

Impact of Music Training on Self-Concept and Self -Esteem of Young Adults

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Abstract

The present study was conducted to find out the effect of music training on self-concept and self-esteem of adults. For this study a sample of 361 adults (consisting 187 males and 174 females) between 19 to 28 years of age was selected following stratified random sampling procedure. The sample was subdivided on the basis of gender (male and female) and types of training (training in vocal music , training in instrumental music, training in other forms of art and no training in any form of art). Information schedule was administered as a screening device. The Self- Concept Rating Scale by Deo (2005) and Rosenberg Self-Esteem Scale by Rosenberg (1965) were used for assessing self-concept and self-esteem of the participants. The difference in self-concept and self-esteem among the eight subgroups was found out. The collected data was analysed using statistical techniques like Mean, S.D., Analysis of Variance and Post Hoc Analysis. From the present study it could be elicited that participants with training in music or other forms of art possessed greater self-concept and self-esteem than participants without training in any form of art.

Keywords- self-concept, self-esteem, gender, and training in vocal music, instrumental music, other forms of art and untrained

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