

SELF ACTUALIZATION & PERFORMING ARTS

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The era of science and technology lends Prosperity to our life. Happy and satisfactory life has two aspects one is happiness and other is prosperity. Though technology has made our life very comfortable, for a meaningful and contented life peace and happiness are more essential. The increasing level of stress, depression, criminal tendency, frustration these are the products of our changing life style and over ambitiousness. Prosperity is related to human's exterior and happiness is related to inner side. Internal Potential and Positive emotion can make our life better. In this stressful life, art is playing an important role to make our life happy. Art can give happiness to others and can give happiness to ourselves.

There are different types of art but music is closely related to our life. Because human emotions are directly related to music. Music psychology is a special branch of Psychology which is working on laws of Music, Sensation, Perception, Cognition etc. Music therapy is becoming more popular for treating our physical and mental problems. So that music plays an important role in our life.

In the history of psychology, we note that more than 50 years ago, psychology focused on the human's negative aspects like disorder and dysfunction.

The science of Psychology has been far more successful on the negative than on the positive side. It has revealed to us, much about man's shortcomings, his illness, his sin, but little about his potentialities, his virtues, his achievable aspirations or his full psychological height. It is as if psychology has voluntarily restricted itself to only half its rightful Jurisdiction, and that, the darker meaner half (Maslow, 1954 P. 354)

Personality theories tell us about the development of personality. Humanistic Psychologist Carl Rogers and Abraham Maslow has given importance to individuals Potentialities. The humanistic approach argues that people are basically good and tend to grow to higher levels of functioning self motivated ability to change and improve their personality. Abraham Maslow emphasized that the goal of personality growth is self actualization. Self actualization is a state of self fulfillment in which people realize their highest potential in their own unique way.

Malsow's needs theory and his hierarchical topology of human needs have been of central importance in research of Human's Psychology, Sociology and Physiology. Self actualization which is located at the top of the human needs hierarchy is defined as the level of human life and in the end

should be at peace.

Positive psychology has common interests with the part of humanistic psychology and its emphasis is on fully functioning person and self actualization and study of healthy individuals. Positive psychology is about scientifically informed perspectives on what makes life worth living. It focuses on aspects of human condition that lead to happiness, fulfillment and flourishing (The Journal of Positive Psychology, 2005) Martin Seligman (2003) explained that Positive psychology is built on the study of (1) Positive subjective experience (such as Joy, happiness, contentment, optimism and hope) (2) Positive individual characteristics (such as personal strengths and human virtues that promote mental health.) and (3) positive social institutions and communities that contribute to individual health and happiness. These are the three pillars of positive psychology.

There are many definitions of Positive Psychology but all the points in the definitions are same, positive psychology is a science of well-being and optimal functions. It is a scientific study of the strengths and virtues that enable individual and communities to thrive.

Maslow gives great importance to self actualization in his theory of personality. Maslow has explained 16 characteristics of a self actualized person, such as efficient perception of reality, acceptance of self, others and nature, creativeness, Autonomy etc. With this characteristics a human being can live a happy and satisfactory life.

The biography of different music artists shows these characteristics are effective in the artists. Due to these characteristics can they attain self actualization faster than ordinary persons? Hence the purpose of this research is to find whether practicing art / music will improve the level of self actualization in the subjects.

Objectives :

To study the effect of music practice on self actualization.

To examine the effect of sex on self actualization.

To determine the interactive effect of music training and sex difference on self actualization.

Hypothesis :

1. Music practice affects significantly on self actualization. Music practicing youth are more self actualized than non practicing youth.
2. Sex difference affects significantly on self actualization. Males are more self actualized than Females.
3. An interaction of sex and music practice affects significantly on self actualization.

Sample :

By using the purposive sampling technique 60 youth were selected from Amravati city, 30

youth who were practicing music and 30 youth who were not practicing music and other arts. The age group varied from 25 to 35 years. For the selection of the sample a questionnaire was used, which included primary information, art related questions, socio-economic conditions and hobbies of the subjects.

Tools :

- Self actualization inventory developed by Dr. K.N. Sharma.
- Sample selection questionnaire.

Results and Discussion – To analyze the data of selected sample 2 x 2 factorial design was used. The subjects were distributed in four groups male and female, with music and without music. Means and S.D.s obtained by the subject in four groups to measure self actualization are presented in table No. 1.

Table No. 1

Mean and SD of four subgroup on self actualization

	A ₁ B	AB	A ₁ B ₁	AB ₁
X	178.6	191.13	163.86	176.8
SD	5.89	5.58	8.53	5.16

A – Male, A₁ – Female, B – With music, B₁ – Without Music

Only on the basis of the obtained means and SDS it is not possible to draw conclusions confidently. So the data were treated by two way analysis of variance (ANOVA)

Table No. 2

Mean Value of Main group on self actualization

Group	Mean
Music Practicing Youth	184.86
Non Practicing Youth	170.33
Males	183.96
Females	171.23

Table No. 3

Summary of two way ANOVA for self Actualization.

Source of Variation	SS	df	MS	F
A - Music	2484 . 27	1	2484.27	33.91*
B – Sex	2184.07	1	2184.07	29.81*
A x B	3.26	1	3.26	0.04
Within Error	4102	56	73.26	--

* Significant at 0.01 level.

From the summary table of ANOVA, it is clear that the factor A (music) is very much effective because F ratio of this factor 33.91 is significant at 0.01 level. A represents two levels of music practice, with music and without music. It was assumed that music practice affects significantly on self actualization. On the basis of table No. 2 mean value of music practicing youth is 184.86 and non practicing youth is 170.33. Here mean value of music practicing group is greater than non practicing group. So the first hypothesis is accepted here. From the examination of the mean values it is clear that music practicing youth are more self actualized than non practicing youth.

Maslow (1968, 1971) focused on the role of music in satisfying self actualization needs, asserting that music satisfies the highest of all needs in human needs typologies. Maslow's view was confirmed by Reimer (1989) who explained the profundity of music as 'the power of music to alter the reality of human experience and to alter humans' way of being.

Maslow claimed that music is perceived as one of the easiest ways to achieve self actualization of those experienced by an individual through musical activities (Lowis 2002)

Ford (1991) emphasized that to reach the self actualization state, People's everyday experience and their self concept must closely match people who are self actualized accept themselves as they are in reality, which enables them to achieve happiness and fulfillment. Jones and Crandall (1991) says that achieving self actualization produces a decline in the striving and yearning for greater fulfillment that makes most people's lives and instead provides a sense of satisfaction with the current state of affairs.

On the basis of these psychologist's opinion we can say that self actualized person can live his life happily.

The second factor B (Sex difference) is also very much effective. F ratio of this factor 27.81 is significant at 0.01 level. On the basis of table No. 2 male group mean value is 183.96 and female group mean value is 171.23 here we can say that sex difference affects significantly on self actualization and males are more self actualized than the females. The second hypothesis is accepted.

An interaction A x B is not significant at 0.05 level ($F = 0.04$) so it is clear that the interaction A x B, that the main affect the function independently.

Conclusion :

1. Music practice affects significantly on self actualization. Music practicing youth are more self actualized than the non practicing youth.
2. Sex difference affects significantly on self actualization. Males are more self actualized than females.
3. An interaction between sex and music does not affect significantly on self actualization.

Limitations :

1. This research has considered only music related sample.
2. Conclusions can not be generalized due to small sample size.

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