The Effect of Indian Classical Music(Raga Todi) on the Level of Anxiety in Young Adults

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Abstract

Introduction: *Music is seen to beneficially impact quite a lot of psychological domains. Although the existing literature shows limited investigations in this area, but each shows a positive effect on the various psychological constructs. The purpose of the current study was to investigate the level of anxiety among and musician and non musician population of the young adults.*

Methodology: *120 young adults (60 learning Indian Classical Music on Raga Todi and 60 not learning Music) divided equally in Delhi NCR and Assam was administered State and Trait Anxiety Test in order to evaluate the level of State and Trait Anxiety.*

Findings: *It was found that trait anxiety was significantly reduced among young adults learning Indian Classical Music on Raga Todi whereas no significant results were found relating Indian Classical Music to state anxiety.*

Conclusion: *Learning Indian classical music, particularly Raga Todi is helpful in reducing trait anxiety but it needs further research on the use and training of Raga Todi on state anxiety level.*

Keywords: *musician, non musician, Indian classical music, raga Todi, state anxiety, trait anxiety.*

Introduction

Music is an art of expression of emotions and feelings. It was very rightly said by Shakespeare that when words starts to fail, music helps in speaking out. Music has generated from the nature and the animals driven by various sorts of emotions leading to the expression of various sounds, notes and pitches (Kivy in 1989).

There are three components without which music cannot be formed. They are song, instrument and dance(geet-badya-nritya). It is said that in absence of any one of these components, music is incomplete. Hence, music is a combination of all of these three components (Bordoloi, 2009). Music is of different kinds and different forms. The different kinds of music are Classical Music, Jazz Music, Latino Music, Country Music, Folk Music, Rock Music, Pop Music, Metallica Music etc. (Manabe in 2015) and the various forms of music are soft music, romantic music, tragedy music, suspense music etc.

Classical music has its origin in India and is often known as Indian Classical Music. It is a synthesis of Vedic chant and trditional Persian music (Sorrell and Narayan, 1980). This Indian Classical Music is based on 7 swaras and 10 Thatas. The 7 swaras are Sa, Re, Ga, Ma, Pa, Dha and Ni. And the 10 thatas are Asawari, Purvi, Bhairav, Bhairavi, Bilabal, Marwa, Todi, Kalyan, Khambaja and Kafi. Based on these thatas and swaras, the Indian Classical Music consists of different Ragas (Bhatkhande, 1990). Indian Classical Music contains various ragas. Ragas are formed out of the 7 swaras and the 10 thatas. Combination of at least 5 swaras in various tonic appraisal(Sudha, Komal and Tivra) and forming it into groups are the ragas.

Our nervous system and the auditory system are tuned for music. With lesions to some part of the brain, there may be impairment in the power for perception of music (Patel, 2010). Music can calm us, animate

us, comfort us, thrill us, organize us and even synchronize us at work and play. Music generates emotions and so does musical instruments. Music has an impact on the brain activity and there is a difference in the EEG graph when measured while listening to music (Patel, 2010). It is also seen that the EEG recorded during listening to music has highest reflection in the brain regions related to emotional aspects such as amygdala and hippocampus.

A lot of work has been done in the area of music and its implications in psychological constructs like depression, anxiety, mental health and wellbeing etc. Stress and stressful situation are a part and parcel of the life of a human being (Craske and Stein in 2016). Also, each individual has the resilience to be back to the normal or balanced state after a stressful life situation. Human beings strive to their life in a happy note. No one wants to be sad. But circumstances beings threats and misery that disturbs the balance. Hence, individual seeks guidance and treatment for the various issues one is suffering from, be it physical or psychological (Kessler et al in 2007). In the course of treatment of psychological issues, music plays a very important role in boosting up the mechanism of an individual for relaxation and happiness.

Anxiety is an unpleasant state of mind where a person constantly worries about something that stresses his mind and body (Seligman, Walker and Rosenhan in Abnormal Psychology). There are three types of reaction to stress viz. physical, emotional and behavioural. Again, anxiety can be broadly divided into two types. They are State Anxiety and Trait Anxiety. State anxiety is the current state or level of anxiety a person is having and is short term phase of anxiety(APA, 2013). Whereas the trait anxiety is the level of anxiety a person has imbibed since birth and is long term.

Anxiety disorders may also result as a comorbid condition in major depressive disorder, substance use disorder and also personality disorder (Craske and Stein in 2016). Some of the treatment processes that could be used with anxiety disorder are:
- Cognitive Behaviour Therapy
- Rational Emotive Behaviour Therapy
- Expressive Therapy
- Counseling
- Psychiatric Drugs prescribed by Psychiatrists etc.

Review of Literature
Garrido et al in 2016 did a study on music and wellbeing and it was found that performing musical activity increases social integration and promotes wellbieng. In 2004 a study done by Thorgaard et al on the use of selected music doing invasive procedure of Cardiac Catheter Laboratory suggested positive effect in the wellbeing of individual with music exposure and the study suggest the use of music in the environment of Catherer Laboratory. Hays and Minichielo in 2005 did a study that focuses on the contribution of music in the life of elderly people and its contribution to the self identity and quality of life. The data reveals that music plays a vital role in developing self identity and interpersonal connection in wellbeing promoting quality of life and higher self esteem.

Padam et al. In 2017 did an experimental study on the use of prerecorded vedic chants and Indian classical instrumental music on the levels of anxiety, heart rate and blood pressure of patients undergoing upper gastrointestinal endoscopy and found to have positive impact in reducing state anxiety, promoting adequate heart rate and blood pressure among them. Mathur et al. in 2015 did a research on the emotional response to Indian ragas and it was found that there was distinct emotional response to alap and gat, specific tonic intervals acts as robust predictors of emotional response and tone determines emotional experience and the tempo and rhythm determines the level of arousal. In 2012 Nawasalkar and Butey did a comparative and analytical study on the effects of music on human body using EEG scans. They study indicated that one can identify emotions from the EEG brain waves and when one listens to music

(specifically Indian Classical Music) there is changes in the brain waves leading to changes in emotions. Sanyal et al in 2013 did a research on neural brain patterns with music as the stimuli and it was seen that arousal based brain activity tended to increase during the listening phases and is still increased few time after the music was stopped.

Alex in 2014 did a research on the effects of music intervention on cardio-vascular patients and cancer patients. It was found that the symptoms of depression, anxiety, stress and total psychological distress reduced in the post music intervention. Lin et al in 2011 did a research on the effects of music therapy and verbal relaxation in the chemotherapy induced anxiety in cancer patients. It was found that music had highly positive effects on post chemotherapy anxiety than the verbal relaxation and controlled group. Patient who had very high state anxiety receiving music had a great fall in anxiety level during the post chemotherapy.

Sunitha, Sharanabasappa and Smitha in 2018 did a pilot study on the effects of Indian Classical music on the level of depression, anxiety and stress in depressive patients and found to have improvements in their symptoms after listening to Indian Classical Music. Nizamie and Tikka in 2014 did a study on the relationship of music, especially Indian music with psychiatry. They said that by the advent of music therapy, an alternative form of therapy has been added to the field of psychiatry and is used for the treatment of various major mental disorders. Patranabis et al in 2013 did a study on the Hindustani Music with Emotional Behaviour. It was suggested that emotion varies over time. Gupta and Gupta in 2005 did a study on the effects of Indian instrumental music on the psychopshysiology of human beings. No change was seen in blood pressure and heart rate but music listening group was seen to have increased EEG and decreased depression and anxiety. Lin et al in 2014 studied the on the spatio spectral dynamics of mode and tempo perception of music using EEG. In comparison to minor mode music, major mode music increased the delta activity of the right sensorimotor cortex, suppressed theta activity of superior parital cortex and moderately suppressed beta activity in the medial frontal cortex. Again it also revealed that fast tempo music suppresses alpha activity in right sensorimotor cortex. In 2010, Lin et al did a study on the emotional regulation listening to music using EEG and it was found that emotional processing was more during music listening.

Thoma et al. in 2013 did a study on the effects of music in the autonomic, endocrine, emotional and cognitive system of human body and concluded that music listening has an impact on the biopsychosocial stress system and thus it impacts the autonomic nervous system, endocrine system and the psychological stress response. Liu, Chang and Chen in 2010 did a research on the effects of music in reducing pain and anxiety among women in labour. It was found that compared to the controlled group, experimental group suffered less pain and anxiety and a higher finger temperature during latent phase. Khalfa et al in 2003 did a study on the the effects of relaxing music on the recovery from psychologically stressful task. It was found that the cortisol level ceased to increase after the stressor in the group which was exposed to music but the salivery cortisol level in the group exposed to silence tended to increase for 30 minutes after the stressor.

Witte et al. in 2019 did a study on the effects of music therapy on stress related outcomes, both physiological and psychological and found to have positive impact in reducing stress, both physiologically and psychologically. Bradt, Dileo and Potvin in 2013 did a review research on the effects of music on the distress and anxiety reduction in patients with coronary heart disease. It was seen that music intervention had small beneficial effects on the psychological distress and moderate effect on anxiety in such patients. Bradt & Dileo in 2009 did a research on the effects of music for reducing anxiety and distress in patients with coronary heart disease and concluded that listening to music is beneficial for reducing heart rate, respiratory rate, blood pressure, anxiety and pain in patients with coronary heart disease.

Packyanathan, Lakshmanan and Jayashri in 2019 did an experimental study on the effects of music therapy on the level of anxiety during dental extraction and found to have positive impact on reducing anxiety among the experimental group.

Celebi et al. in 2020 did an experimental showing on the impact of music therapy on reducing pain and anxiety among patients undergoing colonoscopy and found that listening to music benefits in reducing pain and anxiety among these patients.

Geethanjali, Adalarasu and Rajsekaran in 2012 did a study which was aimed at studying the effects of music while mental workload. It concluded that activities that require attention are enhanced by listening to Jazz and Carnatic Music rather than Hard Rock Music.

Gangrade in 2012 did a research on the effects of music in producing neurotransmitters, hormones, cytokines and peptides. And it was found that music elevates stress, enhances positive emotions and immune function. It is also seen that music generates signaling molecule that produces neurotransmitters, hormones, cytokines and peptides.

Sung et al in 2011 did an experimental study on the effects of group instrumental music intervention on anxiety and agitation of old patients with dementia and concluded that music intervention has the potential to reduce anxiety of the institutionalized patients with dementia. Sixsmith and Gibson in 2006 did a qualitative study on the effects of music on the wellbeing of patients with Dementia and it suggested increased social cohesion and social contact along with promoting participation in activities inside and outside household and managing their daily life.

Han et al in 2010 did a research on the effects of music intervention in anxiety level of mechanically ventilated patients in China and concluded that short term effects of music helps in reducing anxiety in mechanically ventilated patients.

Nilsson et al in 2009 did a study on the use of music as medicine along with primary care to find its effect on the pain, distess and anxiety following operation in school childern aged 7 to 16 years and it was concluded that music helps in reducing the intake of morphins and thus help in relaxing children after surgery.

Klassen et al in 2008 did a review research on the effectiveness of music therapy in reducing anxiety and pain in children undergoing clinical procedure. Results showed that music therapy significantly reduces anxiety and pain. Hence they concluded that music therapy is very much effective in reducing pain and anxiety in children with medical and dental procedures. Lai et al in 2008 did a research on the effects of music in reducing anxiety in patients undergoing root canal treatment and it revealed that listening to music during root canal is an effective way to reduce the level of anxiety.

Methodology

Aim: To assess the effectiveness of Indian Classical Music on reducing anxiety in young adults using State and Trait Anxiety Test by Psy-Com Services(1993).

Objectives:

1. To identify the effectiveness of learning Raga Todi on State and Trait Anxiety among musicians and non musicians.
2. To assess the difference in the level of state and trait anxiety in people residing in a metropolitan city(Delhi NCR) and people residing in developing small town(Assam).

Hypothesis:
1. There would be a significant difference in the level of state and trait anxiety in the Indian classical music learning raga Todi group and non music learning group.
2. There would be a significant difference in the level of state and trait anxiety among people residing in Delhi NCR and people residing in Assam.

Sample: A sample of 120 musician and non-musician was selected on the basis of random cum purposive sampling method. The division of sample is as follows:
- 30 sample of Indian Classical Music learning raga Todi from Assam,
- 30 samples of non music learning from Assam,
- 30 samples from Delhi NCR learning Indian Classical Music particularly raga Todi; and
- 30 samples from Delhi not learning any music.

The bifurcation is given as follows:

Music Learning(Experimental group)		No Music Learning(Control Group)	
Delhi NCR	Assam	Delhi NCR	Assam
30	30	30	30

Criterion for sample selection:
1. Indian classical music learning raga Todi and Non music learning group
2. Assam and Delhi NCR
3. Experience of musicians is 5 years and above
4. Age range is 20-30 years.

Variables: Three variables out of which the Independent Variable will be learning Indian classical music(raga Todi) and locale of Delhi NCR and Assam; and Dependent variable would be State and Trait Anxiety.

Tool Description: The State and Trait Anxiety Test by PSY-COM SERVICES developed in 1993 was used. It has 40 items in the scale out of which the first 20 items decribe the trait anxiety and the rest indicates the state anxiety traits. It has 5 dimensions viz. Tension(Tn), Guilt Proneness(Gp), Maturity(Ma), Suspiciousness(Su) and Self Control(Sc). It is a power test and is applicable to individuals above 14 years. Two types of reliability test was done in an interval of one week and one month. The two reliability test were split half reliability and test retest reliability.

Construct or concept validity was conducted and an overall of 0.70 was found. The validity of different dimensions were : for Tension it was 0.73, for Guilt Proneness it was 0.86, for Maturity it was 0.77, for Suspiciousness it was 0.77 and for Self Control it was 0.80. The validity of this test was conducted with Sinha's Comprehenssive Anxiety Test(SCAT), Taylor's Manifest Anxiety Scale(TMAS), Eyesenk's Maudsley Personality Inventory(EMPI), Eyesenk's Personality Inventory(EPI) and Eyesenk's Personality Questionnaire Revised(EPQ-R).

Analysis of Result

On the basis of the response of the sample the data was analysed by using descriptive and inferential statistical technique and details are mentioned below:

Table 1.1: Mean and standard deviation of state and trait anxiety scores of musicians and non musicians

Music		State	Trait
Music Learning(Raga Todi)	Mean	17.28	15.52
	N	60	60
	Std. Deviation	5.253	3.811
Music not Learning	Mean	17.77	17.85
	N	60	60
	Std. Deviation	4.983	5.769
Total	Mean	17.52	16.68
	N	120	120
	Std. Deviation	5.104	5.008

Table 1.1 indicates the mean and the standard deviation (sd) of state anxiety and trait anxiety scores. The first row shows the mean and the standard deviation of state and trait anxiety scores of Indian Classical Music learning raga Todi group where the mean and sd of state anxiety was 17.28 and 5.253 respectively; and the mean and sd of trait anxiety was 15.52 and 3.811 respevtively. The second row represents the mean and standard deviation of state and trait anxiety scores of the non music learning group where the mean and sd of state anxiety was 17.77 and 4.983 respectively; and the mean and sd of trait anxiety was 17.85 and 5.769 respectively. The last row represents the total mean scores of state and trait anxiety where the mean and sd of total state anxiety was 17.52 and 5.104 respectively; and the mean and sd of total trait anxiety was 16.68 and 5.008 respectively.

Table 2.1: Correlation of State Anxiety with Music Learning and Music Not Learning group

Correlations

		Music	State
Music	Pearson Correlation	1	.048
	Sig. (2-tailed)		.606
	N	120	120
State	Pearson Correlation	.048	1
	Sig. (2-tailed)	.606	
	N	120	120

Table 2.1 denotes the Pearson Correlation of State Anxiety with Indian Classical Musicians learning raga Todi and the Non Musicians group and was 0.048 which is very less and the two tailed significance is 0.606. Hence, it is found that music learning is insignificant to state anxiety at 0.05 level of significance.

Table 2.2: Correlation of Trait Anxiety with Music Learning(Raga Todi) and Music Not Learning group
Correlations

		Music	Trait
Music	Pearson Correlation	1	.234[*]

	Sig. (2-tailed)		.010
	N	120	120
Trait	Pearson Correlation	.234[*]	1
	Sig. (2-tailed)	.010	
	N	120	120

*. Correlation is significant at the 0.05 level (2-tailed).

Table 2.2 represents the Pearson Correlation of Trait Anxiety with the Indian Classical Musicians learning Rag Todi and the Non Musicians group which was 0.234 at two tailed significance of 0.010. Hence, music has a positive correlation with the Trait anxiety level at 0.05 level of significance.

Table 3.1: Analysis of Variance of State Anxiety in relation to the musicians and non musicians residing in Delhi NCR and Assam

ANOVA

Source of Variation	SS	Df	MS	F	P-value	F crit
Rows	620.175	29	21.38534	0.941057	0.558689	1.597822
Columns	502.6917	3	167.5639	7.373611	0.000185	2.709402
Error	1977.058	87	22.72481			
Total	3099.925	119				

Table 3.1 indicates the two way analysis of variance (2 way ANOVA) to find the significance of state anxiety among Indian Classical Music learning raga Todi group and non music learning group residing in Assam and Delhi NCR. Here, the degree of freedom between group was 29 and the variability between group was 0.941, which is significant. Again, the degree of freedom within group is 3 and the variability is found as 7.373, which is again significant in nature. Hence, it could be concluded that for State Anxiety, we accept the alternative hypothesis H1 and H2 that there is significant difference in the level of state anxiety in Indian Classical Musicians learning raga Todi and non musicians residing in Delhi NCR and Assam.

Table 3.2: Analysis of Variance of Trait Anxiety in musicians and non musicians residing in Delhi and Assam

Source of Variation	SS	Df	MS	F	P-value	F crit
Rows	580.4666667	29	20.01609195	1.006744778	0.470996783	1.597822
Columns	673.7666667	3	224.5888889	11.29609574	2.4926E-06	2.709402
Error	1729.733333	87	19.88199234			
Total	2983.966667	119				

Table 3.2 describes the analysis of variance of Trait anxiety among Indian Classical Musicians and non musicians residing in Assam and Delhi NCR. Here, the degree of freedom between group is seen to be 29 and the variance between group is 1.006 which is significant. Again, the degree of freedom within group is 3 and the variance within group is 11.296 which is also significant. Hence, it can be interpreted as, for

Trait Anxiety, we accept the alternative Hypothesis H1 and H2 that there is significant difference among Indian Classical Music learning raga Todi group and non music learning group residing in Delhi NCR and Assam.

Table 3.3: Analysis of Variance of the both State and Trait Anxiety among Musicians and Non Musicians residing in Delhi and Assam

Source of Variation	SS	Df	MS	F	P-value	F crit
Rows	1020.271	29	35.18175	1.837303	0.008255	1.523493
Columns	1218.962	7	174.1375	9.094015	9.3E-10	2.054908
Error	3887.163	203	19.14858			
Total	6126.396	239				

Table 3.3 was the two way analysis of variance of the entire data including state and trait anxiety with Musicians and Non Musicians residing in Delhi NCR and Assam. It was found that the variance between groups was 1.837 and is significant in nature and the variance within group was 9.094 and is significant.

Discussion

The aim of this study was to identify the effectiveness of Indian Classical Music(raga Todi) in the level of Anxiety in young adults.

Hypothesis 1: There would be a significant difference in the level of state and trait anxiety in the Indian Classical Music learning raga Todi group and non music learning group.

In this study the relation between Indian Classical Music learning raga Todi and the level of state and trait anxiety was studied. Although it was found that Indian Classical Music(Raga Todi) is significantly correlated to the level of trait anxiety, the state anxiety levels were insignificant with the Indian Classical Music learning raga Todi group. This is perhaps due to the fact that the current environment and the surrounding had an impact on an individual's level of anxiety irrespective of the inherited level of anxiety. Indian Classical Music, as already said, is a slow process to gain mastery. It requires a lot of dedication and devotion and is a time consuming process. In the due course of time, it helps a person deal with his problems effectively and develops a strong mind to cope with life challenges (Jairazbhoy in 1995). This ultimately defines the trait anxiety of a person.

Again, this study was done in 120 young healthy adults ranged from 20 to 30 years of age, both male and female. As we know this age is a transformation age from adolescence to adulthood. Individual experiences role changes and hence faces a lot of role confusion. It is also the time that people start taking bold, wise and matured decisions in life and so experiencing anxiety is a part and parcel of life at this age. This age group generally comprises of college going students, people joining jobs, getting married, etc. All these life events makes a person suffer from transition and a lot of ups and downs in their normal daily life. Students face challenges like change of preferred options of study, conflicts with parents, desire for privacy, conflicts with friends, break ups, etc. People joining job are often in this range of age and they faces challenges in the transition from being a student to being an employee, also struggling for the best job opportunities, facing the rage of their boss, lack of time for family and friends etc. Similarly, people especially girls get married at this age range or this age limit. They suffer a lot of adjustment issues in their in laws, role transition from daughter to wife, to daughter in law, to sister in law etc. fulfilling the expectations and demands of others etc. This is because marriage itself is a stressor. Hence,

at this point of age people seem to face a lot of life challenges and stressful life events. And hence, is also prone to high state anxiety although the trait anxiety is balanced and average.

Because of the above mentioned possibilities, one needs to be aware of one's state of mind and develop strategies to balance their emotions. This could be easy for a person who practices some kind of meditation day to day life basis. Music, specifically Indian Classical Music and raga Todi of it, is a kind of meditation that helps us heal internally and soothes our mind. This is why a lot of research work has been going on regarding the benefits of Indian Classical Music and psychologists are showing up their interest in this study matter. This study is also interested in finding out the influential power of Indian Classical Music specifically raga Todi on the level of anxiety of individual ranging from 20 to 30 years of age.

Hypothesis 2: There would be a significant difference in the level of state and trait anxiety among people residing in Delhi NCR and people residing in Assam.

In this study, there was another hypothesis regarding the locality of the samples collected. Half of the population learning and not learning Indian Classical Music(raga Todi) were taken from Delhi NCR which is a metropolitan city comprising of various individual from different places and residing for their work, study or family and half of the population were from Assam which is a developing state of small towns and cities. In a metropolitan city like Delhi NCR, we find people of various states and the standard of living in such cities is quite costly. People in such cities are so much involved in their work that they are only focused with earning their daily breads and improving their cost and standard of living. Again, the student mass of such cities also comprises of children from various parts of India and the world. Various challenges faced by students in such cities are to get admitted in a prestigious college, keeping up with the expectations of parents, securing good marks, getting done with daily assignments, class tests etc. no time for self and family, daily cost of communication, and for students coming from other states, along with these challenges there is also the stress for daily expenses, difference in culture and language issues, difficulty in mixing with people, feeling of loneliness, feeling of home sickness etc makes them even more anxious and stressful. If getting married to such a metropolitan city from a small town or other parts of the country, again the acculturation effects are seen where the individual faces the various stressful situation of mixing up with the people.

But in a state like Assam which is developing in nature and comprises of many small towns, life is quite easy going than that of the people living in metropolitan cities. In such small towns, people work only in day time rather than working even in night shifts. They have time for their family, friends and also for developing themselves. The cost of living in such towns is also less and very few students go to other towns for studies and the daily expenses are also less. People there do not face acculturation stress and are very warm and welcoming irrespective of race and religion. This is because, Assam itself comprises of many tribes, sub tribes, community, race and religion and every festival is celebrated together. Hence, residing in a locale like Assam is less stressful than residing in a metropolitan city like Delhi NCR.

Hence, because of these reasons it is seen in this study that there is significant variation in the scores of individuals learning raga Todi of Indian Classical Music and people not learning music at all residing in metropolitan city like Delhi NCR and developing small town like Assam.

Conclusion

This study aimed to identify the impact of learning raga Todi of Indian Classical Music on the level of State and Trait Anxiety in young adults residing in Delhi NCR (a Metropolitan City) and Assam (a Developing Small Town). As the literature suggest high correlation of music listening and learning with the reduction of Anxiety, the study supported significant correlation of Indian Classical Music learning raga Todi to reduced Trait Anxiety whereas the results were insignificant for State Anxiety. There were two alternative hypothesis made to this study. One was to test the significance of Indian Classical Music learning raga Todi to State and Trait anxiety and the other was to test the significance of people residing

in Delhi NCR and Assam to State and Trait Anxiety and both the hypothesis was found to be significant by nature suggesting that people learning raga Todi of Indian Classical Music has less level of anxiety than the people not learning Music and people residing in Assam tend to be less Anxious than that of people living in Delhi NCR. The levels of state and trait anxiety was found using the State and Trait Anxiety Test by Psy-services(1993) in 120 healthy young adults ranging from 20 to 30 years of age (both male and female) from Delhi NCR and Assam equally.

Limitations: Firstly, less or no effectiveness of Indian Classical Music was seen in State Anxiety. Secondly, it was done on the Indian Classical Music learners of minimum 5 years of experience and not on the use of other forms of Indian Classical Music like instrumental or dance and other forms of music. Thirdly, out of the various Indian Classical Music ragas, raga Todi was selected because of its grave notes and tune, and no other ragas of Indian Classical Music was compared to it.

Further Recommendation: Further researches needs to be done in the use of Indian Classical Music in therapy sessions as very few researches are done in the area of implication of Indian Classical Music in Psychological constructs and its effectiveness in reducing anxiety. Also children with the anxious temperament should be exposed to the training of Indian Classical Music for significant reduction in trait anxiety level. Moreover, the effect of other ragas of Indian Classical Music could be assessed on various psychological constructs.

Hence it could be concluded that learning raga Todi of Indian Classical Music reduces pain and anxiety and is a healing process of various life stressor and help us deal with our life challenges effectively. Indian Classical Music needs to be added in music therapy sessions of expressive therapy in psychological wellbeing.

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