

ABSTRACT

Evidence shows that interest in music is positively correlated with mood and that life satisfaction is related with positive mood. Accordingly the present research investigated whether the interest in music was related to subjective well-being of the Pakistani students. A sample of two hundred students (100 boys, 100 girls) ranging from intermediate to postgraduate classes were selected through convenient sampling technique. The respondents completed three questionnaires, the first 'Interest in Music questionnaire (North & Rana, 2004)' measured their interest in music, reasons for listening to music and effects of listening music; the second 'Satisfaction with life scale (Diener, Emmons, Larsen & Griffin, 1985)' and the third 'Positive and Negative Affect Schedule (Watson, Clarke & Tellegan, 1988)' measured their subjective well-being. The results indicated that a large number of students showed their interest in listening to music and it was noted that students' interest in listening to music is positively correlated with their subjective well-being (Life satisfaction, Positive affect and Negative affect). Further results indicated no significant gender difference in the level of interest in music, however, girls showed high level of life satisfaction and high level of positive affect than the boys. Finally the qualitative analysis (IPA) revealed that listening to music, enhanced positive thinking in students and reduced their tension as being a source of relaxation and entertainment for them, which may also contribute to their subjective well-being. These findings are compared with those from earlier western research. The theoretical and practical implication of this study lies in its Pakistani contribution to the field of positive psychology of music.