



“A STUDY TO ASSESS EFFECT OF MUSIC THERAPY ON MENTAL HEALTH OF OLDER ADULTS IN SELECTED OLD AGE HOMES AT HYDERABAD, TELANGANA”

Psychology

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ABSTRACT

Aging- the normal process of a time related change begins with birth and continues throughout the human life. Every individual has to undergo each stage with physical, emotional, psychological and social changes. According to Erik Erickson, old age stage is a culmination of many precious intra psychic and interpersonal changes. Normal aging is a gradual process that ushers in some physical decline, such as decreased sensory abilities (e.g., vision and hearing) and decreased pulmonary and immune function etc. Certain changes in mental functioning also occurs among those depression, and anxiety are the common problems among senior citizens. The Indian aged population is currently the second largest in the world. The goal of Music therapy is to increase well-being and decrease depression, anxiety and loneliness among elderly people who are staying in old age homes in Hyderabad. The aim of the study was to assess effect of music therapy on depression, anxiety, loneliness, well-being of elderly people adults at selected old age homes in Hyderabad. A pre-experimental research approach was adopted for conducting this study. Thirty elderly people were selected for the study by using purposive sampling technique and the data collection instrument used to assess the effect of music therapy on therapy on depression, anxiety, loneliness, well-being. The findings of the study showed that mean pre- test and post test scores of level of depression among elderly people were 35.633 (SD±5.821) and 8.333 (SD±1.44636) respectively. The mean difference was 27.30. The mean pre-test and post test scores of level of anxiety among elderly people were 39.60 (SD±7.46) and 8.56 (SD±2.06) respectively. The mean difference was 31.0. The mean pre-test and post test scores of level of Loneliness among elderly people were 58.16 (SD±8.46) and 49.96 (SD±3.26) respectively. The mean difference was 8.20. mean pre-test and post test scores of level of anxiety among elderly people were 18.20 (SD±2.17) and 59.56 (SD±2.800) respectively. The post-test mean scores were lower than the pre-test mean scores. The mean difference was 31.0. **Conclusion:** The present study assessed the effectiveness of music therapy in reducing the level of depression, anxiety, loneliness, and improving the level of wellbeing among elderly people residing in old age home.

KEYWORDS

Depression, Music Therapy, Older Adults, Anxiety, Loneliness, Well-being.

INTRODUCTION:

Ageing is a natural phenomenon and an inevitable process. Every living being born, develops, grows old and dies. Ageing is a process of gradual change in physical appearance and mental situation that cause a person to grow old. Ageing is such a mystery that is still not clearly defined even by the sciences. As the birth is an event and the pregnancy a process of it, old age is an event and ageing is its process. As soon as a man is born, ageing starts. This process continues forward by every second, day, weeks, months and years.

Depression is a common mental disorder. It involves a depressed mood or loss of pleasure or interest in activities for long periods of time. Depression is different from regular mood changes and feelings about everyday life. It can affect all aspects of life, including relationships with family, friends and community. It can result from or lead to problems at school and at work. Depression can happen to anyone. People who have lived through abuse, severe losses or other stressful events are more likely to develop depression. Women are more likely to have depression than men.

Anxiety is a normal response to a threat or to psychological stress. Normal anxiety has its root in fear and serves an important survival function. When someone is faced with a dangerous situation, anxiety triggers the fight-or-flight response. With this response, a variety of physical changes, such as increased blood flow to the heart and muscles, provide the body with the necessary energy and strength to deal with life-threatening situations, such as running from an aggressive animal or fighting off an attacker.

Loneliness is an unpleasant emotional response to perceived isolation. Loneliness is also described as social pain – a psychological mechanism which motivates individuals to seek social connections. It is often associated with a perceived lack of connection and intimacy. Contributing factors to loneliness include situational variables, such as physical isolation, moving to a new location, and divorce. The death of someone significant in a person's life can also lead to feelings of loneliness.

The term well-being describes as the state of being the experience of health, happiness, and prosperity. It having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. it includes so many positive feeling, happy, healthy, socially connected, and purposeful. Psychological well being consists of positive relationship with others, personal mastery, autonomy, a

feeling of purpose and meaning in life and personal growth and development.

Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music Therapy It is a method, process, procedure or activity that help a person to relax to attain a state of increased calmness. The elders people who are staying in old age home may relieve them from depression, anxiety and loneliness and increase the wellbeing by music therapy.

Statement Of The Problem By Music Therapy

A Study To Assess Effect Of Music Therapy On Mental Health Of Older Adults In Selected Old Age Homes At Hyderabad, Telangana

Objectives Of The Study:

1. To assess the level of depression, anxiety, loneliness and well-being before and after music therapy among elderly people at selected old age homes.
2. To assess the effectiveness of music therapy on depression, anxiety, loneliness and well-being among elderly people at selected old age home.

METHODOLOGY:

The research approach used for the study is quantitative evaluative approach -one group pre-test and post-test design.

Group	Pre- test	Intervention	Post- test
Elderly people In selected old age home	O1	Administration of Music therapy	O2

Key

O1: Pre-test
X: Music Therapy
O2: post-test

Description of variables:

Dependent variable: Level of depression, anxiety, loneliness & well-being.

Independent variable: Music therapy

Demographic variables:

Age, religion, education, type of family, occupation, family income,

source of information, type of food.

The study was conducted in old age home, Hyderabad. The setting is chosen on the basis of feasibility and availability of adequate sample. The purposive sampling technique was used to select the sample for the study. In this study sample consists of 30 elderly people.

Criteria for sample selection:

Inclusion criteria:

- Study includes elderly,
1. who were willing to participate in study, Hyderabad.
 3. who are available at the time of data collection.
 4. who can understand English and Hindi.

Exclusive criteria:

- Elderly people ,
1. Who are not willing to participate in the study
 2. All multigravida mothers
 3. who are not available at the time of data collection.

Description Of Tool :

The tool used for data collection consists of two sections:

Section I:

Demographic characteristics of samples – To determine the socio-demographic data of sample

Section II:

Music therapy – To assess the depression , anxiety, loneliness and well-being of sample

Data Collection:

Formal written administrative permission was obtained to collect the data from samples in old age homes, Hyderabad, Telangana.

Data Analysis:

The data analysis is the systemic organization and synthesis of research data and testing of research hypothesis by using those data.

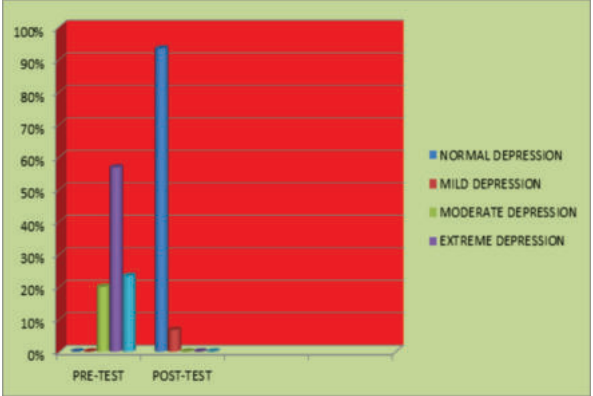
Table I: Frequency and Percentage Distribution of Demographic variable of Elderly People.

S.NO	Demographic		Number	Percentage
1.	Age	60-65	11	36.7%
		66-70	7	23.3%
		71-75	7	23.3%
		>75	5	16.7%
2	Gender	Male	18	60%
		Female	12	40%
3.	Religion	Hindu	15	50%
		Muslim	5	16.7%
		Christian	9	30%
		Others	1	3.3%
4.	Education	Primary	5	16.7%
		Secondary	14	46.7%
		Intermediate	5	16.7%
		Graduation & above	6	20%
5.	Occupation	Retired Employee	10	33.3%
		Private Employee	11	36.7%
		Self-Employee	5	16.7%
		Un- Employee	4	13.3%
6.	Income of the family	>5000	6	20%
		5001-7500	7	23.3%
		7501-10000	6	20%
		>10000	11	36.7%
7.	Source of information	Friends	4	13.3%
		Mass media	26	86.7%
		Family member	0	0%
		Health personal	0	0%

Frequency And Percentage Distribution Of Pre-Test And Post-Test Of Depression Scores Among Elderly People

	DEPRESSION LEVEL						Total
	Nor mal	Mild depre ssion	Borderli ne depr ession	Modera te depr ession	Severe depres sion	Extreme depressi on	

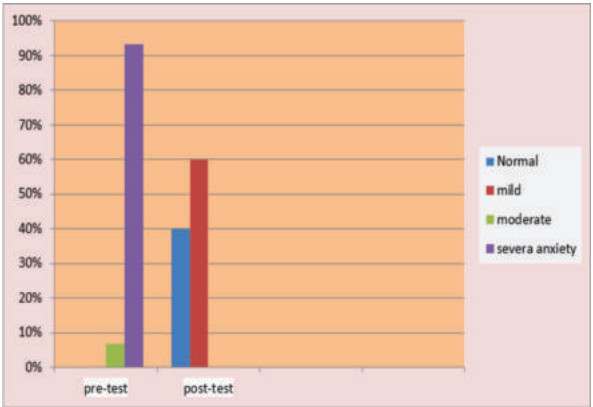
		F	0	0		6	17	7	30
		%	0.0%	0.0%		20.0%	56.7%	23.3%	100.0%
		F	28	2		0	0	0	30
		%	93.3%	6.7%		0.0%	0.0%	0.0%	100.0%
Total		F	28	2		6	17	7	60
		%	46.7%	3.3%		10.0%	28.3%	11.7%	100.0%



Graphical representation of Frequency And Percentage Distribution Of Pre-Test And Post-Test Of Depression Scores Among Elderly People

Frequency And Percentage Distribution Of Pre-Test And Post-Test Of Anxiety Scores Among Elderly People

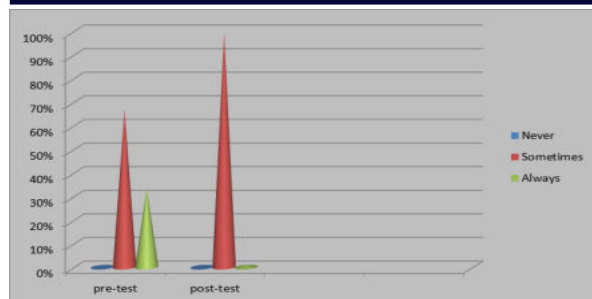
GROUP			ANXIETY LEVEL				Total
			Normal anxiety	Mild - moderate anxiety	Moderate -severe anxiety	Severe anxiety	
	Pre test	F	0	0	2	28	30
		%	0.0%	0.0%	6.7%	93.3%	100.0%
	Post test	F	12	18	0	0	30
		%	40.0%	60.0%	0.0%	0.0%	100.0%
Total		F	12	18	2	28	60
		%	20.0%	30.0%	3.3%	46.7%	100.0%



Graphical representation of Frequency And Percentage Distribution Of Pre-Test And Post-Test Of anxiety Scores Among Elderly People

Frequency And Percentage Distribution Of Pre-Test And Post-Test Of Loneliness Scores Among Elderly People.

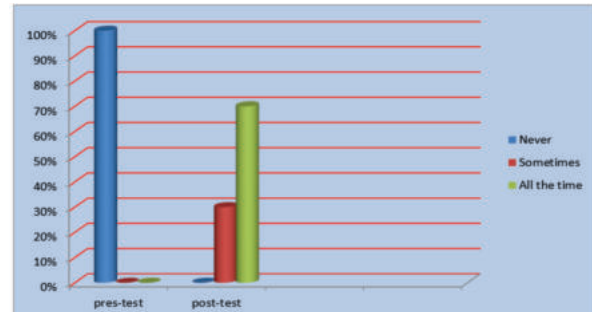
GROUP			LONELYNES LEVEL			Total
			NEVER	SOMETIMES	ALWAYS	
TEST	Pre test	F	-	20	10	30
		%	-	66.7%	33.3%	100.0%
	Post test	F	-	30	0	30
		%	-	100.0%	0.0%	100.0%
Total		F	-	16.7%	10	60
		%	-	83.3%	16.7%	100.0%



Graphical representation of Frequency And Percentage Distribution Of Pre-Test And Post-Test Of Loneliness Scores Among Elderly People.

Frequency And Percentage Distribution Of Pre-Test And Post-Test Of Well Being Scores Among Elderly People.

GROUP			WELLBEING LEVEL			Total
			Never	Some of the time	All the time	
TEST	Pre test	F	30	0	0	30
		%	100.0%	0.0%	0.0%	100.0%
	Post test	F	0	9	21	30
		%	0.0%	30.0%	70.0%	100.0%
Total		F	30	9	21	60
		%	50.0%	15.0%	35.0%	100.0%



Graphical representation of Frequency And Percentage Distribution Of Pre-Test And Post-Test Of Wellbeing Scores Among Elderly People

Comparison of mean, standard deviation, mean deviation, mean difference, T-value in the level of depression among elderly people before and after music therapy

Variable	Mean	N	Std. Deviation	Mean Diff	t-value	df	Table value
DEPRESSION PRE-TEST	35.6333	30	5.82198	27.30	24.499	29	1.984
DEPRESSION POST-TEST	8.3333	30	1.44636				

$P < 0.05$

In above table depicts that mean pre- test and post test scores of level of depression among elderly people were 35.633 (SD±5.821) and 8.333 (SD±1.44636) respectively. The post -test mean scores were lower than the pre- test mean scores. The mean difference was 27.30. The paired 't' test showed that there was a significant difference between pre- test and post test scores of level of depression among elderly people $t = 24.499$ at ($P < 0.05$) level indicates the effectiveness of music therapy on depression among elderly people. So Music therapy was effective in reducing the depression among elderly people

Comparison of mean, standard deviation , mean deviation , mean difference, T-value in the level of Anxiety among elderly people before and after music therapy

GROUP	Mean	N	Std. Deviation	Mean Diff	t-value	df	T value
ANXIETY PRE-TEST	39.6000	30	7.46763	31.0	21.415	29	1.984
ANXIETY POST-TEST	8.5667	30	2.06253				

In the above Table depicts that mean pre-test and post test scores of level of anxiety among elderly people were 39.60 (SD±7.46) and 8.56 (SD±2.06) respectively. The post-test mean scores were lower than the pre-test mean scores. The mean difference was 31.0. The paired 't' test showed that there was a significant difference between pre-test and post test scores of level of anxiety among senior citizens $t = 1.885$ at ($P < 0.05$) level which indicates the effectiveness of Music therapy on anxiety among elderly people. So group music therapy was effective in reducing the anxiety among elderly people.

Comparison of mean, standard deviation, mean deviation, mean difference, T-value in the level of Loneliness among elderly people before and after music therapy

GROUP	Mean	N	Std. Deviation	Mean Diff	t-value	df	Sig(2 tailed)
1 TEST LONELYN ESS PRE	58.1667	30	8.46120	8.20	5.003	29	1.984
	49.9667	30	3.26405				

In the above Table depicts that mean pre-test and post test scores of level of Loneliness among elderly people were 58.16 (SD±8.46) and 49.96 (SD±3.26) respectively. The post-test mean scores were lower than the pre-test mean scores. The mean difference was 8.20. The paired 't' test showed that there was a significant difference between pre-test and post test scores of level of anxiety among senior citizens $t = 5.003$ at ($P < 0.05$) level which indicates the effectiveness of Music therapy on loneliness among elderly people. So group music therapy was effective in reducing the loneliness among elderly people.

Comparison of mean, standard deviation, mean deviation, mean difference, T-value in the level of well-being among elderly people before and after music therapy

GROUP	Mean	N	Std. Deviation	Mean Diff	t-value	df	Sig(2 tailed)
WELLBEING PRE	18.2000	30	2.17192	12.85	31.11	29	1.984
WELLBEING POST	59.5667	30	2.80004				

In the above Table depicts that mean pre-test and post test scores of level of anxiety among elderly people were 18.20 (SD±2.17) and 59.56 (SD±2.800) respectively. The post-test mean scores were lower than the pre-test mean scores. The mean difference was 31.0. The paired 't' test showed that there was a significant difference between pre-test and post test scores of level of wellbeing among elderly people $t = 31.11$ at ($P < 0.05$) level which indicates the effectiveness of Music therapy on wellbeing among elderly people. So group music therapy was effective in increasing the wellbeing among elderly people.

CONCLUSION:

The present study assessed the effectiveness of music therapy in reducing the level of depression, anxiety, loneliness and improving the level of well-being. among elderly people residing in old age home.

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