



Relation between different types of intelligence and effect of music on intelligence

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INTRODUCTION

Intelligence is an abstract ability which is easily identifiable and recognizable but interestingly very hard to define. It is a complex system of independent but interrelated aspects due to which an exact definition has not yet been born. Emotional intelligence is the ability to understand one's own emotions and emotions of others and use emotional information to guide thinking and behaviour. Social intelligence develops from experience with people and learning from success and failure in social setting. On the other hand, adversity quotient deals with ability of a person to deal with adversities in life. Resilience promotes an individual to protect oneself from negative effect of stressors.

AIMS AND OBJECTIVES

The present study aims to

1. Assess the general intelligence, emotional intelligence, social intelligence and resilience
2. Assess effect of music on different intelligence

MATERIAL AND METHOD

The present study was conducted on 100 college going students chosen randomly with no gender bias. Informed written consent was taken and the procedure was explained to subjects. The study was carried out in two phases. In the first phase, baseline parameters of Intelligence quotient, emotional

quotient, social intelligence and resilience level was assessed. They were asked to listen to receptive music for one month and to maintain the record of the same. In the second phase, effect of music was studied on parameters. Complete anonymity was maintained as emotional states are revealed better and honest responses are given.

INCLUSION CRITERIA

- College going students
- No significant medical history based on a short clinical interview
- No sleep disorder

EXCLUSION CRITERIA

- Significant drug or alcohol abuse history
- Psychiatry illness
- CNS disorder including traumatic brain injury
- Significant medical history including asthma, immune disorders, hypertension, seizures or any other known medical condition

Statistical analysis

The results obtained during the study were tabulated and correlation was studied between parameters. The results were computed as significant at $p < 0.05$ level (*), more significant at $p < 0.01$ level (**), and highly significant at $p < 0.001$ level (***)).

RESULT

There was significant increase in correlation between intelligence quotient, social quotient exhibited no change while adversity quotient exhibited decline when parameters were studied between baseline and after music intervention. Paired t-test studied between parameters also exhibited significant difference. Inter-intelligence correlation after music intervention also showed significant difference.

CONCLUSION

Music has positive influence on IQ, EQ, SI and decrease in adversity quotient signifying better ability to handle adverse situations.