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“EFFECTIVENESS OF MUSIC THERAPY ON THE QUALITY OF SLEEP AMONG ELDERLY PEOPLE RESIDING ANANDHAM OLD AGE HOME IN SHIVAJI NAGAR BHOPAL, M.P.”

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Abstract: A study was done to assess the of music therapy on the quality of sleep among elderly people with the objectives are to to assess the quality of sleep among elderly people residing at Anandham old age home and find out the effectiveness of music therapy on quality of sleep among elderly people residing at Anandham old age home and to find out the association of pretest score of quality of sleep among elderly people with selected demographic variables with the help of purposive sampling technique. Each sample underwent a music therapy and concluded as a significant association between the effectiveness of music therapy on the quality of sleep and the selected demographic variables.

Key Words: MT-music therapy, OAH-old age home

Introduction: Ageing is a universal process and it affect each human being in the world. a large percentage of elderly people suffer from chronic insomnia, affecting many aspects of life quality and wellbeing . Music is one of the alternative forms of therapeutic treatment helps in achieving relaxation by soothing the central nervous system and attaining peace and stillness of mind. music as a therapy has been delivered over a range of time periods music has been recommended as adjuvant to medication in pain music exists right from the evolution of the universe music has the potential to obviate or decrease the need of pharmacotherapy.^{1,2}

Need for the study: Globally the proportion of people aged 60 years and over is growing faster than any other age group. by the year 2025, people in this group will reach a total 1.2 billion and this will rise to 2 billion in the year 2050 with 80% of them living in developing countries surveys have estimated that more than 50% of community living people age 65 or older experience sleep disturbance. sleep disorder can result in tiredness, depression, greater anxiety, irritability, pain sensitivity, muscle tremor and lack of day time alertness. the goal of music therapy is to

reduce psycho-physiological stress, pain and anxiety. primary benefits of music therapy are being completely risk free, showing cost effective and no side effects. based on a psycho physiological theory synthesized from literature, sedative music induces relaxation and distraction responses which reduce activity in neuro endocrine and sympathetic nervous system, result in decreased anxiety, heart rate, respiratory rate, blood pressure. a study on depression among esrd patients in el shifa hospital in gaza, assessed a sample of 80 adult esrd cases and 80 control group of chronic medically ill adult patients aged 18-75 years using beck depression inventory ii (bdi-ii). a cross sectional study was conducted in turkey on effect of music on patients with mental disorder and emotional reception behaviour. fifty five patients with depressive symptoms were assessed using the bdi-ii scale. the study concluded that use of music has a positive stimulation on patients with depression.^{3,6}

Statement of the Problem:

“A Quasi Experimental Study to assess the effectiveness of music therapy on the quality of sleep among elderly people residing Anandham old age home in Shivaji Nagar Bhopal, M.P.”.

Objectives of the Study:

1. Assess the quality of sleep among elderly people residing at anandham old age home in shivajinagar, bhopal, (m.p.)
2. Find out the effectiveness of music therapy on quality of sleep among elderly people residing at anandham old age home in shivajinagar, bhopal, (m.p.)
3. Find out the comparison of pretest and posttest assessment of elderly people regarding quality of sleep.
4. Find out the association of pretest score of quality of sleep among elderly people residing at anandham old age home in shivajinagar, bhopal, (m.p.) with selected demographic variables.

Hypothesis:

H₁: There will be a significant difference between the quality of sleep among elderly people.

H₂: There will be significant association between pretest score of quality of sleep of elderly people and selected demographic variables.

Research methodology:

Research approach : Quantitative approach
 Research design : Descriptive Design
 Setting : Anandham old age home, Bhopal
 Population : Old age people (>50 years) residing in the anandham old age home, Bhopal (M.P.)
 Sampling technique : Convenience sampling technique
 Setting criteria : old age people who are accessible during the study and willing to participate
 Sample size : 60
 Tools for data collection : Modified Sleep Quality rating Scale

Result:

The maximum participants (elderly people's) are male 34(56.67%) and 26(43.33%) are female regarding age majority were in the age group of 61 - 65 years 22(36.67%), followed by 56 - 60 years 20(33.33%), 66 years and above 10(16.67%) and 3.33% were found in the age group of 50 - 55 years. regarding previous occupation maximum respondents were private job 35(58.34%), followed by unemployed 17(28.33%), business 6(10%) and 13.33% (2) were found in government job. regarding disease condition majority of respondents is having hypertension 37(61.67%), 12(20.00%) were having cardiovascular problem, least 11 (18.33%) having diabetes mellitus. regarding family income majority were in 5001 -10000 rs. 25(41.67%), followed by below rs. 5000, 20(33.33%), 10001-15000 rs. 8(13.33%) and 11.67%(7) were having above 15001rs. Majority of respondents 47(78.33%) have no knowledge regarding music therapy and 13(21.67%) have knowledge regarding music therapy. 34 (56.67 %) elderly people have severe sleeplessness and 26 (43.33%) have moderate sleeplessness. No elderly people had profound sleeplessness & mild sleeplessness. This table depicts the pretest mean is 41.25 and standard deviation is 5.78. .37 (61.67 %) elderly people have mild sleeplessness, 18(30%) have moderate sleeplessness, 5(8.33%) have severe sleeplessness and no elderly people had profound sleeplessness. This table depicts the posttest mean is 57.55 and standard deviation is 7.91. Pre-test shows that. 34 (56.67 %) elderly people have severe sleeplessness and 26 (43.33%) have moderate sleeplessness. No elderly people had profound sleeplessness & mild sleeplessness. Post-test depicted that 37 (61.67 %) elderly people have mild sleeplessness, 18(30%) have moderate sleeplessness, 5(8.33%) have severe sleeplessness and no elderly people had profound sleeplessness.

Bar diagram showing Comparison of pre-test and post-test assessment of quality of sleep among elderly people

Discussion:- A large percentage of older people suffer from chronic insomnia, affecting many aspects of life quality and well-being. Although insomnia is most often treated with medication, a growing number of studies demonstrate the efficiency of various relaxation

techniques. The present study had three aims: first, to compare two relaxation techniques--music relaxation and progressive muscular relaxation--on various objective and subjective measures of sleep quality; second, to examine the effect of these techniques on anxiety and depression; and finally, to explore possible relationships between the efficiency of both techniques and personality variables. A randomized controlled trial was used with a two-group repeated measures design. Sixty people aged 60-83 years with difficulty in sleeping were recruited through community leaders and screened using the Pittsburgh Sleep Quality Index (PSQI) and Epworth Sleepiness Scale. An experimental study was conducted on music therapy and exploration in America. In a seven week trial, the impact of a single music therapy session on participants' emotional experience was assessed. Results indicated that music therapy session facilitate the experiencing of predominantly positive emotions and that these were experienced to a moderate to high degree (67 %).

Recommendations:

In the light of the study the following recommendations were made:

- A similar study can be undertaken with a large sample size for wider generalization.
- A similar study can be conducted among college students also.
- A similar study can be done by comparing by in two old age home.
- A similar study can be done by comparing between two groups of old age people.
- A similar study can be done by giving some interventions to improve their sleeping pattern

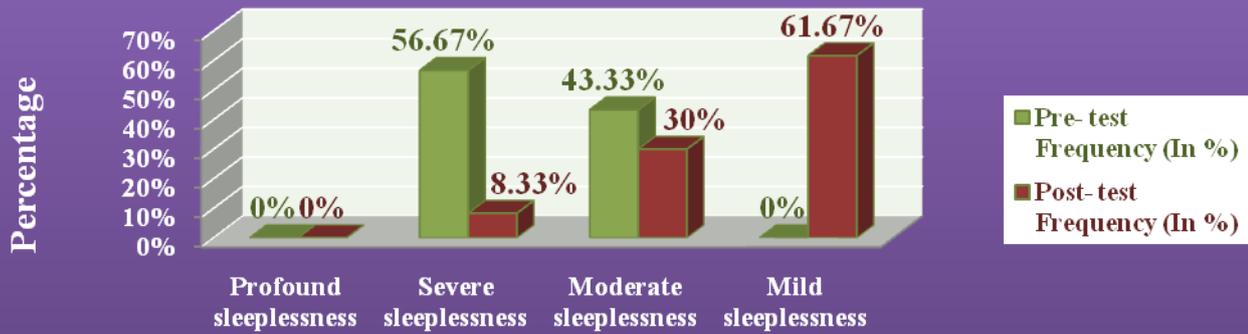
Implications: Implications drawn from the study is a vital concern to the elderly including nursing practice, nursing administrator and nurse researcher use of their knowledge and attitude what they possess about music therapy. The role of nurses, health workers, in health care industry is a vital aspect in geriatric care. They shoulder the responsibility of promoting health, preventing illness and rehabilitation of clients. Nursing administrator should take an initiative in creating policies and plan in providing education to the people regarding music therapy. Education is the base for knowledge. It decides the quality of future Nursing educators have the responsibility of equipping the Nursing students with adequate knowledge so that the latter can provide quality care. There is a need for extensive and intensive research in this area so that strategies for educating nurses and public regarding various aspects of quality of sleep. In community there will be a lot of suffer people who has insomnia and sleep related disorder. This research is useful for the old age people. community health nurse can take an effort for this field.^{4,5}

Conclusion: There is a significant effectiveness of music therapy on quality of sleep among old age people.

Ethical clearance: Permission was taken from the concern authorities in Anandham old age home, Bhopal M.P. Informed consent from the samples was obtained. Confidentiality and privacy of data was maintained.

Source of fund: Self

Comparison of Pre-test & Post-test Assessment of Quality of Sleep



Conflict of interest: - None

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