

## **Relationship between Interest in Music, Health and Happiness**

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Several researchers have studied the effect of music independently on both health and happiness, although no research has considered the relationship between music and the other two (i.e. health and happiness) within a single design. Data was collected from 895 participants among which 301 were White British students and 594 were Pakistani students whose age ranged from 18-24 years. Analysis revealed that there were significant positive relationships between interest in listening to music and time spent listening to music and measures of both health and happiness. There were no significant effects of preferred musical style on either health or happiness scores. However, there was a significant effect of nationality on happiness scores, indicating that British participants were happier than the Pakistanis.

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