



EFFECT OF SPIRITUAL SONGS ON THE WELL-BEING OF CLIENTS DIAGNOSED WITH CANCER IN A SELECTED HOSPITAL AT MANGALURU

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ABSTRACT An Evaluatory approach with one group pre-test post-test, pre-experimental design was used to find the effect of spiritual songs on wellbeing of clients diagnosed with cancer. Purposive sampling technique was used to select 40 clients diagnosed with cancer. The emotional and spiritual wellbeing of clients diagnosed with cancer was assessed using FACIT-Scale. The computed 't' value was found to be 11.97 which was significantly greater than the table value $t(39)=2.02$, which showed that there was a significant difference between the pre-intervention and post-intervention spiritual and emotional well-being. Hence it was inferred that the spiritual songs enhance the well-being of the clients diagnosed with cancer.

KEYWORDS : Effect, Spiritual Songs, Wellbeing

Introduction

Cancer can affect all living cells in the body at all ages and in both gender. The causation is multifactorial and disease process defers at different sites. Diagnostic work up, treatment methods and outcome of treatment are not uniform to all the cancers. Advanced technology is required in many situations and ongoing research initiatives might lead to better understanding of the disease and its control (Nair KM, Varghese C, Swaminathan R, 2015).

Cancer is among the leading causes of death worldwide. In 2012 there were 14 million new cases and 8.2 million cancer related deaths worldwide. The number of new cases will rise to 22 million within the next 2 decades. More than 60% of world's new cancer cases occur in Africa, Asia, Central and South Africa, 70% of the world's death also occur in these regions. Cancer accounts for about 23% and 7% deaths in USA and India, respectively. Cancer is one of the leading causes of death in India, with about 2.5 million cancer patients, 1 million new cases added every year and with a chance of the disease rising five-fold by 2025 (Bhattacharjee, et al., 2016).

Diagnosis of cancer can lead to feelings of fear, depression, and despair. It significantly increases client's demand for spiritual and emotional needs (Torre LA et al., 2015). Numerous studies validate that a strong sense of spiritual well-being in cancer patients is associated with better quality of life and less emotional distress. Spiritual health will lead to a purposeful and meaningful life. Spiritual and religious resources can lead to an overall sense of hope and optimism towards life (Gomes NS, Farina M, Forno CD, 2014)

Objectives of the study

1. To assess the well-being of clients before and after the intervention using FACIT-Scale
2. To find the effect of spiritual songs on well-being of clients diagnosed with cancer.
3. To determine the association of pre-intervention well-being with selected demographic variable.

Materials and Method

An Evaluatory approach with one group pre-test post-test, pre-experimental design was used for the study. Purposive sampling technique was used to select the sample which consisted of 40 clients diagnosed with cancer. Ethical clearance was obtained before starting the study. Confidentiality was assured and informed consent was taken from each participant. The emotional and spiritual wellbeing of the clients diagnosed with cancer was assessed before and after the intervention using FACIT-Scale. The data collected was analysed using descriptive and inferential statistics.

Results

Baseline variables:

The present study findings revealed that 15(38%) of subjects were in the age group of 50 and above. Majority of the subjects 30(72%) were

females and only 10 (28%) were males. Among them 28(70%) of the subjects had primary education. Most of them 33(82%) were Hindus, 6(15%) were Christians and 1(3%) belonging to Islam religion. Many of them were supported by their spouses 15 (38%) and children 15(38%) during their illness. All the subjects 40(100%) believed in God and performed their daily prayers. Most of the subjects 20 (50%) were diagnosed to have cancer past one year, 16 (40%) were diagnosed within 7 months-2 years, 4 (10%) were diagnosed within 3 years.

Assessment of the spiritual and emotional well-being of clients before and after the intervention using FACIT-Scale.

Table 1: Mean standard deviation, mean percentage on pre-intervention and post intervention well-being of clients diagnosed with cancer.

Well-being	Range of score	Mean \pm SD	Mean %	Mean difference
Pre- intervention	10-59	32.1 \pm 9.8	44.6	20.4
Post -intervention	39-69	52.5 \pm 7.9	73.0	

n=40

Maximum score=72

Data in the Table 1 shows that, the mean post-intervention well-being score (52.5 \pm 7.9) was significantly higher than the mean pre-intervention well-being score (32.1 \pm 9.8). The mean difference between the pre-intervention and post-intervention is 20.4

Table 2: Area-wise mean standard deviation and percentage of pre-intervention and post-intervention score of the clients.

Wellbeing	Domain	No of Item	Range of Score	Max Score	Mean \pm SD	Mean Percentage (%)
Pre Intervention	EWB	6	2-19	24	10.8 \pm 4.9	45
	SWB	12	7-37	48	21.6 \pm 6.41	45
Post Intervention	EWB	6	7-23	24	16.7 \pm 3.2	69.8
	SWB	12	25-47	48	35.8 \pm 5.49	74.5

n=40

The data presented in the table 2 shows that the Post-intervention mean percentage (%) of emotional well-being was (69.8%) and spiritual well-being was (74.5%) was significantly higher than the mean pre-intervention emotional well-being (45%) and spiritual well-being score (45%).

Effect of spiritual songs on the well-being of clients diagnosed with cancer.

To find out the significance between the mean pre-intervention and post-intervention well-being scores, paired 't' test was computed and the data is presented in Table-3. To test the statistical significance

the following null hypothesis was stated.

H_{01} : There will be no significant difference between the pre-intervention and post-intervention well-being scores at 0.05 level of significance.

Table 3: Mean, standard deviation, Mean difference, and 't' value of pre-intervention well-being and post intervention well-being score.

n=40

Well-being	Mean±SD	Mean Difference	't' value
Pre- intervention	32.1±9.8	20.42	11.97
Post-intervention	52.25±7.9		

$t_{(39)}=2.02$

The data in the table 3: shows that the computed 't' value was 11.97 which was significantly greater than the table value $t_{(39)}=2.02$ which shows that there was significant difference between the pre-intervention and post-intervention well-being. Hence the null hypothesis (H_{01}) was rejected and the research hypothesis (H_1) was accepted and inferred that the spiritual songs enhance the well-being of the clients.

Discussion

The present study findings revealed that 15 (38%) of subjects were in the age group of 50 and above, 13(32%) of them between the age group of 40-49 years, 7(17%) of them between the age group of 31-40 years, 5(13%) were between the age group of 41-50 years, remaining 5(13%) of them between the age of 21-30 years. This was supported by the report of Cancer fact and figures 2007, which suggested that most cancer cases occur in adults who are middle aged or older. This indicates that people of the age group 51 to 80 years have shown a high prevalence in cancer. This indicated that cancer is highly prevalent among people in the age group of 51 to 80 years.

Majority of the subjects 30 (73%) were females and only 10 (27%) were males. This was not consistent with the study done by Kozachik LS & Bandeen K (2007) with a view to assess the predictors of pattern of pain, fatigue and insomnia during first year after a cancer diagnosis in the elderly, which showed that cancer, is more prevalent among men. Most of the subjects 20 (50%) were diagnosed to have cancer past one year, 16 (40%) were diagnosed within 7 months -2 years, 4 (10%) were diagnosed within >3 years. These findings are consistent with the study done by Bailey ML (1984) to identify the age-related differences in the quality of life in cancer patients which showed that the duration of illness in majority of subjects was below one year.

The findings of the present study revealed that mean post-intervention well-being was ($\chi^2=52.5$) was higher than the mean pre-intervention well-being score ($\chi^1=6.25$). These findings were consistent with the study conducted by Mkanka NW et al (2007) to find the effect of music intervention on the psychological distress of cardiovascular patients and cancer patients. The mean scores showed that cardiovascular and cancer patients after music intervention ($\chi^2=25.5$) had significantly lower level of depression, anxiety, stress and total psychological distress compared to their score on depression, anxiety, stress and psychological distress before music intervention ($\chi^1=31.3$). The results clearly indicated that music has a significant effect on the psychological distress of cardiovascular and cancer patients

The findings of the present study showed a significant improvement in the well-being of the clients post intervention ($t_{(39)}=2.02$). This shows that these findings were consistent with the findings a study by Ahamadi F (2013) the role of music in coping with cancer that some participants have used religious music as a coping method. The study finding revealed that religious music helped some accept their pain and misery and think of it as a test from God. They reported that this kind of music had a relaxing effect on them. For others, the music they listened to did not bring about any philosophical or theological thoughts. The religious music made them feel joy and tranquillity by strengthening their faith, not just by causing an aphoristic accidental happiness

There was a significant association between pre-intervention well-being and gender (0.007), at 0.05 level of significance. These findings are congruent with another study done by McMillian SC, (2000) with a view to assess the management of pain and pain related symptoms in hospitalized veterans with cancer. The sample was predominantly

female (72.5%). Average daily pain was 32.9 on the VAS and 4 on the BPI. The result showed that approximately one fourth of the above the patients reported average daily pain above the midpoint (VAS>50), and some patients reported average daily pain to be as high as 98 suggests the intensity of pain associated with gender

Conclusion

From the findings of the present study it is concluded that spiritual songs are effective in enhancing the emotional and spiritual well-being of the clients diagnosed with cancer.

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