# EFFECTIVENESS OF MUSIC THERAPY ON LEVEL OF DEPRESSION AMONG ELDERLY PEOPLE

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## Abstract:

### Problem Statement: -

A study to assess effectiveness of music therapy on level of depression among elderly people residing in selected old age home in Pune.

*Method:* Quasi Experimental (Quantitative) study with pre-test and post-test design. 60 samples (30 experimental and 30 controls) were selected as per the inclusion criteria using Non-Probability Purposive Sampling.

*Result:* In pre -test 76.7% of elderly people of experimental Group were having moderate depression score (11-15). In pre -test 73.3% of elderly people of control Group were having moderate depression score (11-15). In post-test, in the experimental group, 50% of the people had mild depression score (6-10). In post-test, in the control group, 80% of the people had moderate depression score (11-15), which indicates that the music therapy is effective in reducing the depression of the elderly people residing in old age home.

## Introduction:

"The complete life, the perfect pattern, includes old age as well as youth and maturity. The beauty of the morning and the radiance of noon are good, but it would be a very silly person who drew the curtains and turned on the light in order to shut out the tranquillity of the evening. Old age has its pleasures, which, though different, are not less than the pleasures of youth." *W. Somerset Maugham, The Summing Up*

'Old age', someone remarked, 'is a curse!' The term 'old age' refers to the last period of human life, above 65 years. Late adulthood usually begins at the age of 60 years. According to Sharma the population of people aged 60 years or above is likely to increase to 18.4% of the total population by the year 2025. *Venkobarao A. Geropsychiatry in Indian culture, 1979.*

India is presently the second-largest country in the world. The absolute numbers will increase from 7.6 million in 2001 to 137 million by 2021. Depression was the commonest illness of old age in this sample, the rate being 522/1000 population (101 cases out of 112 were diagnosed as cases of depression). Women had a higher rate of depression-704/1000 population. *Nandi PS, Banerjee G, Mukherjee SP, Nandi S, Nandi DN, 1997.*

Depression is a highly prevalent disorder associated with reduced social functioning, impaired quality of life, and increased

mortality. Music therapy has been used in the treatment of a variety of mental disorders. *Belcher, Holdcraft, 2001*

Music therapy is the functional application of the music towards the attainment of specific therapeutic goals. It facilitates emotional expression. *R. Sreevani, 2010*

Music therapy is accepted by people with depression and is associated with improvements in mood. With a big literature on melodies, songs, music therapy became a science of healing and relaxing. The present researcher himself has a hobby of listening to various types of music. So with the inner intuition and need of the current scenario about current topic researcher felt in depth need to do this particular study.

## Problem statement:

'A study to assess effectiveness of music therapy on level of depression among elderly people residing in selected old age home in Pune.'

## Objectives of the study:

1. To assess level of depression among elderly people for experimental and control group residing in selected old age home in City.

2. To assess the level of depression among the elderly people after the intervention in experimental group.

3. To compare difference in level of depression between experimental and control group after intervention.

4. To find association between study findings with selected demographic variables in experimental and control group.

## Research Methodology:

*Research approach*: Quantitative Comparative Evaluatory approach.

*Research design:* Quasi- experimental pre-test and post-test design.

*Setting of the study:* The proposed study was undertaken in selected old age home in Pune.

*Population:* The target population for the present study includes elderly people residing in selected old age homes all over Maharashtra state and the accessible population for the present study includes elderly people residing in selected old age homes in City.

*Sampling technique:* Non- Probability Purposive Sampling Technique

*Sample size:* The sample size selected for this study was 60 elderly people (30 control and 30 experimental group)

*Description of the tool:*

Study instruments used by the researcher consisted of:

Consent form and Semi structured questionnaire, which has following sections

*Annexure A:* Demographic data of elderly people above 60 years of age.

*Annexure B:* Standard questionnaire [Quick Inventory of Depressive Symptomatology Scale (Self-Report)] to assess the level of depression of elderly people in experimental group.

*Annexure C:* Standard questionnaire [Quick Inventory of Depressive Symptomatology Scale (Self-Report)] to assess the level of depression of elderly people in control group.

*Annexure D:* Standard questionnaire [Quick Inventory of Depressive Symptomatology Scale

(Self-Report)] to assess the level of depression of elderly people in experimental group after music therapy.

*Annexure E:* Standard questionnaire [Quick Inventory of Depressive Symptomatology Scale (Self-Report)] to assess the level of depression of elderly people in control group after intervention in experimental group. Compare the difference in level of depression between experimental and control group after intervention in experimental group.

*Annexure F:* Association between study findings with selected demographic variable in experimental and control group.

*Validity:* The tool was given to a total 15 experts from various departments.

*Reliability:* Reliability analysis was done using test retest method and Pearson correlation formula. The reliability score was 0.87 which shows that the tool is reliable.

$$r = \frac{\sum_{i=1}^{n}\left(X_i - \bar{X}\right)\left(Y_i - \bar{Y}\right)}{(n-1)S_x S_y}$$

*Pilot study:* Pilot study conducted shows that it is feasible to conduct final study with the present tool.

*Data collection method:* The investigator visited elderly people from various old age homes in Pune and introduced self and nature of the study. Subjects were assured about the confidentiality of the data. The necessary information was collected by interview technique using semi structured questionnaire.

| Results: |
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| *Demographic Data* |

1. 11 (36.7%) of the samples from experimental group were from age group 61-64 years.
2. 13 (43. 3%) from experimental group were males and 17 (56.7 %) of them were females.
3. 8 (26.7%) have completed primary education, 8 (26.7%) have completed secondary education.
4. 12 (40%) from experimental group were married
5. 12 (40%) from experimental group were Hindu
6. 10 (33.3 %) of the samples from the control group were in the age group 61-64 years, 9 (30 %) of the samples from the control group were from age group 65-68 years,
7. 12 (40%) of the samples from the control group were married.
8. 14 (46.7%) of the samples from the control group them were males and 15 (53.3%) of them were females.
9. 9 (30%) of the samples from the control group have completed primary education, 7 (23.3%) of the samples from the control group have completed secondary education,
10. 12 (40%) of the samples from the control group were Hindu

*Compare difference in level of depression between experimental and control group after intervention.*

(76.7%) of elderly people in pre -test of experimental Group were having moderate depression score (11-15)

73.3% of elderly people in pre -test of control Group were having moderate depression score (11-15),

In post-test, in the experimental group, 50% of the people had mild depression score (6-10).

In post-test, in the control group, 80% of the people had moderate depression score (11-15), which indicates that the music therapy is effective in reducing the depression of the elderly people residing in old age home. (Fig. 3 and 4)

*Find association between study findings with selected demographic variables in experimental and control group.*

The association between depression level and demographic variables of elderly people in experimental group was assessed by using ANOVA.

P-value for Gender is smaller ($<0.05$). Gender is the only demographic variable which was found to have significant association with effect on depression level after music therapy.

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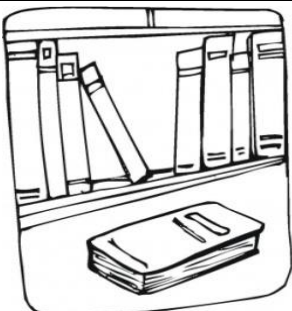
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