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## Effect of Naad Yoga (Music Therapy) on Depression

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### ABSTRACT

This study aims to find out the effect of Naad Yoga in reducing the level of depression. This study was a randomized controlled trial with the intervention of Naad Yoga. For this research 40 male subjects were selected and divided into two groups: experimental and control. Socioeconomic status and education were approximately similar in the two groups and also baseline scores on depression were similar. All the subjects were taken from Shantikunj, Haridwar who were attending one-month session called “Yug Shilpi Satra”. The subjects under the experimental group were made to listen to a melodious musical sound for fifteen minutes every day for one month. This musical sound is specifically known as “Naad yoga” which is based in Pahadi Raag of Indian classical music. The student ‘t’ test was performed to compare the post-test scores between the experimental and control group. Following the intervention of Naad Yoga, there was a significant decrease in depression scores of male subjects. The result shows that the Naad Yoga (Music therapy) decrease the level of depression of the experimental group and indicates that Indian Classical Music can play a significant role in reducing the level of mental disorders.

**Key Words:** Music Therapy, Depression, Psychological problems, Yoga and Meditations.

### INTRODUCTION

The universe is rhythmic. The galaxies, stars, planets and satellites move with a rhythm. All the rivers, streams and mighty falls flow with a rhythm. Music is the outer expression of inner rhythm. It is the food and flavor of life, the nuances of mind and heart can be best expressed through the language of music. Music signifies a blend of song, dance and instruments. The richness of music depends on balance among its three vital components- Language, Rhythm and Melody. The theme of music touches upon the whole canvas of human life. The different permutations and combinations of music include devotional music portraying the moment of mystic rapture, music of festival and marriage, music imbued with deep love, cheer and melancholy,

season music depicting hot, dry, summer, the generosity of rain, the richness of green autumn, the coziness of winter and the beauty and bounty of spring (Bartlett, Kaufman, & Smeltkop, 1993).

The use of music for the treatment of physical ailments and psychological disorders is known as music therapy. It is defined as “Music therapy is the use of music and/or its musical elements (sound, rhythm, melody and harmony) by a music therapist and client or group, in a process designed to facilitate and promote communication, relationship, learning, mobilization, expression and organization (physical, emotional, mental, social and cognitive) in order to develop or restore functions of the individual so that he or she can achieve better intra and /or interpersonal integration and consequently, a better quality of life. Music therapy is the unique application of music to enhance personal lives by creating positive change in human behavior. It is the use of music and musical interventions in order to restore, maintain and improve emotional, physical, psychological and spiritual health and wellbeing (Boldt, 1996).

Studies have shown that music therapy can be effective at promoting relaxation, relieving stress, anxiety and treating depression. It has been applied on hospitalized patients with burns, heart disease, diabetes and cancer. Music therapy allows people with emotional problem to explore feelings, make positive changes in mood, practice of problem solving and resolve conflicts. There is a famous saying “Music soothes the savage beast”. And most of us know how relaxing and emotionally refreshing listening to music can be. It can help us to cope with sadness and even help us to fall asleep faster. As far back as the 6<sup>th</sup> century BC Pythagoras believed that music and the right food could clean our soul and body. Later, in Christian Europe the church used medicine and music together when they used chanting and prayer over the sick, as a means of therapy and primitive people throughout the world used music and dancing in their healing for thousands of years so we can say for certain that it provides valuable exercise for mental and physical relaxation.

Depression is as old as man. It has accompanied him throughout the history and the world’s literature has chronicled it with as much intensity and care, as this so ancient and so widespread a condition warrants. Depression is a universal experience, the emotion of sadness and grief are an intrinsic facet of human condition. The central symptoms of depression are sadness, pessimism, self-dislike along with a loss of energy, motivation and concentration. The word “Depression” is used in many ways to describe a mood, a symptom, a syndrome as well as a specific group of illness. This multiple use of term and the looseness of definitions can be very confusing. In most definitions of depression, a distinction is drawn between a feeling of dejection, sadness and unhappiness which may be brief in duration and a clinical syndrome characterized by persistent sadness, profound discouragement or despair which persists two weeks or more and is associated with a change from previous functioning.

Thus the major objective of this study was to find out the effect of music therapy (Naad Yoga) on depression.

## METHODOLOGY

**Participants:** The subjects for this study were included from among the regular visiting devotees to Shantikunj. Volunteers between 20 to 40 years of age group were selected from among the trainees of the one month “Yug Shilpi Satra” conducted regularly at Shantikunj, Haridwar. All were randomly distributed in almost equal proportion into the selected experimental and control group (Total 40 subjects- 20 experimental and 20 control group).

**Variables:** In this research the Independent variable was Naad Yoga (Music Therapy) and Dependent variable was level of depression.

**Tools:** In this study to measure the level of depression of the subjects, “Mental Depression Scale” made by Prof L.N. Debey, which was published by Arohi Manovigyan Kendra, Jabalpur, was used.

**Hypothesis:** There is no significant effect of Naad Yoga (music therapy) on the level of depression.

## RESULT

Group	Phase	Mean	SD
Control (N = 20)	Pre Test	30.1	7.67
Experimental (N = 20)	Pre Test	30.45	6.88

Group	Phase	Mean	SD	t-value	Level of Significance
Control (N = 20)	Post Test	26.00	4.54	2.34	Significant at 0.05
Experimental (N = 20)	Post Test	29.95	6.03		

**df= 38**

## DISCUSSION OF THE RESULT

On the basis of the obtained result, it is clear that the mean of both experimental and control group on depression was near about equal, but after the intervention of Naad Yoga till for one month, the obtained scores found positive. Thus the null hypothesis has been rejected on 0.05 level.

So the use of music as a therapeutic tool falls into the realm of behavioral and psychological support services. With persons who are not active, music can be used to stimulate interaction, memory and effective

response. Music therapy in any context or form has great significance in all the realms of physical or psychic disorders. Last but not the least, music and music therapy are inevitable in human life. It is the creator of essence of life, preserver of life itself and the destroyer of all the ailments and sufferings.

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