

## **Peak Experiences of Music & Subjective Well Being (A Qualitative Approach)**

**Shabbir Ahmad Rana\***

Department of Psychology, GC University, Lahore, Pakistan

**Samra Tanveer**

Department of Psychology, GC University, Lahore, Pakistan

**Adrian Charles North**

Department of Psychology, Leicester University, UK

Several researchers have studied the effects of music on human behaviour, but no research has specifically studied the beneficial effects of peak experiences of music on the subjective well being of the people. In the present cross-cultural qualitative study, interviews of six white British and six Pakistani participants were recorded on the basis of a semi-structured interview to obtain detailed information about their peak experience they had with music. On the basis of the grounded theory the effects that were found common between the peak musical experiences of the two ethnic groups were grouped into ten broad themes, namely: relaxation, enjoyment, confidence/morale boosting, recall, therapy, absorption, expression of feelings, improved performance, physiological reaction, and realization. As most of these effects are positive in nature so it can be concluded that these may significantly contribute to their subjective well being.