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A study to assess effectiveness of music therapy on level of stress among elderly in selected old-age home

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Abstract

A Experimental one group pre-test and post-test Design was used for the present study & 30 Elderly of age group 60 and above were selected using non probability purposive sampling technique. The Perceived Stress Scale-Cohen *et al.* (1988) is used to assess the level of stress among elderly. Descriptive and inferential statistics were used to analyze the data. The analysis and the data were based on the objective and hypothesis. Both descriptive and inferential statistics were used for data analysis. The assessment of overall pretest level of stress among elderly is, 04(13.33%) had Normal of level of stress, 20(66.67%) had mild level of stress and 06(20%) of them had moderate level of stress. The levels of stress during the pretest and posttest are compared to prove the effectiveness of Music Therapy. The Finding of the study showed that, after the intervention of Music therapy, 08(26.67%) had Normal of level of stress, 20(66.67%) had mild level of stress and 02(2.67%) of them had moderate level of stress. The study was indicated that Music therapy decreased the level of stress among elderly.

Keywords: Effectiveness, music therapy, stress

Introduction

“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” -Plato

In today’s era of globalization lifestyle and habits of the people have excess workload. The workload & stress are increasing day by day. Many diseases are caused partly by unhealthy behaviors and partly by other factors like smoking, eating habits & living standards.

“Music is the harmony of the universe in microcosm; for this harmony is life itself; and in man, who is himself a microcosm of the universe, chords and discords are to be found in his pulse, in his heart beat, his vibrations, his rhythm and tone. His health or sickness, his joy or displeasures, show whether his life is music or not.”^[1]

Man has historically acknowledged the therapeutic effects of music. David played the harp to sooth Saul and Plato philosophized that music and rhythm find their way into the secret places of the soul.

There are various benefits of music therapy,

- Music acts on the mind before being transformed into thought and feeling
- Music influences the lower and higher centers of the brain
- Music therapy helps search individual harmony
- Music therapy is an important tool in treatment of both psychological and psychosomatic disorders
- 1 Music therapy stimulates good vibrations in the nerves of the listener
- It helps to clear junked thoughts in mind, which leads to have a positive frame of mind
- It enhances concentration level of children
- It improves the capacity of planning
- It helps to express refined exhibition of emotions and clarity of cognition too^[1].
- Classical instrumental Music is a simple pleasing non-pharmacological measure for relieving hypertension^[2].

The soothing power of music is well-established. It has a unique link to our emotions, so can be an extremely effective stress management tool. Listening to music can have a tremendously relaxing effect on our minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure and decreasing the levels of stress hormones.

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As music can absorb our attention, it acts as a distraction at the same time it helps to explore emotions.

Objectives of the Study

1. To assess the LEVEL of stress among elderly.
2. To find out the effectiveness of music therapy on level of stress among elderly.
3. To find out the association between post-test level of stress with demographic variables.

Operational Definitions

Assess

Regarding with this study, it refers to the gathering the information on level of stress among elderly in selected old-age home.

Effectiveness

Regarding with this study, it refers to the outcome of the level of stress that has been measure by post-test scores among elderly people in selected old-age home.

Music therapy

According to study it refers to the Hindustani classical music (Raag-Bhoopali) played through a music player with 30 minutes consequently 15 days to ease on level of stress among elderly

Stress

In this study, it refers to the stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response of elderly.

Elderly

Regarding with this study, it refers to the people who are in the age group of 60 and above.

Old Age Homes

In this study, it refers to the old age home refers to an institution run by private or government funded agency which gives care, shelter and food for the elderly people on the basis of payment or free of cost.

Hypothesis

H₀: There will be no association between the post-test level of stress with selected demographic variables.

H₁: There will be a association between the post-test level of stress with selected demographic variables.

Delimitations of study

- Research study is limited to the Elderly who stay in Selected Old age Home.
- The study is limited to those who can read and write English/Marathi Language.

Methodology

Research Approach: An evaluative research approach was adopted in this study.

Research design: Pre Experimental one group pretest posttest design.

Research Setting: Selected Old age Home.

Population: The populations of the study were Elderly.

Sample: The Elderly of selected old age home.

Sample size: 30 Elders from selected old age home.

Sampling Technique: Non Probability Purposive sampling technique was used in this study.

Variables

Music therapy was the independent variable for the present study. The Stress is the independent Variable for the present study. The Demographic variable included age, gender, marital status, type of family, education, occupation, number of children's, major health problems, history of addiction, history of any major events in recent past, number of meetings with family members in last six month, length of stay in old age home, interest in music.

Criteria for Sample Selection

Inclusion Criteria

1. Senior citizens who are aged 60 and above.
2. Who all are present at the time of data collection.
3. Who are willing to participate.

Exclusion Criteria

1. Who are having hearing loss.
2. Who are chronically ill and bed ridden

The Major Findings of the Study

Section I: Finding related to socio-demographic data

There were total 13 demographic variable was assessed in this study. Total 30 participants were selected for the study. Following finding were noted:

In concern with the age 11[36.6%] of samples were from 71-75 years of age. 16[53.3%] were male. In regard with the marital status, 17[56.6%] were from married. In regard with the number of children 10[33.3%] had one child. In regards with type of family 20[66.6%] of them had nuclear family. In concern with education majority 12[40%] of them had secondary education. In concern with occupation 13[43.3%] were had private job, and in regards with health problems 10[33.3%] were having diabetic mellitus. In concern with history of any major event in recent past the majority of 12[40%] of them had history of loss of loved ones. In regard with number of meeting with family within period of sixth month 14[46.6%] were not have single meeting with family members. In concern with length of stay in old age home the majority of 12[40%] of samples were to be stay for 4-8 years. In regards with interest in music, 21[70%] were have interest in music.

Section II: To find out the level of stress before administration of Music therapy

In pre-test, 04(13.33%) had Normal of level of stress, 20(66.67%) had mild level of stress and 06(20%) of them had moderate level of stress.

Section III: To find out the level of stress after administration of Music therapy

After the intervention of Music therapy, 08(26.67%) had Normal of level of stress, 20(66.67%) had mild level of stress and 02(2.67%) of them had moderate level of stress.

Section IV: To determine the association between selected demographic variables and level of stress

This assessment was done using chi square test. The one selected demographic variables is found to be significant association with level of stress at 0.05 levels that is number

of children's. Hence researchable hypothesis [H₁] is accepted.

Conclusion

The findings revealed that Music therapy is effective in reducing level of stress among elderly in selected old age home.

Recommendation for future study

- I. Replication of the study could be done with a larger sample to validate and generalize the feelings.
- II. Comparative study can be carried out to determine the difference between music therapy and other therapy.
- III. This study can be carried out on the other mental disorder.
- IV. This study can be carried out in different setting with different old age home.
- V. This study can be carried out on elderly who stay at home with family members.

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