

To Study The Influence of Indian Classical Music Raga Bhupali on Pattern of Study Habits

Abstract

Music increases creativity, thought processes which help to improve study habits. It is a kind of art which helps them to discipline their life style, study habits and build a bright future. The present study is an effort to understand the role of Indian classical music Raga Bhupali on pattern of study habits among collegiate and non-collegiate boys and girls of Udaipur & Banswara Districts. A sample of 200 students (100 collegiate, 100 non-collegiate) was selected through purposive random sampling from Government college and private students of Udaipur and Banswara districts. Palsane & Sharma Study Habits Inventory (PSSHI) was used as a tool for data collection. It is developed by M.N. Palsane & Sadhana Sharma. Result revealed that Indian classical music Raga Bhupali will positively influence on pattern of study habits among collegiate and non-collegiate boys and girls.

Keywords: Indian Classical Music, Raga Bhupali, Pattern of Study Habits, Mental Health, Music Therapy.

Introduction

Music is capable to regain lost memory (Richard Kogan). Music encourages a student to think positively which helps in study and examination. According to German research "music increases work capacity. Hearing music keeps the mind active. Music helps to focus, to concentrate. Music is a kind of art which helps them to discipline their life style, study habits and build a bright future.

Beentjes et al., (1996) study, students who watched television while working on their homework felt that their performance suffered more when news, sports, talk shows, game shows, and drama programs were on, than when music programs were on. Self selected music may be innately distinct in that it allows for a basic level of sustained attention, without become overly burdensome. One is not required to provide feedback to music, such as during a conversation with another person, nor must they process plot developments or storylines, such as when watching a drama series. Similarly, the sentiment that music with low information-load yields optimal conditions for activities such as reading comprehension tasks has also been shown Kiger, (1989). Again, self selected music will most always possess a low-information load, regardless of its genre and characteristics, as it is familiar to the listener, and can be chosen to meet the specific needs of the situation. Study Habits Just as a musical composition can be identified and analyzed via its characteristics, so too can the process of studying. In its simplest terms, studying can be classified into two categories: deep-level and surface-level study habits. Hay, (2007). Dr. Neil McLatchie of Lancaster University (2019) said that exposure to music with familiar lyrics- impaired creativity regardless of whether the music also boosted mood was liked by the participants, induced a positive mood or participants typically studied in the presence of music.

Haake (2011) suggests that an active combination of listening to music and studying may be a beneficial study strategy, with music supplementing as an effective study aid. Perhaps listening to music enables one to cope with any negative feelings associated with studying (e.g., boredom, fatigue) and avoid truly distractive behaviors (e.g., leaving the study environment). Recently, it has been seen that when students are able to prevent their thoughts from wandering off, they display improved long and short-term performance Nonis & Hudson, (2010). This idea that music can promote on-task behavior ties back into Hallam and Price's

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(1998) proposition that music is capable of satisfying some level of "stimulus hunger" in someone who becomes distracted. When music serves as a "focused distraction", it allows task performance to continue, as opposed to other media programs.

Some students who have bad study habits, they usually read without identifying meaning or skim, so they remember important facts. They may also be careless, may mess up in their paperwork, or ignore or abandon problems and tasks. Students with a habit of poor study easily get distracted, don't stick to a work, daydream or try to study while listening to music or watching television. They rarely put meaningful questions or their are constantly ask questions so that they stay away from their work. Many poor students were never helped to learn or study.

After school life, the study pattern of college students gets changed as he is free from the routine of home work and class test, which can be a hindrance in developing good study habit. He now gets into the habit of procrastination and ends up in piling up his task. Sometimes college students get involved in the negative activities which sabotage their study habits. Because college life is a time to set their goal for future it is necessary to improve their study habits.

College life is the golden era of a person's life. The idea of college makes a person enthusiastic and free. While entering in college the person thinks that he or she can live life in his own way and ignore any kind of boundations. Both categories of students collegiate and non- collegiate want to live accordingly. Collegiate is a regular college going students. Lectures, assignments, tests are the part of their routine. Collegiate gets chance to improve their personality and to express them in college environment. Regular meeting with professors and their peers make them update and confident. As comparison to, non-collegiate students have a different kind of world. While pursuing other activities in their lives they are enrolled in college only for exam. Burden of doing daily assignments, expectations of teachers, competition from classmates are missing from their life. Non-collegiate doesn't get a platform to express them on daily basis.

The responsibility of developing good habits of study is the same responsibility of students, parents and teachers. Teachers should do meaningful and workable work in line with their talents, abilities and interests. Students should learn to value the serious study, work independently and manage their time-wisely. Parents must provide a silence place for study and generate a friendly environment for learning.

Objective of the Study

1. To study the influence of *raga Bhupali* on pattern of study habits in collegiate girls after musical therapy.
2. To study the influence of *raga Bhupali* on pattern of study habits in non-collegiate girls after musical therapy.
3. To study the influence of *raga Bhupali* on pattern of study habits in collegiate boys after musical therapy.

4. To study the influence of *raga Bhupali* on pattern of study habits in non-collegiate boys after musical therapy.

Hypothesis

1. There is significant positive influence of *raga Bhupali* on pattern of study habits in collegiate girls after musical therapy.
2. There is significant positive influence of *raga Bhupali* on pattern of study habits in non-collegiate girls after musical therapy.
3. There is significant positive influence of *raga Bhupali* on pattern of study habits in collegiate boys after musical therapy.
4. There is significant positive influence of *raga Bhupali* on pattern of study habits in non-collegiate boys after musical therapy.

Methodology

Sample Selection

A sample of 200 students (100 collegiate, 100 non-collegiate) have been selected randomly from Government college and private students of Udaipur and Banswara districts. Care has been taken to control the subject relevant variable & situational variable. An attempt is made to select subject randomly by selecting same age range for both the groups and of the same socio- economic status.

Material Used

Study Habits Inventory (PSSH) developed by M.N. Palsane & Sadhana Sharma. the items of the inventory belong to the following eight areas:-

Budgeting Time

It is very important to plan the budget of study time. Time schedule helps to adjust the study periods and other activities, according to tile needs of the individual. The best way to budgeting the hurt! Is to keep the record of all activities throughout the day for one week. The analysis of this diary will help in budgeting the time. By budgeting time, students can optimize their success in study as well their extracurricular activities.

Physical Conditions for Study

Physical status plays an important role in the study habits. The place of study should be quite and calm. It should be cleaned and has proper lighting and ventilation. Furniture should be comfortable. There should be enough light, one should use diffused light. The study table should be clean and there are only and all the required things in it for example papers, pen, honks, pencil, etc.

Reading Ability

Reading is the basic skill in any kind of study. Reading ability involves various factors in terms of good vocabulary, reading speed, understanding, independent selection of suitable material, leading and obtaining information. Someone should be able to read at least 300 words per minute in his mother tongue and 75 to 100 words in their foreign language. One must try to build up a good vocabulary by remembering the precise meaning of the words. Speed of reading is also an important factor. Silent reading is always faster than loud reading It's necessary to adjust the speed of reading according of the importance of matter. Technical material requires more time than usual one. An individual should try to

understand what he is reading. He should try to remember the ideas he has grasped while readmit and should be able to summarize the main ideas.

Note

Taking note in the classroom is an important learning activity. Taking notes from hook also helps a great deal in study. There are different ways of taking notes. One may copy everything from text hook. One may take down only important paragraphs or one may take down the headings make sub headings and important key paras to make an outline. Paraphrasing in one's own words and summarizing is supposed to be the best way of making one's notes. It is a good practice to combine class notes and notes from books to make, a final note with the help of regular practice note taking can become a habit.

Factors in learning motivation

Apart from ability to learn desire to learn in an important consideration. If one is genuinely interested in learning he may learn quickly and retain it for a long time. There are individual differences in capacity to learn. Everybody can improve with extra efforts. Spirit of competition and co-operation helps in learning one learns better in a group.

Memory

Improving memory means learning better distributing learning periods is preferable to continuous or massed learning. The better we lean the longer we retain. Over learning helps in remembering for a longer period.

Taking Examinations

Most of our examinations are of essay type where a few questions are given and students are required to write long answers. If is good to prepare an outline and arrange the ideas properly, following a logical pattern of presentation. Use of simple language is advisable. Separate ideas should be discussed in paragraphs. Headings and sub-headings should be properly placed. Important words and phrases may be underlined.

Preparation for examination

One should devote more time and attention to his weak points. A time schedule for study should be prepared. If one is regular in his study habits he is

already prepared for the examination. Claim, cool, and relaxed attitude towards he examination is necessary and can be achieved only after a good preparation.

Use of Examination Results

From the results one can find out his strong and weak points. Knowledge of results can motivate an individual and direct his efforts.

Health

Regular and healthy habits of eating, exercise, recreation and sleep help in maintaining good health and should mental state which is necessary to achieve success in the examination.

Procedure

In the present investigation the nature of sample was college going male and female students of collegiate and non- collegiate. Therefore the investigator first approached to the authorities of these colleges and explained the purpose of the research. After the explanation and mutual understanding the authorities has given the time and dates for data collection before the data collection the purpose of research was explained to the students who were selected as subjects.

The test was given to the respective group of students as per the research design. They were introduced with Raga Bhupali and each one of them was administered the test individually as well as the therapeutic sessions. After the therapeutic sessions an assessment of these variables was done again individually. All the subjects were rewarded with breakfast and vote of thanks.

Result and Discussion

Table No. 1:- Showing Mean, SD and Significant difference between the Means before and after sessions of Music Therapy (Raga Bhupali) on Study Habits Collegiate Girls.

Session	Mean	SD	t-Value
Before	52.24	12.12	2.05
After	56.97	10.98	

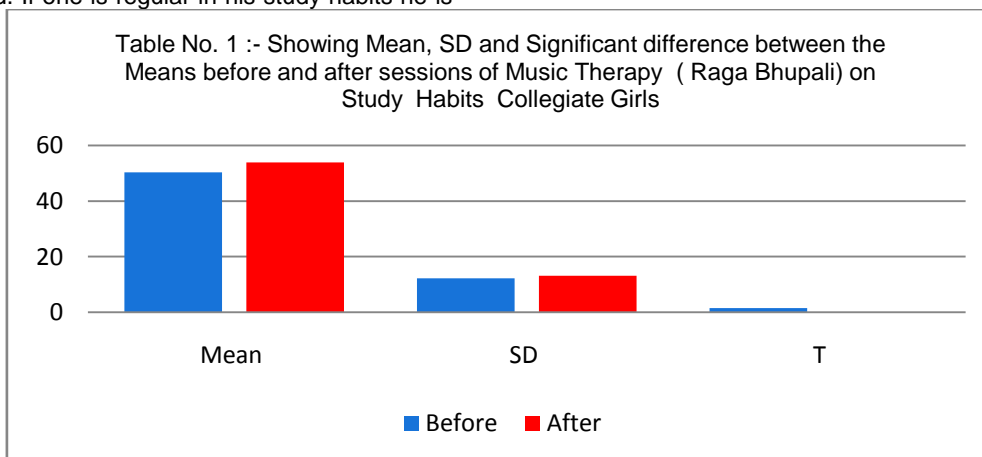


Table no.1:- to find out effect of Indian classical music on study habits of collegiate girls. Their study habits were measured before musical session and Mean 52.24 and SD 12.12 is obtained

by them. It shows the characteristics habit pattern like time management was not as per the requirement of work, the physical environment is not adequate as noise pollution is reported by them which effect their

studies they have not a good habit to over learned the concept as a result they forget it their reading ability sometimes showing a good pattern with a good speed of words and sometimes below average ability. Their parafrasing is not much adequate as what it is expected. Less motivation is one of the reasons they do not practice much before the examination in the pattern of question answers. They do not have control over heating habits, sleep, exercise and health. After the musical treatment of Raga Bhupali. Mean 56.97 and SD 10.98 is reported which reveals the significant difference between the before and the after sessions of therapy where “t” value is 2.05(p<.05). The improve habits highlights that they have a habit to

learn the thing quickly and sometimes have an extra effort to do so. Some of them need of improving memory for making their learning better and longer they need regular practice of learning one concept for a longer period of time.

Table No. 2:- Showing Mean, SD and Significant difference between the Means before and after sessions of Music Therapy (Raga Bhupali) on Study Habits of Non- Collegiate Girls

Session	Mean	SD	t
Before	54.42	13.24	1.01
After	56.93	11.66	

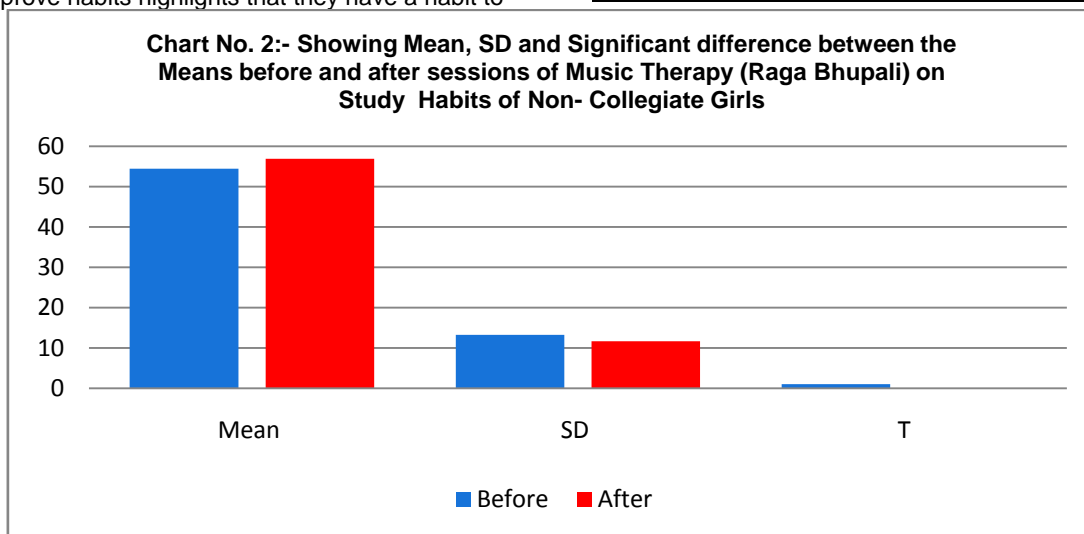


Table no. 2:- Girls of non- collegiate obtained a Mean of 54.42 and SD 13.24 on study habits test. It represents the habit characteristics like they have a good habit of their time schedule, for their academic habits, they have a good study habits because of their schedule, for their academic habits. They have good study habits because of their quite physical environment. They read loudly and repeatedly which helps them to learn the concept quickly. They have another good academic habit that whatever they learn they write with headings and sub-headings. The group generally test themselves by self examination and examination pattern. It is reported that as far as their health habit is concerned they are not much adequate

as they were expected because of their eating, sleeping and exercise behavior. Though this group received music therapy Raga Bhupali sessions and obtained a Mean 56.93 and SD 11.66 for study habit patterns, but not significantly “t” 1.01(p>.05).

Table No. 3:- Showing Mean, SD and Significant difference between Means before and after sessions of Music Therapy (Raga Bhupali) on Study Habits of Collegiate Boys.

Session	Mean	SD	t-Value
Before	50.28	12.18	1.45
After	53.88	13.14	

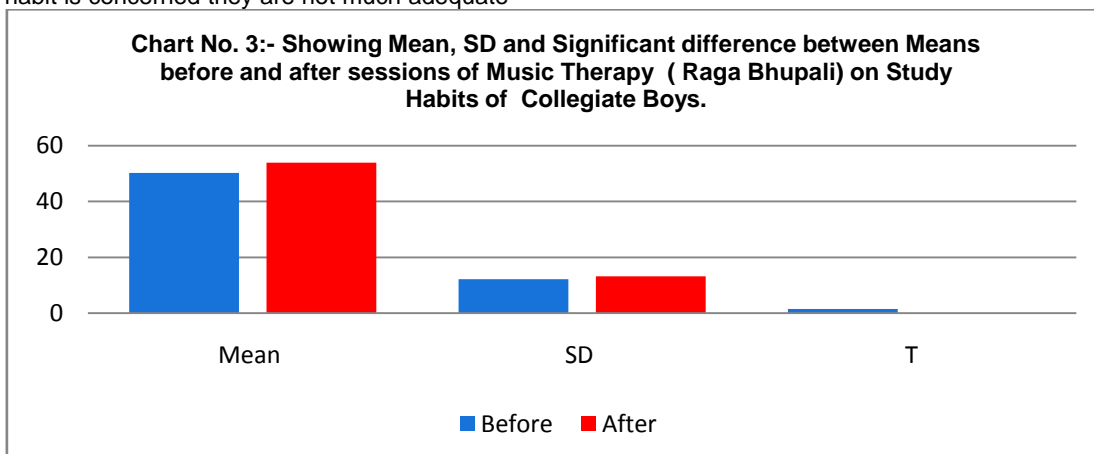


Table no.3:-highlights the music effect on study habits of Collegiate boys Their habits were measured before musical sessions and a Mean of 50.28 and SD 12.18 is obtained by them. It shows that a specific type of habit pattern which represents budgeting of time, time schedule to adjust the study periods and other activities. Their habit pattern also represents time management with extracurricular activities. Physical environment in which majority of the group are leaving is calm and quiet with all the required furniture for study. Adequate reading habits are shown by the group around 250 words/ minute they were able to study.

After therapy sessions the above pattern of habits changed to some extent. They have a habit to learn the thing quickly and sometimes have an extra effort to do so. Some of them shown improved memory for making their learning better and longer they need regular practice of learning one concept for a longer period of time. Another good habit is formed of taking the examinations of themselves they write the questions and then they answer it on the basis of examination pattern.

Specific type of habit pattern which represents budgeting of time, time schedule to adjust the study periods and other activities their habit pattern also represents their time management with extracurricular activities. After the musical treatment Raga Bhupali Mean 53.88 and SD 13.14 with no significant difference between the Means of before and after musical treatment t value 1.45 (p>.05) is obtained. Study habit pattern improve but not significantly after the application of Raga Bhupali.

Table No. 4:- Showing Mean, SD and Significant difference between the Means before and after sessions of Music Therapy (Raga Bhupali) on Study Habits of Non- Collegiate Boys.

Session	Mean	SD	t-Value
Before	50.33	12.88	2.25
After	55.74	13.06	

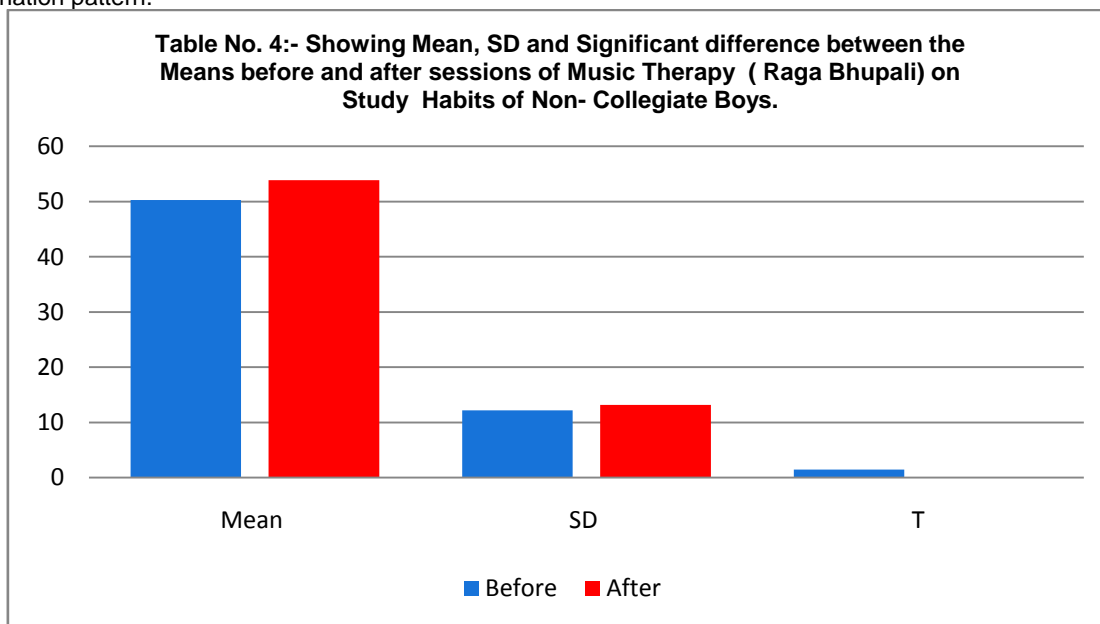


Table no.4:- Group of boys of non-collegiate secured Mean 50.33 with SD 12.88, which indicates a pattern of characteristics habit pattern like time management was not as per the requirement of work, the physical environment is not adequate as noise pollution is reported by them which effect their studies, they have not a good habit to over learned the concept as a result they forget it their reading ability sometimes showing a good pattern with a good speed of words and sometimes below average ability. Musical treatment of raga bhupali is significantly reduced and improved the habit pattern as a Mean 55.74 and SD 13.06 is reported. After the musical therapy significant difference between the Means of two groups before and after sessions is observed that “t” value 2.25 is significant at (p<.05).It shows that after therapy session the above pattern of habits changed to some extent. They developed a habit to

learn the thing quickly and sometimes have an extra effort to do so. Some of them have shown improved memory for making their learning better and longer they need regular practice one concept for a longer period of time.

Conclusions

The study reveals out is Indian classical music Raga Bhupali will positively influence on pattern of study habits. Musical treatment of raga bhupali is significantly reduced and improved the study habit pattern among collegiate and non-collegiate boys and girls. student developed a habit to learn the thing quickly and sometimes have an extra effort to do so. Some of them have shown improved memory for making their learning better and longer they need regular practice one concept for a longer period of time.

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