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The Role of the Music to Reform the Delinquents

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Abstract:
The Present study was carried out to know about the impact of music to reform the delinquent children. HSPQ developed by Cattlle & Cattlle (Hindi adaptation S.D. Kapoor & Shrivastava) was administered on subjects twice, i.e. once before the commencement of the music training and another time after completion of the three months' music training. These before-after test scores were subjected to "C.R.". Results revealed that the treated delinquent develops affectohymia (A+), greater ego strength and super ego strength (C+, G+), surgency (F+), parmia (H+), self-sufficiency (Q2+), self-concept (Q3+)and they become significantly less confident in aggression(E-) and reduced excitability (D-).The implications of the findings were discussed.

Keywords: *Music therapy personality reform delinquent*

1. Introduction

Music affects many areas of the body making music therapy a helpful tool for health. Music therapy is a scientific method of effective cures of disease through the power of music. It restores, maintains and improves emotional, physiological and psychological well-being. The articulation, pitch, tone and specific arrangement of swaras (notes) in a particular raga stimulates, alleviates and cures various ailments inducing electromagnetic change in the body. Music is considered the best tranquilizer in modern days of anxiety, tension and high blood pressure. Music therapy based on classical ragas is being used or advised these days for the treatment of insomnia, migraine, hypertension, chronic headache, anxiety, etc. and empowers the immune system as well as the auto-regulatory healing mechanism of the body. The melody of vocal and instrument music soothes our mind and heart. Not only that the sonic vibrations of its specific compositions also heal psychological disorders. Music can also be used to bring a more positive state of mind, helping to keep depression and anxiety at bay. This can help prevent the stress response from wreaking havoc on the body, and can help keep creativity and optimism levels higher, bringing many other benefits.

A review of related literature revealed some studies showing the impact of music to reform the personality. For example, Juslin & Sloboda (2001), remarked music experience is intimately related to its emotional appeal. Krumhansl & Carol, (2002) observed that the cognition and emotion are closely linked in music. North et al. (2004) remarked several studies indicate that mood can influence the likelihood of an individual demonstrating instances of helping behavior, and one previous laboratory study has indicated that music can be used to bring about manipulation of mood to such an end.Pt. Kothari a musician (2005), has found that different type of psychological & physiological problems can be reduced through music. Using analysis of variance, there was a statistically significant difference between the moods showing that the moods were directly affected by the music, $p<.02$. (Erin.2003)

2. Methodology

2.1. Sample

The sample consisted some of the children who are living in remand home at Ambikapur (Distt. Surguja (C.G.).The whole group was not included in the present investigation because of two reasons, firstly, due to their absence either in pre-test or post-test period and secondly, some of them were illiterate to fill the inventory. The total sample of the study consisted of 40 children. The age of the sample group ranged from 12 to 18 years.

2.2. Measures

High School Personality Questionnaire (HSPQ) by Kapoor, Shrivastava and Shrivastava (1980) was used for measuring the personality of the delinquent children.

2.3. Procedure

First of all, the above mentioned scale was administered to examine current status of the children as a pre-test. After that music training was given to children as an observatory reaction for three months. Initially they learned basic classical music and then they learned inspirational songs, group prayer etc. collected by Dr. S.N. Subbarao (Bhaiji) and others. At the end of music training HSPQ Questionnaire was re-administered as a post-test to find out the changes in their personality. So the administration of scale was done twice, once just before the commencement of training course and the other one immediately after its completion. After proper scrutiny the responses of only 40 subjects were considered for the study.

The responses of these respondents were scored and scores were subjected to 'CR' to know the significance of difference between mean scores before and after music training with regard to reform of the personality.

3 Results and Discussion

FACTOR	MEAN		SD		CHANGE	CR	P
	Before	After	Before	After			
A-Affectothymia	1.33	2.63	1.07	1.88	+1.3	3.71	.01
C-Ego Strength	2.03	3.33	1.01	1.94	+1.3	3.71	.01
D-Excitability	3.93	3.28	1.72	1.52	-.65	1.81	NS
E-Dominance	3.50	2.58	1.79	1.05	-.92	2.79	.01
F-Surgency	4.00	6.18	1.53	2.71	+2.18	4.45	.01
G-Superego Strength	1.45	2.18	1.66	1.46	+.73	2.09	.05
H-Parmia(adventurous)	2.88	4.78	1.50	3.43	+1.9	3.22	.01
I -Premsia	3.28	3.25	1.48	1.82	.03	22	NS
J-Coasthenia	2.95	3.15	1.39	2.32	.2	.48	NS
O-Guilt Proneness	2.63	2.65	1.56	1.34	.02	.06	NS
Q2-Self-sufficiency	2.78	4.48	1.87	2.65	+1.7	3.33	.01
Q3-Self-concept	2.10	4.93	1.62	2.72	+2.83	5.66	.01
Q4-Ergic Tension	3.70	3.15	2.58	2.32	.55	1.02	NS

Table 1: Comparison of Personality Profiles of Delinquents Before and after Music Training (N=40, Boys)

The factor B (Intelligence) were not taken into consider action in the present study because it is an abstract factor.

Karson (1965) finds the conduct disorders (uncaught delinquents) to be significantly ($p<.01$) more dominant (E), haric (I-), and (at $P<.05$) more excitable (D), more sizothyme (A-), and coasthenic (J).

In the present study it was found that before administrating the therapy the children who are living in remand home were more dominant (E), more excitable (D) more sizothyme (A-), less ego strength (C-), low in surgency (F-), less super ego strength (Q-), less adventurous (H-) low self-sufficiency (Q2-) and low self-concept (Q3-).

Bandura and Walters (1959) viewed delinquency as a result of aggression. Delinquents have the history of aggression; they showed more aggressive behavior than others. Aunola et al., (2000) also viewed verbal aggression; hostility and anger have been linked to acting out behavior which results in low self-esteem.

Nagin & Trembaly (1999) claimed that the main behavior leading to delinquency is physical aggression Sheaffer (2001) found that the physical aggression and anger scores were significantly higher in delinquent adolescents than in a normal control group. The results obtained in the present study which were conducted on aggression in relation to delinquent behaviour (E+) supported the above observation.

Another valuable contribution comes from Tyler and Kelly (1962) who observed over two successive, cross-validating samples the personality source traits associated with the behavior of delinquents in camps where their specific behavior could be reliably rated. It has been seen that there is appreciable overlapping of personality factors involved in different kinds of generally delinquent behavior with sizothymia (A-), Zeppia (J-), Guilt proneness(O), and ergic tension (Q4) being highest.

FACTOR	FORM A SCORE, STENS	FORM B SCORE, STENS	CHANGE	T Ratio	p
E	6.14	5.36	-.78	3.04	.01
G	4.68	6.34	+1.66	6.46	.001
I	4.31	5.81	+1.50	5.84	.001
Q3	4.31	5.22	+0.91	3.54	.001

Table 2: Changes in HSPQ Source Trait Scores in Delinquents under Treatment (N=123)

Table 2 shows, as Scheier (1966) points out, that the treated delinquent becomes significantly less confident in aggression (E-), develops greater super ego strength (G+), and acquires more self-sentiment concern (Q3+), as well as becoming increasingly emotionally sensitive (I+).

From a clinical point of view, it is interesting to note that the above prognostic specification equation suggests that if the ego is already strongly developed which is normally an aim of clinical therapy the chance of reform is lower. On the other hand, if the individual has the temperamental difficulties of being more excitable (D+) and less-sufficient (Q2-), his prospects are better.

In the present study music has been used as a therapy. Before and after HSPQ measurements indicate that a delinquent so treated becomes significantly less hostile and aggressive (lower factor E), develops greater super-ego strength and self-concept (factor G and Q3 increase), more warmhearted and enthusiastic (factor

A and F increase), develops greater super-ego strength and higher ego strength (Factor G and C increase), more adventurous, and self-sufficiency (Factor H and Q2 increase).

All these changes are statistically significant, far beyond the .01 level accepts factor G. Super ego strength factor G, is significant at far beyond the .05 level and the known nature of the factors, at least, were seem to auger very well for reformation.

There is no significant difference in factor D (Excitability), but if we see mean and SD (table-1), excitability (reduce factor D) was found. There is no significant difference in factor I (premsia), J (Coasthenia), O (Guilt Proneness) & Q4 (Ergic Tension).Perhaps the reason is short duration of music training. If long time training was given there would be differences in factors.

Research has shown that music has a profound effect on human body and psyche. Hospitals are beginning to use music and music therapy to help pain management, to help ward off depression, to promote movement, to calm patients, to ease muscle tension, and for many other benefits that music and music therapy can bring. Sound in music effects brain and therapy effects movement of blood thus bringing transformation in the form of mental feelings.

In the ancient Egypt, mental patients were treated with the musical power. Dr. J. Paul has given in detail in his book Musical Treatment, the effect of tunes on different diseases. The brain nerves can be numbed by the musical tunes more than by chloroform. In this way this art is useful in medicines.

Music develops and enhances positive attitude towards environment Pt. Ramesh Kothari (Musician) has found that different type of psychological & physiological problems can be reduced through music. He has also mentioned about the duration of listening the music. Daily 20 minutes are enough to listen to a particular rag based song or pure classical music to overcome the problems. In every condition of life and by any means, there is a link of music. For example, Krumhansl, Carol (2002), observed that the cognition and emotion are closely linked to music. Erin (2003) found that moods were directly affected by the music

In order to keep balance in soldier's brain during terrible environment on account of death and cope with their duties in thundering and horrible sound of gun, music acts as power asset. As a result of the discussion we arrive at the conclusion that music brings changes in peoples mental attitudes as well as can be used in solving many bodily and mental problems. Music effects the thoughts, imaginations and motivations of individuals. It can be used both as a medicine as well as a power. In this way, music is an effective medium to reform the personality and develop positive attitudes in a person. So this states interrelation between human mind, body and importance of music.

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