The Investigation and Comparison of Mental Well-being and Happiness Based on Pop and Traditional Music

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Abstract
Purpose: The aim of this research is to study and compare the rate of well-being psychology and happiness based on pop and traditional music listening among students of Bahonar University of Kerman 2012–2013. Methodology: In this way, 376 Students were selected in clustering sampling method and in order to collect data was used Kiez and Magiarmoo’s well-being psychology questionnaires and also we used happiness questionnaire about rate of listening music. The research method is comparative study. Findings: The results of research showed that the average of students’ well-being psychology and happiness scores are different based on listening pop and traditional music. Conclusion: The rate of well-being psychology and happiness is different based on pop and traditional music listening and this rate is high among students who listen to traditional music.

Key words: Well-being psychology, pop music, traditional music, students.

Introduction
In recent years with the works of Martin Seligman, there has been a movement that is now being universally known as the Positive psychology. In this new branch of psychology, concepts such as happiness, hope, vitality and optimism are investigated (Barlow 2002). One of the important topics in Positive psychology is the mental well-being and happiness. The history of mental well-being dates back to late fifties, and for happiness it goes back to 1960 (Argyle 2002). Mental well-being, as one of the most important topics in Positive psychology, has attracted a lot of attentions and covers a broad range of meaning. Sheferz (2002) reported that the recent researches on youth stresses, more than any time, the importance of the role of music in youth lives. In addition to music being of utmost importance in youth lives, it is one the chief sources of entertainment for them. Will Straw shows how music can be a determinant factor for subcultures. Based on Straw’s point of view the features such as age, tribe, race, and class are among the most determinant factors for select audience in music (Straw 1999). A factor in mental health is mental well-being, i.e. the self-evaluation of each person makes about the dimensions of (interrelated but at the same time experimentally separate) positive affect, negative affect, and the life satisfaction (Saleski 2003). From the ancient times, special attention was paid to human positive feeling such as happiness. According to Aristotle there are at least three types of happiness; in the lower scale, is what the common people know as happiness which is equal to success and achievements, in a higher is what Aristotle means by happiness out of spirituality, or spiritual happiness (Eysenck translated in Persian 1999). This was in a time when psychologists began to take special attention to positive affect in late twenties (Veenhoven 1988). In one study, he came to this conclusion that until 1960 the whole researches related to happiness, i.e. its related topics such as satisfaction, joy, and positive effects are 62 cases. As the juvenile population has been booming in recent years in Iran, which is the result of demographic and socio-cognitive developments, there has been a growing tendency to and an interest in different types of music among them. Music has deep influence on mind and body of human beings. As the part related to music is located near to that of emotion, it can put deep influence on the soul (Rasouli 2008). In last decades, there have been numerous studies about the influence of music in different fields such as medical sciences, psychology, and Rehabilitation. Therefore the social changes can be traced for example in the field of music, and its effects on mental well-being. The studies of these effects can lead to the comprehension of these changes. In recent years, with the prevalence of music, it has intrigued people to it, but at the same it has brought along some criticism about the quality of works of art. Some of the criticisms concern the type of verses or lyrics that have been presented to the audience. In this regard, the issue will is between the
traditional and the pop music and mental well-being and happiness. The fact that whether traditional and pop music be de facto influential in increasing and decreasing mental well-being and happiness is a question. The background of mental well-being is related to questions as “why some people experience positive moods, or cognitive judgments or affective reactions?” there can be found some studies that have used expressions like happiness, satisfaction, morale and positive disposition. The reviewing Wilson (1967) made us come to two conclusions: first, the ones who have more advantages are those who have more mental well-being than others. He drew the conclusion that, “the person with high mental well-being is figured as a young, healthy, highly educated, high income, extroverted, optimist, freed of anxiety, religious, married, highly self-esteem, highly spirited, aspirated, moderate towards both sexes, and highly intelligent kind of person, there has been little theoretical advancement in the perception of mental well-being (Bentham 1948-1989 as cited by Synder and Lopez).

The theories that investigate mental well-being are as follows:

- Telic theories: telic theories believe in idyllic interior which increase with the moods like Goal or Need. One of the fundamental theoretical principles proposed by Wilson (1967) is the fact that the satisfaction of needs lead to mental well-being and vice versa, i.e. the insistence on the unrealized needs cause lack of mental well-being (Michalos, 1980 as cited by Abulqasemi 2004).
- Pleasure and Pain theories: Every individual has only some goals and needs that are limited to lack of something in his/her life. Therefore in rules about goal and needs the most odds are for lack or deprivation. Deprivation is an essential necessity for mental well-being. The presupposition is that the more the deprivation, the greater the pleasure to achieve the goal will be. The idea that believes, the satisfaction of needs will lead to mental well-being (Abulqasemi et al. 2003).
- Activity Theories: the more people are interwoven in attractive and complicated activities, the more mental well-being will be. Contrary to Goal theory theoreticians, activity theoreticians believe that mental well-being results from behavior, not form reaching the goal or destination (Csikszentmihaly 1999).
- Associationism Theories: one common cognitive approach towards mental well-being is related to associationism networks of memory. Bower (1981 as cited by Sharifi 2006) is on the opinion that people will remember memories that are in accordance with their prevalent passionate mood.
- Judgment Theories: some theories accept mental well-being as the major issue whence derived from the comparison between criterion and real conditions. If the real condition exceeds that of the criterion, the mental well-being is created. In this moody disposition, the comparison using a criterion might be done under an unconscious approach (Edingon and Shuman as cited by Raesie 2004). Dennis Prajer declared that happiness is an important issue and a serious one in which people should actively look for it, and take it as their citizenship duty to seriously take measure to make themselves happy, because happiness will lead to philanthropy. Being happy engenders health and gives the sense of security to people and people will pay better attentions to their associates and entourages. Therefore happiness is a condition that should be actively probed. Seligman (1998) expresses that happiness and well-being are comparable in three important elements: two of these elements are passion-like i.e. the recurrent experience of affection or positive thrill, the non-recurrent and the little-thrill with negative thrill and also the cognitive element or the evaluation the individual makes in every aspect of his/her life such as satisfaction in conjugal life, satisfaction at work etc.

The happiness theories are as follows:

- Hedonism Theories: in every form, hedonism means the happiness which is related to mental feelings that are raw and unprocessed. A happy life leads to increase in feeling of joy and decrease in pain and suffering. A happy man laughs, is euphoric and has bright and brilliant eyes. His/her happiness in deep and profound and his/her pains are small. This theory has its rational modern roots in Bentham’s utilitarianism (Bentham 1978 as cited by Seligman and Roysman 2003).
- Desire Theory: this theory works better than hedonism theory and is considered more functional. Desire theory declares that happiness is in achieving what you want to achieve Griffin 1886 as cited by Seligman and Roysman 2003), because wanting brings happiness for the person possessing that
thing. The desire theory covers the hedonism theory too, because when we possess what we want the amount of pleasure is high and the pain is low.

- The theory of the original happiness: this theory (proposed by Seligman as cited by Seligman and Roysman 2003) advocates the previous theory, and implicates that the happy life and with well-being is of three kinds: the desirable and pleasurable life, the good life (dedication) and life with meaning. The first two are subjective but the third one is objective and concerns what is more important than self's wants and earthly tendencies. In this aspect, the third one which is the original happiness covers all three other theories.

Al-Farabi divides music whether in performance or in music making into three types:

- exhilarating music
- emotion-inducing music
- imagination-inducing music

The exhilarating induces good feelings in us, and is used when for removing fatigue. The emotion-inducing music wakens our sentiments and is used when they want to make somebody to do something under specific circumstances. The imagination-inducing music triggers our imagination potentials, especially when accompanied by other versified anecdotes or some other speech forms, which would probably double its effects (Barkeshly 1978). The result of the different studies show that to involve in music has proven beneficial in cases such as accordance and harmony with the environment and social interactions (Hans and Thompson 1994) the stress management and the decrease in characteristic and conditional anxiety (Jung and et al. 2003). And the decrease in moral deviations, delinquency, and also in treatment of psychosis (North et al.). In this aspect, Nkyndvat (2003) in his book music therapy for adults afflicted with psychosis, besides the proposal of a cognitive-affective model for neural music therapy, emphasizes the importance of effects of music therapy in changing electroencephalography patterns of two type of destructive mothers and hermit one, both with signs of depression. They observed that the use of music especially traditional one not only does lead to regularization of brain waves but also it eased the reduction of signs of depression and anxiety in them. Among the theories related to pop music we can refer to audience analysis theory, the production-related theories and also identity-finding theories. In general, we can say that the audience analysis theories are related to sociological theories and theoreticians like Max Weber, Adorno, Stuart Hall, Hebdige. Max Weber has studied the way in which the structure of classical music has entered into rationality, Stuart Hall, and Hebdige are opposite the Adorno's opinion concerning the impassivity of the audience, believe that audience is not passive and interprets signs according to his wants. According the identity-finding theories, pop music has an important role in identity-finding in youth, and also plays an important role in holding identity for tribal groups, subcultures, and even nations (Strinati 2005, 290). In the article by Samim and qasemi (2009), they study the relation between the consuming of types of popular music (pop) with the degree of hostility between students of Esfahan University. According to their findings, there was a negative direction in the tendency to consume pop music after revolution, and the direction was positive in music other than pop. Moradi (2008) in a study under the title of the investigation into the effect of traditional Iranian music on the physiologic processes in patients with anxiety-stricken disorders, concluded that listening to traditional Iranian music has positive effects on physiologic processes on people with anxiety disorders. On this basis, and with the said materials, our aim in this study is to investigate, describe, and explicate the medium of mental well-being and happiness of students based on listening to pop or traditional music.

To put it in other words, we try to answer the following question as to whether the medium of happiness and well-being is different among students who listens to pop and those who listen to traditional music.

**Goals of the study**

- To examine, evaluate, and explicate the degree of mental well-being and happiness based on listening to pop and traditional music among students of Bahonar University of Kerman.
- To examine, evaluate, and explicate the degree of mental well-being and happiness among different sexes, i.e. among girls and boys listening to pop and traditional music.
- To examine, evaluate, and explicate the degree of happiness based on their listening to pop or traditional music.
**Research Hypothesis**
The medium of happiness based on listening to pop or traditional music will differ.

**Method**
Statistical population of this study includes all students of Bahonar University of Kerman, around 19500 people. The current study was based on the classified sampling method i.e. the total number of the students were prepared and the required number of them were selected from every faculty.

The current study was executed with the use of correlation method, because the relation of the variables would change according to the target of the study.

In order to analyze the data in two levels of descriptive and perceptive we used the SPSS software. The tools of the study include happiness questionnaire and mental well-being questionnaire.

**The findings**
In order to analyze the data of the study, the answers of sample group were extracted and were then analyzed by SPSS21 software. The statistical methods in this chapter summarily includes the descriptive indexes, also the calculation medium (x), the Standard Deviation (SD) and calculations relating to correlation coefficients between the standard and independent variables. About this coefficients there have been a meaningful surfaces shown. The related analysis with the variance analysis of dependent variables (mental well-being and happiness) have been separately compared with the traditional and pop variables.

The ANOVA two-way variance analysis test factorielle (UNIANCOVA) was used to test the hypothesis below:

*First hypothesis,*
The medium of happiness based on listening to types of music (pop or traditional) will differ in students:

First hypothesis:

The ANOVA two-way variance analysis test factorielle (UNIANCOVA) was used to test the hypothesis below:

The medium of happiness based on listening to types of music, i.e. pop or traditional among the boys or girls students are different.

Table 1: Descriptive Characteristic of Happiness Variables

<table>
<thead>
<tr>
<th>The type of music</th>
<th>Sex</th>
<th>Medium</th>
<th>SD</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Man</td>
<td>17.8966</td>
<td>4.54615</td>
<td>29</td>
</tr>
<tr>
<td>Traditional</td>
<td>Woman</td>
<td>18.7119</td>
<td>4.97944</td>
<td>59</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>18.4432</td>
<td>483012</td>
<td>88</td>
</tr>
<tr>
<td>Pop</td>
<td>Man</td>
<td>17.8552</td>
<td>4.24424</td>
<td>145</td>
</tr>
<tr>
<td></td>
<td>Woman</td>
<td>16.6216</td>
<td>4.33601</td>
<td>111</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>17.3203</td>
<td>4.31947</td>
<td>256</td>
</tr>
<tr>
<td></td>
<td>Man</td>
<td>17.8621</td>
<td>4.28243</td>
<td>174</td>
</tr>
<tr>
<td>Total</td>
<td>Woman</td>
<td>17.3471</td>
<td>4.66291</td>
<td>170</td>
</tr>
<tr>
<td></td>
<td>total</td>
<td>17.6076</td>
<td>4.47540</td>
<td>344</td>
</tr>
</tbody>
</table>

According to above table, the total medium grades of boys and girls (man and woman) are 17/34 and 17/86. It somehow shows the equality in medium between boys and girls.

Lewin’s test for the equality of variance
The Investigation and Comparison

The above table shows the result of Lewin’s equality of variance test for errors in happiness grades among boys and girls. As the level of definition of of F is bigger than 0.05 we can say that the error variance of two groups were equal with each other and no significant different was observed.

Table of the total effects of model

<table>
<thead>
<tr>
<th>Source</th>
<th>The third type of total squares</th>
<th>The free degree</th>
<th>The medium of squares</th>
<th>Coefficients with detailed derivations</th>
<th>Sig</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model modification</td>
<td>191.162 a</td>
<td>3</td>
<td>63.721</td>
<td>.028</td>
<td>.022</td>
<td>3.244</td>
</tr>
<tr>
<td>obstruct</td>
<td>75041.533</td>
<td>1</td>
<td>75041.53</td>
<td>.918</td>
<td>.000</td>
<td>3820.132</td>
</tr>
<tr>
<td>The type of music</td>
<td>67.478</td>
<td>1</td>
<td>67.478</td>
<td>0.010</td>
<td>0.045</td>
<td>3.435</td>
</tr>
<tr>
<td>sex</td>
<td>2.598</td>
<td>1</td>
<td>2.598</td>
<td>0.000</td>
<td>0.716</td>
<td>0.132</td>
</tr>
<tr>
<td>Type of music sex</td>
<td>62.340</td>
<td>1</td>
<td>62.340</td>
<td>0.009</td>
<td>0.048</td>
<td>3.174</td>
</tr>
<tr>
<td>The amount of deviation</td>
<td>6678.858</td>
<td>340</td>
<td>19.644</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>total</td>
<td>113519.000</td>
<td>344</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total modifications</td>
<td>6870.020</td>
<td>343</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Modification of model</td>
<td>191.162 a</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coefficient determinant = 0.028 (coefficient determined = 0.019)

The result of this table that in fact is the most important result for explanation of the variance analysis test, is a definition or non-definition test of total model, also the separated influence of every related variable is shown. It is as follows’

The separate influence of every sex (sig: 0.716 f=0.132) on total grade of happiness of girls and boys are non-definable i.e. the statistically speaking the medium of happiness grades among boys and girls are not different. On the other hand, about the influence of pop and traditional music on happiness, according to F test (sig= 0.045 and f=3.435) there is a definable different among the students based listening to pop or traditional music, meaning the students listening to pop or traditional music experienced different kind of happiness.

Existence, interaction between type and the genre of music and the simultaneous impact of this two independent variable on grading variable is definable statistically (sig= 0.048 and f=3.174) in other words, the medium of the grade of happiness among boys and girls based on listening to the type of music has been different.

Second Hypothesis

The ANOVA two-way variance analysis test factorielle (UNIANCOVA) was used to test the hypothesis below:

The medium of mental well-being based on listening to kind of music among boys and girls are different.

The characteristics of descriptive variables of mental well-being
Based on above table in total the medium grade of mental well-being of girls and boys students (man and woman) is equal to 187/26 and 188/33 showing quality between two groups.

The above table shows the result of Lewin's test for equate of errors of variance in mental well-being among boys and girls. As the definition of F is bigger than 0.05, so one can say the variances of two groups errors were equal together and there was not difference between them.

Total model effect

<table>
<thead>
<tr>
<th>Model modification</th>
<th>Model modification</th>
<th>Model modification</th>
<th>Model modification</th>
<th>Model modification</th>
<th>Model modification</th>
</tr>
</thead>
<tbody>
<tr>
<td>obstruct</td>
<td>2058.168</td>
<td>3</td>
<td>686.056</td>
<td>0.020</td>
<td>0.113</td>
</tr>
<tr>
<td>total</td>
<td>6801256.1</td>
<td>1</td>
<td>6801256.19</td>
<td>0.985</td>
<td>0.000</td>
</tr>
<tr>
<td>The type of music</td>
<td>1578.967</td>
<td>1</td>
<td>1578.967</td>
<td>0.015</td>
<td>0.032</td>
</tr>
<tr>
<td>sex</td>
<td>33.247</td>
<td>1</td>
<td>33.247</td>
<td>0.000</td>
<td>0.755</td>
</tr>
<tr>
<td>Type of music sex</td>
<td>67.997</td>
<td>1</td>
<td>67.997</td>
<td>0.001</td>
<td>0.656</td>
</tr>
<tr>
<td>The amount of deviation</td>
<td>100454.68</td>
<td>294</td>
<td>341.683</td>
<td></td>
<td></td>
</tr>
<tr>
<td>total</td>
<td>10614355.000</td>
<td>298</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total modifications</td>
<td>102512.84</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coefficient determinant = 0.020 (coefficient determined = 0.010)
The results of this table is in fact one of the most important results for analysis of variance results. This test shows the definable or non-definable of total model and also the separate influence of every variable independent on dependent variable. The result is as follows:

The separate impacts of sex variable \(F=0.097\) sig=0.755 on mental well-being grade of boys and girls are not definable. Meaning statistically, the medium grade of mental well-being among boys and girls are no different. About the impact of music type variable on mental well-being grade, \((F=4.621\text{ and sig}=0.032)\) there is a definable different in grades among students based on what they listened to. But the existence of interaction between sex and type of music and simultaneous impacts of these two independent variables are not definable \((F=0.199\ \text{and sig}=0.656)\) in other words, medium grade of mental well-being among girls and boys students on types of listening to traditional and pop music has not been different.

**Conclusion and Discussion**

Every one of us know that today’s lifestyle, has deeply influenced our daily lives, and everyone should pace themselves according to that, inflict upon them stress. Lot of people seek ways to reliever ourselves from stress. Ways and means to get us back to nature again. One can use the power of music in order to do so. Because it can be useful for both mind and the body of man. When we are being put under everyday problems a piece of music can help us forget our problems. With its harmony we can harmonize our lives. We can become "one" with the music meaning becoming one with the nature. This study aimed at understanding the effect on types of music and the amount well-being and happiness. We hope that future researches explore other aspects of music. The result of this research showed that about the impact of pop and traditional variable on mental well-being on the bases of test \(F\), we observed the definable different on grades of students listening to pop and traditional music, this means that the students who listened to these two show different kind of mental well-being, the ones who had listened to traditional music had better mental well-beings and it was in accordance with Moradis’ (2008) relating to the role traditional music in relieving stress and the results of Samim and qasemi (2007) about the increase in rage in students listening to pop music. And with the background theoretical basis of this research Nkyndotat (2003) found that the use of music especially traditional music causes reduction in amount of anxiety and depression. This seems to be due to the rhythm and kind of music. Fast tempo in pop music can damage the well-being of mind. About the impact of pop music variable and traditional on happiness grades of students, on the basis of test \(F\) we observed definable different on happiness among the students listening to music. Meaning the students experience different levels of happiness, and with the results of traditional music on higher degrees of happiness and with Arafafie et al. (2003) on the advantages of Iranian music on reducing depression, it seems that the lyrics of pop musics are more sorrowful and are less happy than traditional music. The pop styles are designed in a way for common people to enjoy it. When one looks deeper into them, it can be observed that this type of songs are less equipped with powerful songs, and involves less imagination to wander. In reality the topic and lyric of all of these songs are every day word use, brought into verses, designed to be sung. Some years before the new pops emergence the need for pop was satisfied from outside the country with the Iranian immigrants singers. In recent years with developments of pop and removing of obstacles of some restrictions some singers began singing inside the country, which their works is an imitation of the foreigner’s and immigrant’s pop singers. Bit by bit, with developments in pop music and increase of fanatics, there came different singers, every with a diverse and new style in singing and were famous and popular. Some of them even became popular among Turkish, and Arabic people also became interested in the way they used to sing and imitated them. Therefore as was mentioned the traditional music is very influential in increasing mental well-being and happiness and we hope that right culturisation the traditional music becomes more prevalent in the society.

**Suggestions**

On the basis of this research and with bearing in mind the influence of music in mental well-being, and with the easy accessibility of and the not needing so many equipment, it is better to use music as a way to increase mental sanity and happiness in the society. It is suggested that in order to acquire more precise results, this research be done in a test method and on two groups with equal mental well-being and happiness.
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