music styles and it leads to the cure of stress and thereby the possibility to having Asthma, cardiac diseases, high blood pressure, gastric disorders could be minimized. It was further revealed that diseased persons get positive outcomes through listening to music. It had been discovered that wounded and depressed soldiers during the Second World War were allowed to listen to music and hopeful outcomes could be gained through that process. Some researchers have shown that music could be utilized in favorable and unfavorable manners. According to a research conducted by involving criminals, Western psychologists confirmed that most of criminals had listened to music styles such as Punk Rock before they commit the crime. This is a critical point regarding music. More researches should be followed on this particular topic.

## 3. Sample selected for the research.

A randomly selected sample of 150 persons of various age levels and representing various professions were engaged in the analysis of the relationship between the interest in music and personality. It was confirmed upon an analysis of answers obtained

through a substituted questionnaire and matching the answers with the prescribed questionnaire. The questionnaires are given in the appendix (p20)

Individuals were selected under three categories.

01. School children who engage in secondary education.

- 02. University Students.
- 03. Various professionals of different professions

50 individuals representing each category were randomly selected. The study was carried out by allowing the individuals to listen to their preferred songs as per the order given in the questionnaire and comparing it with their personality characteristics.

#### 3.1 Students following secondary education (16-20 years)

The questionnaire was handed over to 50 students representing 05 schools in Sri Lanka, (10 per each school)

The 05 schools are as follows.

Name of the school	Number of students selected
Vishakha Vidyalaya, Colombo.	10
Musaeus College Colombo	10
St/Anne's College Kurunegala	10
Henegama Madyamaha Vidyalaya	10
Udupila Veeravijayaba Maha Vidyalaya Gampaha	10

Table 01: Distribution of the study sample by Schools

**University Students:** A sample of university students representing various fields were randomly selected from five universities.

Name of the university	Number of students selected
University of Visual and Performance	10
University of Rajarata	10
University of Colombo	10
University of Kelaniya	10
University of Jayawardhanapura	10

Table 02: Distribution of the study sample by Universities

**Professionals:** 50 professionals representing various fields were participated at the research.

Table 03: Distribution of	of the study	sample by	y Occupation
	2	1 2	

Profession	Number of professionals selected
Three Wheel Drivers	10
Officers of health department	10
Police Officers	10
University Staff (Academic and Non- academic	10
Other government officers	10

### 4. Responses received for the questionnaire of the study

#### 4.1 Responses given by school children.

Music style	classical	Рор	Folk	Rock	Opera
Listening percentage	22	28	18	20	12

Table 04: Responses of School Children by Music styles

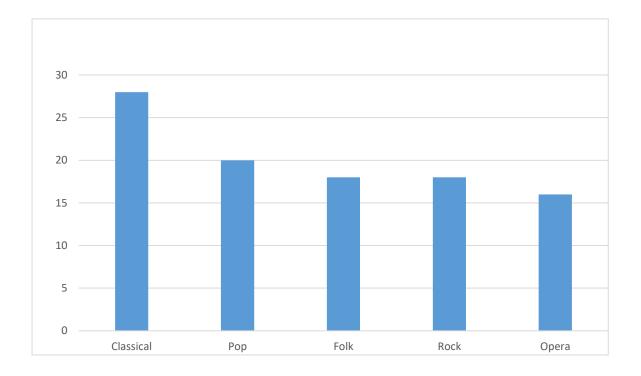
School children are aggressive and emotive in nature. They mostly opt to listen to singing styles such as pop, classical, rock and folk. Normally, children listen to every kind of music irrespective of the style. This proved that if adults lead them to appreciate and learn any kind of music, their attitudes could be developed favorable.

### 4.2 Responses given by University students

Music style	Classical	Рор	Folk	Rock	Opera
Listening	28	20	18	18	16
percentage (%)					

Table 05: Responses of University Students by Music styles

It is observed that the university community is a logically, emotionally and critically thinking group that has a great appreciation within a wide range of music styles. It reveals that they appreciate classical and folk music related compositions. Similarly, they also listen to other varieties of music. It is suggestable that these types of music should be used as a playback at their work place, in order for them to relax during working hours without interruption. This will develop a soothing working background which will lead to peaceful social attitudes.



## Figure 01: Responses of University students by Music styles

## 4.3 Responses given by professionals

Music styles	Classical	Рор	Folk	rock	Opera
Listening	36	32	12	12	08
percentage (%)					

 Table 06: Responses of University students by music styles

Professionals representing various fields were participated in the research and it was able to identify their interest in music was diverse as per the analysis of data. Similarly, it was clearly ensured that there is a relationship between the personality and musical interest. As they were given particular kind of music to listen they suggested that music is a must to listen while working. It proved that music can change moods and make relaxation of the mind. According to their personality they enjoyed classical music as well as pop music, country folk music as a majority.

According to the above analysis of data it is obvious that school children prefer music styles such as Pop, Rock, Opera and folk. Generally, their personality characteristics are aggressive, emotional, creative etc. The nature of personality characteristics of the individuals those who love to listen to above music styles are aggressive, emotional,

and creative. This implies that one's preferred music style determines one's personality characteristics. Music styles which are preferred by various personalities vary according to the level of their age.

University students are more logical, critical and emotional than the school students. There is a great tendency in classical, Pop, Rock and opera music styles among them.

There is a diversity of music interest of individuals engaged in various professions according to their professional background.

The main objective of the research is to study the impact of the relationship between the interest of music style and personality towards social attitudes. Similarly, through this research it was implied that the factors such as level of age, profession greatly influence on the appreciation of music.

## 5. Outcomes revealed through the data analysis

The key concept that should be revealed through this research is the WATER concept under which falls the five qualities (mentioned in the diagram 01) that can be developed by an individual with the association of music.

## 5.1 WATER concept

As mentioned in the methodology, the answers given by individuals for the 7<sup>th</sup> question in the substitute questionnaire is designed in order to acquire their personality characteristics according to the WATER concept.

$1^{st}$ answer – first quality -	working as a team member or leader	(W)
2 <sup>nd</sup> answer- second quality -	Appreciating others	(A)
3 <sup>rd</sup> answer - third quality-	Training patience	(T)
$4^{th}$ answer – fourth quality -	Excellency in time management	(E)
5 <sup>th</sup> answer – fifth quality -	Respecting Others	(R)

According to this research, majority of the participants who took part in answering the questionnaire, gave answers positively and they had shown a tendency in listening to classical music in a higher rate. (Refer to bar charts 1, 2 and 3). It is plausible to say according to the results gained from the questionnaires, that individuals who can enjoy and appreciate music, also possess these five qualities. (The results were gained by comparing the substitute questionnaire with the prescribed questionnaire.

### 6. Conclusion

According to researchers (Rentfrow and Gosling 2003) there are five major personalities which are greatly concerned in the field of psychological research called "Big five traits" or 'five factors model' (FFM). Those five traits are,

Openness Conscientiousness Extraversion Agreeable Neuroticism

As a whole, every person needs to develop their attitudes to live as a successful individual in the society. Through learning and appreciating music, one can achieve the five attitudes mentioned in the diagram 01. Those five favorable attitudes are,

Working as a team member or team leader Appreciating others Training patience Excellency in time management Respecting others

This particular research has revealed that most of the music appreciators hold these five qualities which were developed with the association of music. It is possible that those qualities advance within a person as an indirect process. (Learning, rehearsing, performing process). Even though the progress of these attitudes happening within a person is an indirect process, it affects the society directly. If society is the ocean, water is what makes it. Therefore, a society which has the five big traits, must also comprise with individuals carrying the five favorable attitudes in order to avoid the degradation of the ocean into a dessert. Formal education and counselling also play a role in enriching persons' lives with positive attitudes, but in a universal manner, music alongside religion, contribute to the enhancement of these qualities inevitably.

This research doesn't address the psychological aspect of music. According to the data analysis, people of all ages and all times, listen to music, but if there is a way they could be made to learn and listen certain kinds of music, it may trigger favorable social attitudes. The learning process and rehearsing music are the main crucial aspects when associating music in order to upgrade the five attitudes mentioned above. There is a direct relationship between music style and personality. Hence, it is a prime need to develop favorable personality characteristics in a child for the social wellbeing. People should be directed to follow a disciplined music style from their childhood in order to prevent anti-social violent emotions and to develop favorable behaviors. The research further reveals that enjoying various musical styles paves the way for developing favorable physical, psychological and social friendly personalities. Music is a popular concept all over the world, it is only inferior to human language. There are international languages that can be studied by students all over the world according to their desire. Likewise, selected effective music components should be taught, learnt and practiced by students as the bud of the society members. It helps to improve their mental and physical wellbeing.

## 7. Suggestions.

- 01. On this fact music should be used in an effective manner among humans of every ages. It could be started methodically from pregnancy period continued lifetime in a direct or indirect manner.
- 02. In the curriculum of schools, music should not only be entitled as a subject but also as an enjoyment, letting the students listen according to their preference. Even though students belonging to all the subject schemes should listen to music in a certain period in the school curriculum; unfortunately, it is only studied as a subject by a few students who choose to study it. The music for the purpose of listening at a certain period allocated to the appreciation itself, should be classical music; western or oriental, as the survey proved the classical music lovers of any tradition possess favorable attitudes towards the society.
- 03. In the public areas, selected pieces of music of various types should be put as a playback under the supervision of a genius. In some transport systems as well as in some public places songs are played via electronic devices which are not even suitable for all ages or all instances. They are not selected music pieces by a genius. It is typically forced to be listened by the owners of certain private traveling modes or devices owners. Better silent than some disturbing music.

#### **REFERENCES.**

Arthers, Reber, 1985, Dictionary of Psychology, Penguin books.

Bowra C. M. 1963, Primitive Song, World Publishing Company, Cleveland.

Crowe, J. Barbara. 2004, *Music and Soul making – Toward a New Theory of Music Therapy*, Lanhem, Maryland, Toronto, Oxford, The Scarecrow Press.

Definition of Music in English by Oxford Dictionaries, online, access/2018/6/2.

- Fernando, Ranjith, P. D. 2003, *Musicology Psychological approach Sinhala,* Auther Publication, Moratuwa, Sri Lanka.
- Kennedy, Michael ,1996, *Oxford Concise Dictionary of Music* 4<sup>th</sup> edition, Oxford University Press.
- Pathirana, Sandun 2017 (*Magazine Sinhala*) SANGEET, Aesthetic Education Unit, Ministry of Education Sri Lanka.
- Rentfrow, Peter J. Gosling, Samuel D, 2017, (Journal) *Abstract* PSyc, INFO, database Records(C) psynet.apa.org. access/2018/6/2.
- Seashore, Carl E. 1938, *Psychology of Music*, Originally Published by McGraw Hill Book Company Inc.
- Shringy, P.K. Sangeetharathnakara of Sarangadeva, Sanskrit text and English Translation with comments and notes. English translation under the supervision of Premlatha Sharma, 2007, Munshiram Manoharlal Publishers Pvt Ltd. Vol I &II.

#### Web pages

en.wikiquote.org/ access/2017/5/20.

https://wkipedia/access/2016/7/12.

https://psychosl.blogspot.com (Sinhala)/access/2017/5/20.

https://blog.bufferapp.com/access/2017/5/24.

integratedlistening.com/access/20175/22.

https://academic.oup.com/access/2017/5/11.

thebrain.mcgill.ca/access/2017/4/13.

## APPENDIX.

## Substituted Questionnaire.

1.	What's your age?
2.	What's your gender?
	Male Female
	Student Job holder
	Name your profession:
3.	Have you studied/ or are you studying music as a subject?
4.	Yes No No If so, from which age did you start studying music?
	From the age of:
5.	Which style of music did you/do you study?
	a.) Western classical:
	b.) Eastern classical:
	c.) South Indian classical:
	d.) Other music styles. (example: pop, rock etc.):
6.	Name five types of music styles/compositions/songs that you like to listen to.

a.) .....

b.)	•••	•••	•	•••	•••	••	• •	•	•	•	• •		•	•	•	•	• •	•	•	•	•	• •	•	•	•	•	•	• •	•	•	• •	
c.)	•••	••	•			•			•	• •		•	•	•	•	• •	••		•	•	• •	••		•	•	•	•		•	•	•••	
d.)	•••			••	• •	•••		•	•	•	• •		•	•	•	•		•		•	•		•	•		•	•		•			
e.)																										•				•		

# 7. Mention how you would react to the situations mentioned below.

i.	According to the religion you follow, what is the notion that you hold related to religious activities held in such places? Example: if you engage in them or avoid them) (W)
ii.	Who is your favorite artist? Why? (A)
iii.	If one your neighbors scold/blame/accuse you for no reason, what would your reaction be? Explain. (T)
iv.	What do you think about time and how would you use your leisure time? (E)
v.	Give your opinion on teaching and learning (R)

2.

## Prescribed questionnaire.

- Tick the boxes shown below according to the given instructions. ( $\checkmark$ ) A.
- 1. I listen to this type
- 2. I don't listen to this type (Circle the relative letter corresponding to your most favorite music style) 1.
  - a) Classical music
  - b) Pop music
  - c) Folk music
  - d) Rock Music

e) Opera

B. If you have these qualities, tick the given box.  $(\checkmark)$ 

	Yes	No
1. Patience		
2. Respecting others		
3. Appreciating		
4. good time management		
5. Appreciate working with others		

ISSN 2432-7433 Vol.2, No.2