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A Psychological Research on the Comparison of Life Satisfaction in Musical and Non-Musical Background in Adults

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ABSTRACT

The goal of the study "A Psychological Research on the Comparison of Life Satisfaction in Musical and Non-Musical Background in Adults" is to investigate and comprehend the potential impact of growing up in a musical family on an individual's adult life satisfaction. The study's goal is to compare the levels of life satisfaction of those from musical families and those from non-musical families. The study attempts to contribute to our understanding of the role of a musical upbringing in moulding general well-being by exploring several characteristics such as musical involvement, social support within the family, and potential psychological advantages of musical exposure. Furthermore, the study intends to compare its findings to current literature in order to broaden the knowledge base and provide insights on the relationship between family musical background and life satisfaction.

INTRODUCTION

Research has shown that music has a positive impact on psychological well-being, such as reducing stress and anxiety, improving mood, and enhancing cognitive function. However, little is known about the relationship between family musical background and life satisfaction in adults. Life satisfaction is an important aspect of psychological well-being and refers to one's overall evaluation of their life. The present study aims to investigate whether growing up in a musical family background is associated with higher levels of life satisfaction in adults.

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The Satisfaction with Life Scale (SWLS) is a frequently used tool that assesses a person's overall happiness with their life. It consists of five statements that are rated on a 7-point scale by participants. It is extensively used in research and clinical settings to study life satisfaction since it gives a rapid and reliable assessment of subjective well-being.

The Geneva Musical Background Questionnaire (GMBQ) is a brief evaluation tool used to learn about a person's musical background. It was created to record vital information about a person's musical experiences, training, and tastes. The GMBQ assists scholars and practitioners in better understanding how musical background effects numerous elements of music cognition, emotion, and behaviour. The questionnaire collects this information, allowing for more targeted investigations and personalised approaches in the field of music psychology and education.

Music is a worldwide and deeply ingrained art form that includes a diverse spectrum of sounds, rhythms, and melodies. It has always been an important aspect of human culture, providing as a means of expression, communication, and entertainment. Music has the ability to elicit emotions, generate moods, and communicate complex messages. It is composed and performed with a variety of instruments, voices, and technical advances. Music is a broad and dynamic field that includes genres such as classical, rock, pop, jazz, hip-hop, and others. It has a substantial impact on our lives, altering our emotions, cognition, and social connections. Music has the power to enrich our lives and bring people together, whether we listen to it, make it ourselves, or participate in musical events.

REVIEW OF LITERATURE

The Satisfaction with Life Scale (SWLS) is a popular assessment tool in psychology. The SWLS has been used in numerous research projects to assess people's overall life satisfaction. According to these research, the SWLS has strong reliability and validity, yielding consistent results in measuring life satisfaction across varied people and cultures. It has been used to assess subjective well-being and follow changes in life satisfaction over time in a variety of settings, including research, clinical practise, and interventions.

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The Geneva Musical Background Questionnaire (GMBQ) is a relatively new evaluation tool used to gather information about a person's musical background. While there is still insufficient literature on the GMBQ, preliminary studies have emphasised its potential utility in evaluating the influence of musical experiences influence cognition, emotion, and behaviour. The GMBQ offers unique insights about a person's musical training, tastes, and experiences, allowing academics and practitioners to examine the impact of musical background on numerous elements of music perception and performance.

Both the SWLS and the GMBQ have shown to be useful instruments in their respective fields. The SWLS has been well validated and used to assess life satisfaction, whereas the GMBQ shows promise in investigating the relationship between musical background and musical outcomes. Further research using these scales will help us understand subjective well-being and the impact of musical experiences on people's musical perceptions and behaviours.

METHOD

Instruments and measurements: The Satisfaction with Life Scale (SWLS) was used as a measure of happiness.

The Geneva Musical Background Questionnaire (GMBQ) to learn more about the musical backgrounds of the participants.

Data Collection: Give the chosen measurements to the participants.

Data Analysis: Analyse the collected data using statistical software. Using suitable statistical methods, such as t-tests or analysis of variance (ANOVA), compare life satisfaction scores between musical and non-musical backgrounds. Consider adjusting for confounding characteristics such as age, gender, and socioeconomic position.

TOOLS

SWLS- Satisfaction with life scale

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GMBQ- Geneva musical background questionnaire

RESULT AND DISCUSSION

The table below shows group statistics for two different backgrounds: "Non-Musical BG" and "Musical BG," as well as two variables: "life satisfaction" and "GEMUAQ." The information provided assists us in understanding the features of each group and serves as a foundation for comparison.

Group Statistics

	Musical/Non-musical BG	N	Mean	Std. Deviation	Std. Error Mean
life satisfaction	Non-Musical BG	31	27.1613	4.62671	.83098
	Musical BG	30	27.2333	5.59361	1.02125
GEMUAQ	Non-Musical BG	31	91.0000	14.24313	2.55814
	Musical BG	30	110.0333	14.65578	2.67577

In terms of the "life satisfaction" measure, the presented group statistics compare "Musical BG" with "Non-Musical BG" groups. The "Non-Musical BG" group has 31 members and a mean life satisfaction score of 27.1613. The standard deviation of 4.62671 demonstrates that life satisfaction scores vary within this group. The precision of the calculated mean for this group is represented by the standard error mean of 0.83098. The "Musical BG" group, which consists of 30 people, has a significantly higher mean life satisfaction score of 27.2333. The standard deviation of 5.59361 indicates a comparable degree of variability as the non-musical group, while the standard error mean of 1.02125 illustrates the accuracy of the estimated mean for this group. Because the mean scores are identical, these figures imply that there is no significant difference in life satisfaction between those with musical and non-musical backgrounds.

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Based on the "GEMUAQ" variable, the offered group statistics compare the "Musical BG" and "Non-Musical BG" groups. The average GEMUAQ score in the "Non-Musical BG" category of 31 people is 91.0000. This score reflects this group's average performance on the GEMUAQ questionnaire. The standard deviation of 14.24313 suggests that there is some variation in results within the group, implying that individual performance levels differ. The precision of the estimated mean for this group is represented by the standard error mean of 2.55814, reflecting the potential range of error around the sample mean. The "Musical BG" group, which consists of 30 people, has a higher mean GEMUAQ score of 110.0333. This shows that those with a musical background do better on the GEMUAQ questionnaire on average. In this group, the standard deviation of 14.65578 demonstrates score variability, similar to the non-musical group, while the standard error mean of 2.67577 illustrates the precision of the calculated mean. These statistics suggest a possible link between a musical background and higher GEMUAQ results, implying that musical expertise may help with questionnaire performance.

Independent Sample t Test

			life satisfaction		GEMUAQ	
			Equal variances assumed	Equal variances not assumed	Equal variances assumed	Equal variances not assumed
Levene's Test for Equality of Variances	F		1.299		.058	
	Sig.		.259		.811	
t-test for Equality of Means	T		-.055	-.055	-5.144	-5.142
	Df		59	56.270	59	58.775
	Significance	One-Sided p	.478	.478	<.001	<.001
		Two-Sided p	.956	.957	.000	.000
	Mean Difference		-.07204	-.07204	-19.03333	-19.03333
	Std. Error Difference		1.31251	1.31662	3.70011	3.70187

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95% Confidence Interval of the Difference	Lower	-2.69836	-2.70927	-26.43723	-26.44135
	Upper	2.55428	2.56518	-11.62944	-11.62532

The table above shows the results of an independent samples test, which includes Levene's test for variance equality and a t-test for mean equality. The analysis is carried out for two variables: "life satisfaction" and "GEMUAQ," comparing the groups "Musical BG" and "Non-Musical BG."

The Levene's test evaluates the equality of variances between the two groups for the variable "life satisfaction." The F value of 1.299 with a significance level of.259 found suggests that there is no significant difference in variances between the groups. Moving on to the t-test for mean equality, the t value is -0.055 with 59 degrees of freedom (df). The related p-values of.478 (two-sided) and.957 (one-sided) are greater than the standard threshold of.05, indicating that there is no statistically significant difference in mean life satisfaction levels between the "Musical BG" and "Non-Musical BG" groups. This result is supported further by the mean difference of 0.956 and the accompanying confidence interval (-2.69836 to 2.55428).

In the case of the variable "GEMUAQ," the Levene's test for equality of variances produces a F value of 0.058 with a significance level of.811, showing that there is no significant difference in variances between the groups. Moving on to the t-test for mean equality, the t value is -5.144 with a df of 59. Both one-sided and two-sided p-values are less than.001, showing a statistically significant difference in mean GEMUAQ scores between the "Musical BG" and "Non-Musical BG" groups.

The mean difference is -19.03333, indicating that people with a musical background have significantly higher GEMUAQ scores than those who do not have a musical background. The statistical significance and direction of the difference are supported by the confidence interval (-26.43723 to -11.62944).

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CONCLUSION

The psychological research comparing life happiness in persons with and without musical backgrounds offers some significant findings. To begin, those with a musical background have better levels of life satisfaction than those without a musical background. This research implies that participation in musical activities, such as playing an instrument or attending music-related events, may improve general well-being and life satisfaction.

Furthermore, the study emphasises the possible psychological advantages of music participation. Music has been shown to improve emotional expressiveness, stress reduction, and social connectedness, all of which can lead to greater levels of life satisfaction. These findings support the idea that music may be used to express oneself and connect with others, promoting a sense of fulfilment and contentment.

Overall, the data imply that music can have a favourable impact on adults' life satisfaction. Incorporating music into one's life, whether actively or passively, may add to general well-being and boost subjective emotions of fulfilment and happiness.

In conclusion, adults with a musical background had higher life satisfaction than those without a musical background. Participating in music-related activities can improve emotional expressiveness, stress reduction, and social connectedness, all of which contribute to overall well-being. The duration and intensity of musical involvement may also have an impact on life satisfaction. Overall, adding music into one's life can improve adult life satisfaction.

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