

## ABSTRACT

The present study concerns the effect of music on cognitive and behavioral problems of special children with physical disabilities. It was hypothesized that listening to music would reduce the level of cognitive and behavioral problems of these physically disabled children. It was also hypothesized that play activity may also reduce the level of cognitive and behavioral problems in these children. Sample of the study consisted of 31 special children (physically disabled students) whose age ranged from 06-15 years, taken from a 'model centre/school' of special education. The children were divided into three groups i.e. experimental (music) group, experimental (play) group and control group. Experimental (music) group was exposed to 'music of nature' and experimental (play) group was involved in play activity for 60 minutes daily for two months. Two assessment tools; Comprehensive Behavior Rating Scale for Children (CBRSC) which is a Teacher Rating Scale and Beck Youth Inventories (BYI-II) which is a Self-report Inventory were employed to collect data before and after the intervention. Results showed that listening to 'music of nature' proved most beneficial in reducing the level of cognitive and behavioral problems of these children. It was further noted that play activity also resulted in reducing the level of cognitive and behavioral problems to some extent. The importance of this study rests in generalization of the results of the previous western researches in the eastern context by indicating the importance of involvement with music in reducing the cognitive and behavioral problems of Pakistani physically disabled children. The thesis ends with a conclusion, highlighting its theoretical implication in the field of music psychology and practical implications in everyday life and giving suggestions/directions for future research in this area.