



Music and its role on the identity of female's body (Case study: The female students of Imam Reza)

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ABSTRACT

Objective: The existing research aims to survey the impact of music on female's body. **Methodology:** The research population includes 448 female students of Imam Reza (p.b.u.h). **Results:** the analysis of data shows the music impact on each dimension of body identity (emotional, behavioral, cognitive). **Conclusion:** Due to existing hypotheses assessment and data analysis we come to this conclusion that listening to music can change women's body identity accordingly.

1. Introduction

Media profoundly affect people's attitudes and insights. Newspapers, books, radio, television, film and music recordings and magazines, encounter us with close relationship with the experiences that if it were not in this way, we could learn so much about, they. Among the various forms of media, music role has the most significant importance. Since all segments of society in every age and every level can be the recipient of a musical messages. In spite of considering music as an entertainment tool, it encapsulates a large set of meanings that can represent different life-style of people or group of [people in the society. In fact, there is a vast layer of hidden meanings and concepts in music which are representative of various life-style.

In other words, music is part of human's activity, and perhaps it is imposed to our ears more than any other words or voices during a day. it is some important that penetrated to all aspects of human's life (Mahmoudi, 2001). One can claim that the routine experience of our life is made by the influence of the music. And no other arts more than this has effect on our life (Fatemi, 2007). So, we can consider music as the identity formation. Thus, study of the music and its effect on gender and identity drew attentions more than before. Structural factors such as social change, modernization and visual and written media have been paying more attention to our body (Anderson-Fye, 2004; Lehrer, 1987).

One of the important issues in the field of social studies is women's identity and the identity of their own. That every woman has a mental image of your body, it can have a significant role in determining her identity. Since the human body is his physical manifestation, so imagine how the person and his feelings about his body (he compared himself with others) creates an image of his own. (Pahlevanzadeh et al., 2005). Furthermore, nowadays due to increasing attention towards body, demonstrated that people's interest to their body rose up too. Pointing out to the body in the social media for girls and women as the member of the community can become problematic. Since body identity is the part of social identity forms one's behavior. The study of these changes especially on women due to their unique role in family, both reveals likely damages and improves planning about women on society. In Islamic system Girls who are part of the community as well as the next generation of breeders, this issue can be problematic. Thus, due to this matter that

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body identity is part of social identity which configure social behavior, study in this field especially on female area, because of their role in family, not only reveals contingency issues, but also efface the facing difficulties of planning.

The overall goal of this research is to explore the music role on body identity of women. Also, it should be noted that there is two main research hypotheses including:

H1- There is a significant relationship between the usage rate of music and body identity of women.

H2- there is a significant relationship between music usage and every aspect of body identity (emotional, behavioral, and cognitive).

Identity is a set of meanings which a person uses to describe himself with (Burke, 2004). Two major meaning of identity is; difference and similarity. In literally term identity means who is the person, and necessity sense of one self's identification to others. Every social dependency represents some aspect of human beings' characteristics. These characteristics facilitate human being's identification (Dittmar, 2009). Individual's identity is not something designated by constantly social transactions, whereas that person should create it in his/her routine life, and support it through his/her reflexing reactions (Giddens, 2000). Identities are social infrastructures which are created through social organizing. And in their creation besides social visual and materiality structure, other structures such as history, geography, policy, economics and cognitive structure such as; culture, language, ideals and tradition are involved. Sociologists believe that "identity means the individual's description of himself", which to some extent identifies his future attitudes and values.

Among sociologists, just Simmel, Violin, Marcel Mauss and Mead focused on body importance. This concern can be pursued in Sociology theories of Giddens, Goffman, Foucault and Bourdieu. Beauty and appearance are symbol of power. According to Terrmen, body in modern society was the basic ground for political and cultural activities. Whilst Beauty industry provides specific professions to employees and their boss, privileged those social forms of identity in community (Pahlevanzadeh et al., 2005). Goffman with his dramatically approach, viewed social opportunities and actions just as role-playing through routine life, he believes that a person's identity forms through the same role-playing in the society (Lehrer, 1987).

Giddens (2000) believes that women are judged according to their physical characteristics and their sense of shame to their body has direct relationship with society expectations. In terms of society, there is a fine description about female's body, always slim body. Nowadays external façade and body activities belong to social identity and a device to exhibit one's self .in our society, identity is more imposed rather than being created in the society, in fact identity under influence of media advertisement and trademarks and brand is bombarded more than before (Giddens, 2000). Moreover, from Giddens's viewpoint one can infer that today's most people via managing their diet of their body and well-shaped body is the supreme desire for all. He believes that nowadays people are occupied by their appearance, thus appearance and identity lost is the new challenges of societies (Giddens, 2004). Body of human beings has nature of living; it is created from one cell and acts along with psychic and mind system. It has social infrastructure. Body traits and characteristic play an important role in social occasions, and is responsible in social production and consumption. Body composes of a set of weakness and strength. And is posed to cultural-social expedencies all of the time.

It is natural that body role is displayed and interpreted within identity, body as the focus of difference creates discrepancies (Tanner, 2002). Before the second half of 1980, sociologists seldom addressed the sociology aspect of body, and did not notice to its physical and sensual nature, they addressed more to non-material aspects of human beings. What is the reason for sociology attention toward body? And why sociology had no consideration towards physical body? Brian Turner in his book "body and society" wrote: sociology viewed mind and body as isolated terms and things and this view associated to Cartesian philosophy. According to Descartes "I think so I am"; so as you see there was no room for physical aspect of body.

2. Materials and methods

According to Sara Nelton, in new era along with globalization, body issues drew attention due to some reasons:

- Women's endeavor related to control over their body in modern society increased and it is emphasized that knowing more about their body, will increase their power to control it.
- In consuming society, body formation and desire to change it, is an economical and dramatically desire. Modern people should keep their body firm, slim and beautiful.

One of the main features of female community id her body differences with men. In this research a constructive aspect is presented, it means that an individual by making up herself shows a kind of person who she yearns to be. Whereas the antagonist against this approach claims that through make up face, people's identity will be concealed beneath lots of shades and paints. Fatehi and Ekhlesi (2009) in their study suggested that there is a direct relationship between media consumption and body management (Fatehi & Ekhlesi, 2009). Pahlavan and et al indicated that body image satisfaction in girls of Isfahan high school was less than the same group in male gender (Pahlavan et al., 2005). Sotodeh and et al in their study showed that women's understanding of their husband's belief to their weight and place of living, impacts on women's assumption about their body. Armaki and Chavoushiyan's (2003) study showed that some variables like age, asset, traditional attitude, cultural and piety has direct influence on body management, but other variables like social and economic status have not any significant relationship with body management (Armaki & Chavoushiyan, 2003). Parastesh et al. (2009) conducted a research in Baboulsar entitled sociology survey of appearance management and individual identity of youths, their study revealed that there is a significant relationship between youth's appearance management and their individual identity, and as age raising, their attention to the appearance management decreases (Pahlevanzadeh et al., 2005). Some conducted research on medias and other [printed materials showed that they pervasive a kind of ideology which is based on beautiful body. Heinberg believes that with the emphasized attention on ideal body by medias, are responsible about people's dissatisfaction on their body and nutrition they take. He considered 3 factors as a major agent in children's life; medias, peer groups (Heinberg,1999). Some studies on media role on an ideal body indicated that medias are harmful factor in body imaginary and the related behaviors.

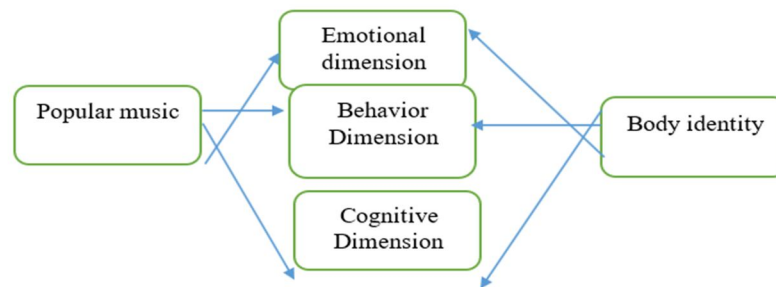


Figure 1. Conceptual model

This study was kind of survey, and librarian method was used for theoretical section as well. The research data is collected via questionnaire. For evaluating every variable, Likert-related options were used. The variable validity is assessed using face validity. In order to calculate the reliability, 20 questionnaires were distributed and after collecting the questionnaires, the reliability of them was calculated using Cranach's alpha value, which its total α become equal to 82% and is over acceptable α ($7\% < \alpha$) and shows that the used questionnaires had appropriate validity and reliability. After collecting the research data, via using SPSS software, research findings have been made.

The population and sample size

The population of the research including total female student of Imam Reza (p.b.u.h) university at Mashhad in 2014. Because in this population most of the students dealt with music and this led to more contribution to the community. By using Kokran, sample collecting formula, the 448 number as the sample size was determined using randomly selected and examined.

3. Discussion and results

The analysis of data related to the relationship of popular music usage and the body identity showed that there is significant relationship between popular music usage and the body identity. The related question was whether popular music usage has effect on Mashhadi girls or not?

Table 1: Comparison test of body identity of both under-studied groups

Significant level	Mean T	Mean	Number	Under- studied group
0.000	-4/13	30.13	55	Lack of use of popular music
	-4/13	33.15	393	Use of popular music

The result of comparison test in Table 1 showed that the difference between two groups' average is significant and this means that the usage of popular music has impact on Mashhadi girls and there are significant differences between those who used and who did not use of it.

Table 2: comparison test of mean related to emotional dimension in two under-studies groups

Significant level	Mean T	Mean	Number	Under- studied group
0.005	0.0821	3.22	55	Lack of use of popular music
	0.0334	3.47	393	Use of popular music

The results of Table 2 of average comparison on emotional variable showed the significant difference between those who had this facility with those who had not this facility and that means those who used music have weaker emotional dimension than those who do not.

Table 3. Comparison test related to behavioral dimension in two studied groups

Significant level	Mean T	Mean	Number	Under- studied group
0.00	0.0535	2.714	55	Lack of use of popular music
	0.0388	3.017	393	Use of popular music

Table 4. Comparison test of average related to cognitive dimension of two studied groups

Significant level	Mean T	Mean	Number	Under- studied group
0.000	0.565	2.755	55	Lack of use of popular music
	0.0304	3.086	393	Use of popular music

The obtained results showed that there is a significant difference between these two groups. This means that those who used of music have poorer cognitive dimension than those who do not. All in all, their personal identity (those who used of music) is weak and their perception out of themselves is negative.

4. Conclusion

Identity was one of the considered concepts in social and human science which during these decades drew more attention to itself from social perspective. Identity is a fluid phenomenon which forms during one's life span activities. If a person were in the place of narrator, his narration in some extent depends on his character. And his character is formed via free choice he had in the society so there was no force and no imposing forces to build his identity but his will alone (Armaki & Chavoushiyan, 2003). Body is a characteristic that all have in common, almost everybody has a mental perceive about his/her body, this means self-imaginary. Self-imaginary refers to a person's image which he thinks about himself. This person evaluates himself through others' assumptions about; true or false, he does so almost in every day of his life (Ahmadnia, 2009). Body evaluation reveals body asset and shows the degree of people's attention to their own body. Body evaluation shows rate of satisfaction or dissatisfaction of body and appearance. Fouts and Bragef's study revealed that most women want to have the same body which is exhibited in media. In this paper we study the influence of music on female's body. The obtained results showed that there is a significant relationship between music and body identity of women, as well as it has impacts on other aspects of identity such as emotional, behavioral and cognitive. Long- term usage of music can impact on one's attitude and awareness.

Body or related issues to body is a subject that occupies most of women's mind from r\the very beginning of their youthfulness. This subject which is the clear difference between male and female, led to various perspectives about female character in society. Every change in the appearance from tattoo to dye the hair, all are in the ways of mass media exhibition habit. Using of mass media and music CDs which propound slim and beautiful body, occupied the mind of female. Youthfulness and live in the material life are another reason of this preoccupation of female's mind. All wanted to have a well-shaped body far from any moral commitment and this led to emergence of moral and ethical questions. The need for reexplanation of identity and reforming the concept of essence sensed more than before. The young women must be able to observe balance in their family and social interactions and set these sides according to their delicate body (Giddens, 2004). In sum, the research findings showed that the original approach agree with the modern body identity (elegant, rhythmic, strong, thin, etc.) that are not willing to hide their body. Thus, these people see body as a media. Drawing attention towards women's body is in growing speed either from slim and elegant side or beauty. This issue can converse the value set of society in long-term span. It is important that in policy making plan these kinds of issues be considered, refined and reformed. One of the important roles of family, media and school is to re-explain the concept of identity to those who are bewildered in this field.

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