

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 yearss,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