

## A Study to Assess the Effectiveness of the Music Therapy on Stress Level Among Old Age People in Old Age Home at Saksham,Rourkela.

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### ABSTRACT

#### Introduction :

Stress may be defined as a real or interpreted threat to the physiological or psychological or behavioural response. It is a bodily or mental tension resulting from factors that tend to alter an existing equilibrium.

**Material & Methods:** A Quantitative research approach was used. Pre-experimental - one group pre-test post-test design was adopted for this study. This study was conducted to evaluate the effectiveness of music therapy on stress among old age people in selected old age homes at Rourkela. Convenience sampling technique was adopted to select 40 old age people. Data was collected after the prior permission of concern authority. Researcher developed self structured questionnaire and planned teaching programme. Data collection was done by Modified Psychological Stress Assessment Scale. Music therapy was administered for old age people. The data gathered were analysed by descriptive and inferential statistical method and interpretation was done on the basis of the objectives of the study. The data was collected and analysed by using descriptive and inferential statistics.

#### Results & conclusion :

During pre-test, In Modified Psychological Stress Assessment scale, the analysis of pretest out of 40 samples, 5% of them had mild stress, 95% of them had severe stress. So it indicates that mild and severe level of stress was common among old age people and they requires some relieving measure. During posttest, out of 40 samples 100% of them had mild stress and no any sever stress. the Study it is concluded that rendering music therapy to the old age people was effective in reducing stress. The old age people with stress can include this therapy in their routine activities. The old people's leisure time may be enough and utilized for doing this music therapy.

**Keywords:** Effectiveness ,Planned Teaching Programme, old age

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### INTRODUCTION

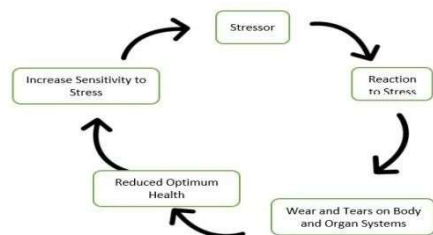
Emotional stress is more subtle, if it is chronic, the eventual consequences can be harmful. Stress hormones (Cortisol and adrenaline) provide energy and focus in the short term, but too much stress over too many years can throw a person's system off balance. Overloads of stress hormone have been linked to many health problems, including heart disease, high blood pressure and weaken immune functions. For older people already heightened risk for these illnesses, managing stress is particularly important.

Factors causing stress in old age many includes environmental stressors, physiological stressors, social stressors and life style changes of any kind. The outcome of this induced stress can be feeling of insecurity, rejection, need for approval and inability to cope with

changed circumstances. Interpersonal issues and organization issues also can induce stress.

Practiced in clinical, residential, and community settings, the profession of therapeutic recreation uses treatment, education, and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in ways that enhance their health, independence, and well-being.

#### Stress Cycle



### Need For The Study

There are currently 580 million people in the world who are aged 60 years and above. This is expected to rise to 1000 million by 2020 with over 700 million in the developing world. Older people are capable of making a positive impact on the society they live in. They possess a vast experience in different walks of life. But now because of various reasons the senior citizens are psychologically and emotionally assaulted which make them to institutionalize which have a greater negative impact on their psychological well-being, resulting in stress. During posting to the old age home the researcher found that elderly are suffering with lot of psychological problem. So the researcher recognizes the importance to support the positive and active living of the elderly. Some music therapy may help in improving their quality of life in terms of reducing stress and to maintain cognitive function.

### Objectives of The study

1. To assess the level of stress among old age before giving music therapy.
2. To assess the effectiveness of music therapy among old age after music therapy among experimental group.
3. To compare the effectiveness of music therapy on level of stress among experimental group.
4. To find out the association between post-test level of stress among experimental group their selected demographic variable.

### REVIEW OF LITERATURE

A descriptive study conducted a study to assess the effectiveness of selected relaxation technique to reduce the level of stress among senior citizens residing in selected old age home, at Coimbatore. The pre-experimental design was used for the study and 60 senior citizens. Modified stress assessment rating scale, which was used before and after structured teaching programme. There is significant difference between pre-test and post-test stress score ('t' value – 23.715,  $p < 0.05$ ) the mean score of pre-test and post-test stress were 83.25(SD+11.75) and 49.6(SD+10.09). Results of inferential statistic (chi square value  $\chi^2 = 23$ ,  $p < 0.05$ ) identified that dissatisfaction (or) lack of support system is the major predictor of distress among senior citizens.

satisfaction (or) lack of support system is the major predictor of distress among senior citizen living in old age Home.

### Operational Definition

#### Effectiveness:

In this study, effectiveness refers to the outcome of activity therapy given to the old age people, it can be measured by modified stress assessment scale.

#### Old Age:

In this study, it refers to old age people who are residing in the selected old age homes between the age group of 60-80 years.

#### Stress:

In this study, it refers to psychological response such as hopelessness, helplessness, and low self-esteem and physiological response such as body ache indigestion problems and insomnia due to stressors of old age people.

#### Music Therapy:

In this study, it refers to the Hindustani classical music (These 5 songs have been shown to promote dopamine release and increase your feelings of happiness).

#### Old Age Home

In this study, the old age home refers to an institution run by private or government funded agency which gives care shelter and food for the elderly people on the basis of payment free of cost.

### RESEARCH METHODOLOGY

#### Research Approach:

A Quantitative research approach was to identify the effectiveness of the music therapy among old age people.

**Research Design:** pre- experimental - one group pre-test post-test design (1 x 2) was adopted for the study.

#### Setting Of The Study:

The study was conducted at SAKSHYAM old age homes, run by organisation (SAIL). The old age home selected for the study include, SAKSHYAM 9km from Hi-Tech college of nursing, Rourkela. **Variable:**

**Independent Variable** - Music therapy

**Dependent Variable** - Stress of old age people residing in old age home.

#### Population:

**Target Population** - Old age people with significant level of stress.

**Accessible Population** - The population include for this study is old age people with significant level for stress from home for the aged.

#### Sample Size

The sample size consists of 40 old age people.

#### Sampling Technique

Convenience sampling technique was used to select the sample for the study.

**Procedure For Data Collection**

The researcher got formal permission from the principal and research and ethical committee of Hi- tech college of Nursing, Rourkela and approval from the General manager of old age home SAKSHYAM (A CSR INITIATIVE FOR SENIOR CITIZENS

BY RSP) Then the investigator proceeded with data collection to which the investigator selected sample who fulfilled the inclusive sampling criteria according to researcher's judgement. The total strength of the experimental setting consists home for the aged,

SAKSHYAM this home 62 old age people were residing, in which 42 came under the age group of 60-80 Years.

The modified psychological stress assessment scale was used to screen the old age people in experimental group. After screening, 40 samples were selected using convenience sampling technique for experimental group. The samples from the experimental group were thought & demonstrated the music therapy for 7 days and then to continue to do it for one month including the initial 7 days teaching period. Then the post test was done for experimental group participants. The investigator established rapport with the old age people & assured that the information would keep confidential.

**Section: A**

**Section-A: Description of Sample According to Demographic Variables.**

**Table 1: Percentage Distribution of Study Samples According to the Selected Demographic Variables**

SL NO	Demographic Variables	Frequency	Percentage
1.	Age		
	a)60-65 Years	12	30%
	b)66-70 Years	10	25%
	c)71-75 Years	9	22.5%
	d)76-80 Years	9	22.5%
2.	sex		
	a)Male	22	52.5%
	b)Female	19	47.5%
3.	Religion		
	a)Hindu	15	37.5%
	b)Christian	11	27.5%
	c) Muslim	14	35%
4.	Marital Status		
	a)Single	6	15%
	b)married	14	35%
	c)widowed	6	15%
	d)Divorced	5	12.5%
	e)separated	9	22.5%
5.	Duration of stay at old age home		
	a)Less than 1 Year	10	25%
	b)1 to 3 Year	13	32.5%
	c)More than 3 Year	17	42.5%

**SECTION B**

**Section B-Assessment of the Pre and Post Test Level of Stress Among Old Age.**

**Table 4.2: Frequency and Percentage Distribution of Pre-test Scores and Post-test Scores of Old Age People with Level of Stress.**

SL NO	Level stress of	Pre-test		Post-test	
		Frequency	Percentage	Frequency	Percentage
1	Mild	2	5%	40	100%
2	Moderate	-----	-----	-----	-----

3	severe	38	98%	0	0
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**Section C**

**Section C: Difference Between the Level of Stress Among Old Age Before and after Giving music Therapy. Table 4.3: Mean Reduction of Stress Between on Pre and Post Test Level among old Age People.**

Variable	Pretest		Post-test		Mean difference
	Mean	Standard Deviation	Mean	Standard Deviation	
Stress	20.58	3.74	19.16	2.79	1.42

**Section D**

*Effectiveness of music Therapy Among Old Age*

**Table 4.4: Mean, Standard Deviation and Paired 't' Test Value of Pre and Post test Level of Stress Among Old Age People.**

Variable	Pretest		Post-test		T Value
	Mean	Standard Deviation	Mean	Standard Deviation	
Stress	20.58	3.74	19.16	2.79	77.003

**Section E**

**Association of Post Test Level of Stress Among Old Age People with their Selected Demographic Variables.**

**Table 4.5: Association of Post Test Level of Stress Among Old Age People with Their selected Demographic Variables.**

SL No	Demographic variable	Chisquar e (X <sup>2</sup> )	Degree of freedom	Table value	Significance
1	Age	9.71	6	>12.59	Not Significance
2	Sex	10.5	2	>5.99	Significance
3	Religion	12.06	4	>9.48	Significance
4	Marital Status	14.30	8	>15.50	Not Significance
5	Duration of stay	8.35	4	>9.48	Not Significance

**DISCUSSION**

The study was undertaken to determine the effectiveness of music therapy on stress among old age people in selected old age homes at SAKSHAM. Pre-experimental-one group pretest post-test design was adopted for the study for the study. The result and discussion of the study are based on the findings obtained from the statistical analysis.

The main objective of the study is to assess the stress level of old age people before and after giving music therapy in order to assess the effectiveness of music therapy.

With respect to demographic characteristics of the sample the majority 12[30%] belonged to the age group of 60-65 years, 22[52.5%] of them were male, majority of the samples 14[35%] were married, 15[37.5%] of the samples were Hindu. Majority of the samples 17[42.5%] were staying old age home for more than 3 years.

The first objective of the study was to assess the level of stress among old age before giving music therapy.

In Psychological Stress Assessment Scale, The Analysis Of Pre-Test Among 40 Samples

,38[98%]Of them had severe level of stress and none of them had mild Level Of Stress.

The Hypothesis Was Supported By Lefrancois.R. Et.Al., (2019) Conducted Study On,Stressfullifeeventsandpsychologicaldistressofth everyoldincanada.The Purpose Of The Study Was To Examine Whether Social Support Distress. The French Version Of The Geriatric Scale Of Recent Life Events, The Psychiatric Symptom index, And the social provision scale were used. The results show that The negative aspect of social interaction may explain why social support did not Have A Protective Effect. Also, Social Isolation Resulting From Psychological Distress Could Reduce The Opportunity For Instrumental Help And Emotional Support.

#### Limitations

- Since there were very few studies done on the effectiveness in national level, the investigator had a Difficulties in collecting the study materials for the review.
- Thesamplingsizewasonly40.
- The data collection period was only one month.
- Since the study was conducted among the old age people, the investigator had difficulties in assembling the old age people.

#### Recommendations

- Similar study can be conducted as comparative between old age male client and female client in different settings.
- Similar study can be conducted as comparative study between old age people in old age homes and old age residents with their family.
- A study can be conducted with large sample size to generalize the results of the study.
- The study can be carried out for a longer period of time.
- The study can be carried to assess the quality of life among the old age people.

#### CONCLUSION

From the result of the Study it was concluded that the level of stress is high among old age are residing at old age homes. They require some interventions to reduce the level of stress. The finding of the study reveals that, there is no significant association between demographic variables and level of stress among old age people. The 't' value was 77.003 which is higher than the table value at [p 0.05] level which shows that reduction in stress level after music therapy among old age people. It

is an effective intervention to reduce the level of stress among old age people.

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