

## MUSIC AND PERSONALITY DEVELOPMENT

'Music is the highest art and to those who understand it is the highest worship' ----- Swami Vivekananda  
'Music is the most scientific art and most artistic science'  
'Music is universal language'

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I have been in music field since forty three years. Literally I have experienced in my world tour that music the universal language.

It is a minimum and very small effort to search about the scope of music while its main objective is to highlight the contribution of music is solving psychological and social problems and to focus on the application of music in shopping malls, street junctions, buses, railway coaches, cars, operation theatres, board rooms, nursing homes, hospitals, rehabilitation centers, parks and mainly in personality development.

Music is a tool for soothing, relaxing and enchanting its listeners. Music has for long been applied as a remedy to treat physical and psychological ailments: to eliminate social evils and for the cause of overall development of the under privileged less fortunate ones.

**'Music is just not relaxation, it is realization'.**

**'Music is just not entertainment, it is enlightenment'.**

The human organism always remains in the process of development. Physical and psychological changes occur continuously throughout the life span. Our whole being gets affected by our own heredity and environment we live in. music plays a vital and important role by helping in physical and psychological, social and educational development of the child. It also helps in the enlightenment of the soul and mind.

Dr. Narendra Kaur says – Music is a system of education which imports knowledge and experience as to how to elevate and animate the levels of consciousness. Music evokes in us awareness of the beauty of nature, public life and art. It creates an aesthetic outlook in us and hence developed our personality.

Music arouses various emotions in our mind and can be regarded as medium for expressing thoughts and feelings through its sober sound tones and rhythms. Musical compositions, forms of music rhythms and tempo, acoustics of music, various instruments, personal preferences, efficiency of the performer, cultural backgrounds and various Indian classical ragas are main factors which are responsible for the arousal of particular emotions.

Every kind of music has its origin in particular society or culture. Traditional activities of the societies and culture give birth to folk music. Folk songs depict the real picture of a particular culture or society and are an impertative part of social ceremonies and festivals.

Music has natural power to fetch attention of the people therefore it has always been used for the expression of social protest as well as publicity in the correctional centers. Music is considered to be a very useful tool. Inmates may have a choice to learn music in prisons. They may listen to music or even can have training in music. Nevertheless music plays a pivotal contribution in challenging communalism. Patriotic songs unite people belonging to various castes, creeds, religion, race and regions. Music inculcates in us the feelings of peace humanity harmony and national unity.

Music is serving various purposes in every walk of life. It creates a very calm atmosphere in the surroundings; fascinates people, refreshes mood and increases work performance: that is why everyone longs for music. Though background music has its limitations but if chosen appropriately must have its effects.

Man in fact, is not a person by birth. Though he has potentials for becoming a person as he grows he comes in contact with other people and their culture. By the influence of that particular culture and by various experiences, he develops his personality and becomes a person. Personality is not related to bodily structure alone. It includes both

structure and dynamics. Personality refers to persistent qualities of the individuals. It expresses consistency and regularity with which personality is acquired. It is influenced by social interaction and is defined in terms of behavior.

In popular or everyday psychology, we use the term personality to describe those traits which make people attractive or unattractive to the other people. We like the individual who possess 'personality' and describe him variously dynamic, forceful, friendly, big, stout, strong or pleasant.

Sound vibrative can have a very powerful impact on living organism and even on inanimate matter, but for such purposes they have to be used methodically and follow definite rules. It is possible to see people break glasses by shrieking at a given pitch. Just a few men if they wish to can destroy a suspension bridge by marking it swing at a rhythm correspondingly of its wavelength. This is why in every army in the world soldiers have break steps on crossing bridge. These however are minor effects of vibrations and are easy to verify.

Music helps to develop various qualities in man; like it enhances man's awareness, consciousness, activeness and above all comprehension. Personality consists of physical, intellectual, emotional, social, mental and character make up of the individual which is expressed in terms of behavior, manners, attitudes, values, beliefs, ambitions, aspirations, interests, habits, sentiments, temperament etc. v teaches a child moral values.

Music gives calmness to mind. It is said to be food for soul. To maintain the discipline of swara, laya and tala one has to be very concentrated; with this a musician develops a balance of his mind. This enhances memory, intelligence, reasoning power etc of the musician and thus develops a personality.

Music as an expressive art can pervade the individual and influence his personality. By expressing themselves through music children can develop an appreciation of the self. Through actual participation in musical activities the child develops a feeling of competence and his ability for both to express musical ideas and win group acceptance.

Dr. Narendra Kaur says – recent psychological and empirical studies into the uses of music suggest that individuals; in particular young people use music for the purpose of impression management i.e to create an external image to others.

Music is a prime necessity of life. Its study and practice give elegance, grace, charm, gentleness, softness and refinement to the personality. It develops themilky qualities of human – kindness and sympathy. People with music training will prove good and law abiding citizens. Music is one of the learned accomplishments. The moulding of individuals cannot be simply by rational education. It must also contribute to be the development of human emotions and develop a breadth of feelings the expression of, and a creative element of man's practical and psychological attitudes and it must bring about equilibrium between his feelings, thoughts and actions. Music is the art which really can create oneness of human awareness and human behavior.

Music is a vital factor in the lines of human beings. It is good tonic for the brain worker. It cools the heated brains. it has soothing influence on the nervous system. It calms the most tempestuous tempers.

Music conveys the ideas of broadening our mind and intellect. It enlightens our soul for realizing the real impart and value of art and life. Music is the system of education which imparts knowledge and experience as to how to elevate and animate the levels of consciousness.

Music is bestowed upon marking by nature for influencing the inner world (spiritual) and moral character. It is on integrated part of social and cultural life of human beings since it is the strongest form of expression, feelings and is powerful source making all-round development in personality and intelligence of individuals.

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