

EFFECTIVENESS OF MUSIC THERAPY ON DEPRESSION AND ANXIETY AMONG CANCER PATIENTS

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ABSTRACT

A study to evaluate the effectiveness of music therapy on depression and anxiety among the cancer patients admitted in oncology ward of selected hospital.

A quasi experimental design was used and the conceptual frame work of the study was based on SisterCallistaRoy Adaptation model. Non equivalent control group pre-test and post design was used for this study. Purposive sampling technique was used to select the samples. All the samples who were admitted in oncology ward were included in the study. The total sample size was 60, 30 in the experimental group and 30 in the control group. The tool used for data collection had two parts. Part one was the demographic profile of the cancer patients and part two was the HOSPITAL ANXIETY AND DEPRESSION SCALE. In experimental group majority(73.33%) of the samples belonged to the age group of 41-50 years where female were 60%,53.34%had primary level of education,66.6% had cancer for 2 years,76.66% were Hindu and83.34% had family support. In control group 50% belonged to the age group of 40-50 years where female were 60%, 73.33%were married, 53.34% had primary level of education,46.66% had cancer for 2-3 years,66.66% were married and 60% had family support. The obtained t value 10.5 was statistically significant at 0.05 levels for anxiety. The obtained t value 11.0 was statistically significant at 0.05 levels for depression. There was significant association between the level of post test anxiety score and the demographic variables. There was no significant association between the level of post test depression score and the demographic variables of the cancer patients.

KEYWORDS: Anxiety, Depression, Music Therapy, Effectiveness, Cancer Patients

INTRODUCTION

Cancer is the leading cause of death worldwide and the total number of cases globally is increasing. The number of global cancer deaths is projected to increase 45% from 2007 to 2030.(National cancer institute2010).Approximately half of all patients with terminal cancer suffer with depression, anxiety and adjustment disorders.(world federation 2010).

MATERIALS AND METHODS

Experimental approach was used in this study. Non equivalent control group pre test and post test design was used for this study. Cancer patients who fulfilled the inclusion criteria were selected as samples. The total sample size was 60, 30 in the experimental group and 30 in the control group. Purposive sampling technique was used for this study. Hospital anxiety and depression scale was used to as see the level of anxiety and depression.

Group	Pre test	Intervention	Post test
Experimental group	0 1	X	0 2
control group	01		02

The dependent variable is anxiety and depression.

The independent variable is music therapy.

RESULTS AND DISCUSSIONS

Music has been recognized as an effective form of therapy to provide an outlet for emotions, the notion of using song, sound frequency and rhythm to treat physical ailments is the relatively new domain [Daniel.J.Levitin, Ph.D] a meta-analysis of 400 studies, Levitin and his postgraduate research fellow, Monalisa, Chanda Ph.D found that music improves the body's immune function and reduce stress.

Table 1

Anxiety Level	Experimental Group n=30				Control Group n=30			
	Pretest		Posttest		Pretest		Posttest	
	f	%	f	%	f	%	f	%
Normal(0-7)	0	0	17	56.66	0	0	0	0
Borderline(8-10)	2	6.66	13	43.33	9	30	9	30
Abnormal(11-21)	28	93.33	0	0	21	70	21	70

Table 1 depicts the pre test and post test level of anxiety scores of both experimental and control group.

Table 2

Depression Level	Experimental Group				Control Group			
	pre test		post test		pre test		post test	
	f	%	f	%	f	%	f	%
Normal (0-7)	0	0	22	73.33	0	0	0	0
Borderline (8-10)	3	10	8	26.66	11	36.66	11	36.66
Abnormal (11-21)	27	90	0	0	19	63.33	19	63.33

In the post test majority of the samples (73.33%) of the samples experienced normal level of depression, 8 out of 30 experienced borderline level of depression (26.66%).

Table: 3 comparison of mean pre test and post test level of anxiety of samples in experimental group.

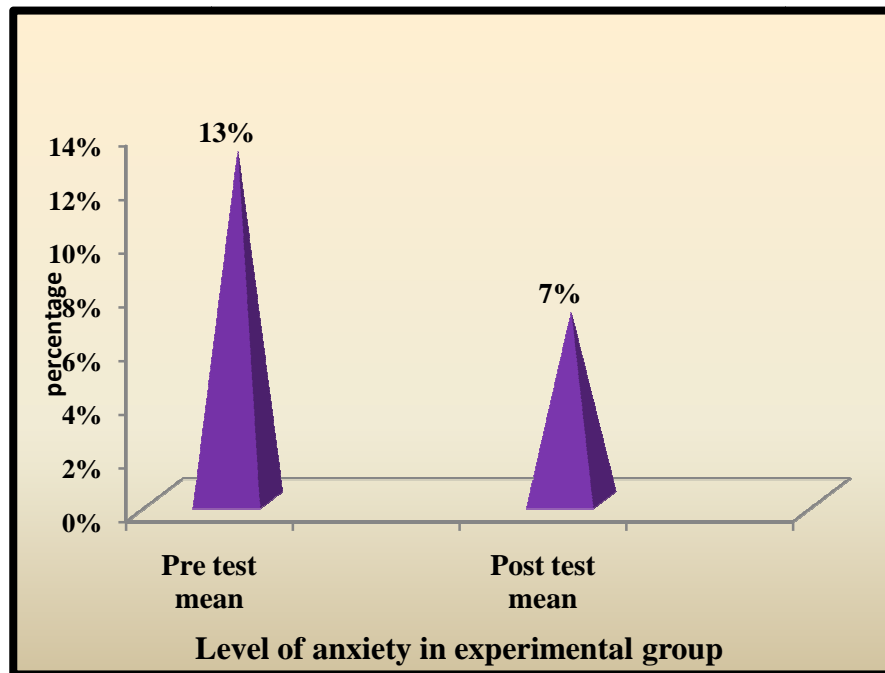


Table: 4 Summarizes that the mean post test anxiety score 7.5 of the experimental group was lesser than the mean post test anxiety score 11.76 of the control group. The obtained tvalue 10.5 was statistically significant at 0.05 levels.

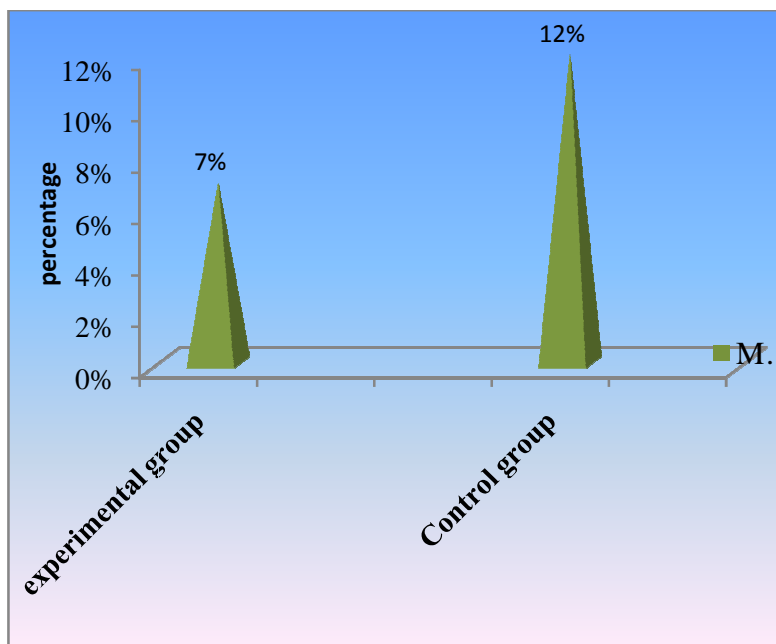


Table 5: Comparison of Mean pre Test and post test Level of Depression of Samples in Experimental Group N=30

Measurement	Mean	Mean difference	SD	tvalue	Df	pvalue
Pretest	13.13	6	1.73	19.45	29	0.05
Posttest	7.13		1.09			

Table: 6 Comparison of Mean Post Test Level of Depression between Experimental and Control Group N=30

Measurement	Mean	Mean difference	SD	t value	df	p value
Experimental group	7.13	4.07	1.09	11	58	0.05
Control group	11.2		1.90			

Summarises that the mean post test depression score 7.13 of the experimental groups lesser than the mean post test depression 11.2 of control group. The obtained t value 11.00 is statistically significant at 0.05 levels.

CONCLUSIONS

- Most of the cancer patients in oncology unit suffered from abnormal and severe anxiety and depression.
- Music therapy was effective in reducing the level of anxiety and depression among the cancer patients.

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