

IMPACT OF MUSIC INTERVENTION ON EMOTIONAL INTELLIGENCE

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ABSTRACT

Emotional intelligence is about understanding oneself and others effectively and thereby, relating well with people, adapting and coping with the direct surroundings and successfully dealing with environmental demands (Bar-On, 1997). Individuals are affected by music in many ways. Music shapes our emotional state by energizing and soothing. Thus the present study aimed at finding the impact of music intervention on the emotional intelligence of young adults. Quasi experimental research design was used. The independent variable was music intervention and the dependent variable was emotional intelligence. 100 young adults were assessed with Bar-On's emotional intelligence scale. 10 individuals who scored less in the tool were selected for the intervention. The intervention was conducted for 10 days and the primary focus was on music and emotions. The music excerpt used in the intervention was an instrumental piece by Pandit HariPrasad Chaurasia in the raga Hamsadhvani. The findings revealed that Music intervention had a significant in improving the emotional intelligence of young adults.

KEYWORDS: Emotions, Intelligence, Music, Young Adults