

## To study the impact of tabala playing training on emotional intelligence of adolescent



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### Abstract

*Present study aims at to investigate the Impact of Tabala playing training of emotional intelligence on adolescent. The sample consists of 80 students from Jalgaon district. The age group ranges between 16 and 22 years. For the present research Emotional Intelligence Scale by S. K. Mangal & S. Mangal and Researcher is found to be significant. Difference between the students who having training of Tabala playing and those not having training of Tabala playing regarding their Emotional Intelligence is remarkable.*

**Key Words:** Adolescent, Music, Tabala Player, Emotional Intelligence.

### Research Paper

Music is the ocean of taal sur and laya. It is very difficult to find a man who does not like music. Not only human beings but animal also love it very much. Every known culture cultivated the knowledge of music. Music is a universal language. Any person can experience it. Even children also sleep calmly when the mother sings a lullaby. In the ancient times there was music the signs of which can be found in various caves. Great Kings loved music and they had supported music in their empire such as King Akbar provided wholehearted support to Tansen and had developed musical institutes. Our functions and celebrations are related to music. e.g. marriage, birthday-party, various special days of the year and so on. When person drives a vehicle, he listens to his favorite music. There are special musical bands of army, police, and Railways also. There is great impact of music on human beings. In a happy mood a person sings or listens to a happy song. A sad person in sad mood sing's or listens to a sad song. We can experience music in nature. Flow of water creates beautiful music. The person who listens to it, gets a pleasurable experience. There is beautiful musical sound in wind. Chirping of Birds create an experience of a beautiful song, particularly when they a choose partner.

We cannot imagine our life without music. Perhaps, the whole aesthetics is generated and set on nature. Man, just imitates nature and tries to get pleasure.

What is music? Music is melody, rhythm, and combination of the same. When these two mediums of expression (word and melody / rhythm) come together beautifully, it is an amazing work of art. Music is an art that includes singing, playing, and dancing. We regard 64kinds of arts which were categorized under two heads: Applied arts and Fine arts. Sewing, weaving, embroidery, cooking, etc. are applied arts, as they are useful for daily life. Application is the main purpose of applied arts. Fine arts lead to happiness and pleasurable experience. Architecture, sculpture, painting, poetry, and music are the kinds of fine arts. Of these, poetry and music are audio-visual arts. Poetry and music are also the arts of presentation. Kinds of arts can categorized as audio, visual, audio-visual and so on.

### Emotional intelligence

When we got Degree, Diploma and Certificate through using our skill it's called hard skills, just like our marks in the exams. And our traditional educational

system gives more stress on only developing cognitive intelligence that is IQ; our educational system does not provide scope for developing emotional intelligence. actually I.Q. is just like a hard skill and Hard skills are also necessary for the life. But in a modern era hard skills are not sufficient for our life, life required something extra, and that is soft skills. Such as confidence, adjustment capacity, communication skills, positive attitude, to understand the feeling of self and others, handle the emotion and these are the qualities of emotionally intelligent person. In each and every field there is the importance of emotional intelligence. for example if a teacher is emotionally intelligent he will manage the class effectively, if a sales man is emotionally intelligent he can easily increase his sale, if manager of the firm is emotionally intelligent he knows very well that how to develop interpersonal relation, requirement of employees and increase the production level of the firm, in short we can say that emotional intelligence is the key factor in daily life. It is said that I.Q.give job but Emotional Intelligence give success in that job.

Emotional intelligence is the foundation for a host of critical jobs, impacts most every activity which are perform by us. It accounts for 58 percent of performance in all types of jobs. It's the single biggest predictor of performance in the workplace and the strongest driver of leadership and personal excellence. This ability can be more important to ones success than ones cognitive and technical skills. In short we can say that Emotional intelligence is basically an ability which helps a person to know their own emotions and of others which is quite helpful in thinking process that how to modulate them in proper way to realize the goal. It leads to happiness and welfare of self and others also. There it is very much crystal clear phenomena that emotional intelligence has a significant impact on the personal life as well as academic life of the student.

### **Characteristics of emotionally intelligent person**

The person who is having the ability to understand the emotion of self and other, to identify the emotions, to use the emotions for the daily activities, and management of emotions, he can work in a stressful situation, he is confident with himself, he not only motivate self but others, he can mange difficult situation successfully, he give respect to others. Communicate with other in a proper manner, easily develop mutual relationship, he is having better empathy skills, easily gain respect from others, manage change more confidently, enjoy the work wholeheartly, feeling confident and positive

attitude toward person and situation, leads to increase creativity and learn from mistake. These are the qualities of the emotionally intelligent person and there are high chances to become success in the given situation as compare to low emotionally intelligent person.

### **For developing emotional intelligence**

1. Increase self awareness in other words know thyself
2. Express your thought, feeling and belief: - it is more important that to express your thought feeling and belief in right situation and towards right person.
3. Discover inner passion: - work for self happiness not for money or other thongs because it gives inner pleasure.
4. Know your strength and weakness:- analyze self each and every one is having some strong points and some weak points search them and minimize weak points and maximize strong points from your personality.
5. Cultivate empathy: - development of empathy is one the most important factor for developing emotional intelligence. Some person such as politicians, media person, actor, who use it as a strong weapon for developing interpersonal relationship.
6. Manage other person's emotions:- managing other peoples emotios is not so easy it is a great skill very few people from the society having the ability to manage other people, such a person definitely success in their field.
7. Develop social responsibility: - Man is social animal he lives in the society, therefore it is his primary responsibility to help the needy person in the form of money, time, service or any other form he should help other. e.g. some people help poor people therefore they live better life or donate some amount or land to educational institute its effect turn life of laks of people into flourishing.
8. Manage your own emotions: - management of self emotions is one of the important pillar in the realm of emotional intelligent. The person who manage self he can manage everything in each and every situation. So it is very easy for him to handle the situation.
9. Be more flexible: - be flexible in day to day life, each and every movement there is change occur in the situation. The person who accept it adapt and adapt it he can easily adjust in the said situation.

10. Be happy. Happiness is the most important asset in the life of person. it leads to not only development physical and mental health and productivity but relationship in the society.

The concept of emotional intelligence is invented by Peter Salovey and John Mayer and coined by Daniel Goleman in his book 'Emotional Intelligence'. In the words of Dr. Travis Bradberry and Jean Greaves, Emotional Intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationship. The above definition implies that Emotional Intelligence is made up of four core skills that pair up under two important sections: i.e., personal competence and social competence. Personal competence comprises self-awareness and self-management skills which are mainly concerned with individuality rather than interaction with other people (inter personal relations). It is also related to the ability to be aware of personal emotions, managing self-behavior and tendencies. Low and Nelson (2006) claimed that Emotional Intelligence plays a vital role in students' personal health and academic success. 80% success of the person is due to emotional intelligence (Daniel Goleman, 1996). Academic achievement of the student is closely related to Emotional Intelligence (Aminuddin, Tajularipin & Rohaizan's, 2009). Emotional skills are directly associated with behavior (Rosenfield, 1991). World famous philosopher Aristotle said before A.D., "To be angry is easy, but it is very difficult to be angry at a proper movement with proper person in a proper way is very difficult". Robert Kapoor (1996) defines emotional quotient as the power of emotions at the base of human resources, information, trust, creativity, influence used intelligently, skillfully, and effectively, be aware of it and the relative capacity is Emotional Intelligence.

### Review of literature

From the field of musical research, it is proved that music has great impact on human life. Now a day's music therapy is well developed branch of music. Various types of Music is useful for curing mental and physical diseases. Music Therapy is an efficacious and valid treatment for persons who have psychological, psycho-social, affective, cognitive, and communicative needs—Jayanta Acharya & Manjusha Tarafdar (2019). According to U. Vijayabanu and Radhika Memon (2016) music intervention had a significant effect on improving emotional intelligence of young adults. For this research, researcher has conducted an experiment with young adults, in which 10 individuals scored

less in the score of emotional intelligence scale, who were selected for the intervention. The intervention was conducted for 10 days and the primary focus was on music and emotion and it was proved that the person who had listened to music of instrumental pieces by Pandit Hari Prasad Chaurasia in the raga Hamsadhvani for ten days having improvement in the score of emotional intelligence. Komal Thakur (2017) had conducted research for analyzing the effect of active involvement of music on young adults. For this purpose, researchers recruited 160 samples and divided them in two groups in which the first music group (80) and second non-music group (80) were selected. The researcher found that there was significant and greater impact of music on cognitive style of males as compared to females as the former achieved higher in systematic and intuitive score. Music involvement significantly improved emotional intelligence of both male and female participants in all its dimensions.

Amelie Morinville and colleagues (2013) found that music promotes various states of happiness, and it is known to be a mediator for emotional regulator. Research on music has indicated that music is directly responsible for releasing dopamine which is a pleasure hormone. Researcher had collected the data from 229 Canadian late adolescent age. The range was 17 to 21 years old; the sample was ethno-culturally diverse in a Canadian context. Result findings suggest that self-determined motivation for listening to music was linked with more subjective well-being, and research focuses our attention on the role of music motivation in the development of happiness in youth and music directly deals with positive youth development.

### Objectives

1. To determine, whether Tabla playing training brings out change in the Emotional Intelligence of the adolescent & youth.

### Hypotheses

1. Tabla playing training creates significant impact on Emotional Intelligence of adolescent & youth.

### Sample

For this research purpose researcher has used random sampling technique for collecting the data. The sample consists of 80 students from Jalgaon district, in which 40 samples are related to musical training i.e. tabla playing and 40 students were not having table playing training. All are male sample, and they were from middle class family. The age group ranges between 16 and 22 years.

## Tools used

The following tools were used for the study:

### 1. Emotional Intelligence Inventory

This inventory Developed by Dr.S.K.Mangal and Mrs.Shubhra Mangal.was used. This inventory contains 100 statements and they are useful for analyzing four areas of Emotional Intelligence. These areas are: 1) Intra-Personal awareness2) Inter-personal awareness.3) Intra-personal Management and 4) Inter-personal Management.

There are 100 items, 25 items are from each of the four areas to be answered as 'yes' or 'no'. This test has 'Test-retest-reliability' coefficient is.92 and split half Reliability coefficient is.89.and it is useful for the 16 + years age. It takes 20 to 30 minutes for solving the inventory.

### Variables under Study

(I) Independent variable: tabala playing activities.

(II) Dependent variables: i) Emotional Intelligence,

### Proposed Statistical Procedure

(I) Descriptive statistics i.e. means, S.D. will be computed

(II) t test

	N	Mean	SD	Df.	t
Non Tabala player adolescent	40	57.22	9.18	78	2.80
Tabala player adolescent	40	62.52	7.73		

## Result analysis and discussion

### Hypothesis

1. Tabla playing activities have impact on the Emotional Intelligence of adolescent. There is significant difference between mean score of NonTabla player adolescent on Emotional Intelligence which is 57.22 and. It is comparatively smaller than mean score of Tabla player adolescent on Emotional Intelligence that is 62.52 and t value is 2.80 significant at both level ( t- 2.17,  $P < 0.01$  level & 0.05) it shows significant difference between Tabla player adolescent & youth and Non Tabla player adolescent & youth on Emotional Intelligence.

## Conclusion

On the basis of above data and discussion of result, the hypotheses were clearly tested and verified.

1. Tabla playing activity proves to be effective in developing Emotional Intelligence of adolescent & youth.

## Suggestion and limitations

1. This study can be replicated in different cities.
2. Other dependent variables can be included such as mental health, Self conceptself-esteem, achievement motivation, and so on.
3. Selection of Music learner accordingly suggestion of their respective music teachers and passed music exams. (Minimum three years of music background)
4. Selected Samples are not professional musicians, they are just students

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