Original Research Article

Effect of Music therapy on negative affectivity and social inhibition in elderly women

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ABSTRACT

Introduction: Music is a divine mode for management of several conditions. Extensive literature is available to support the importance of music in health care management.

Objective: The present study was undertaken to observe the effectiveness of raga Bhairavi on negative affectivity and social inhibition in elderly women.

Materials and Methods: Thirty elderly women between 50-65 years were included in the study after obtaining the informed consent. Willing participants were recruited in the study and those with any severe complications were excluded from the study. The study used type D (DS-14) questionnaire to assess the negative emotions like negative affectivity and social inhibition. Raga therapy was administered for 15 minutes duration wherein first five minutes they listened to OM and then 10 minutes of listening to Raga Bhairavi. The intervention was given once in a day for five days in a week for six weeks.

Results: There was a significant decrease in both negative affectivity and social inhibition followed by the raga therapy.

Conclusion: The study results suggest that the raga therapy is effective in the management of negative emotions in elderly women with type D personality. The study recommends implementation of Raga therapy in routine lifestyle for management of negative emotions.

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1. Introduction

Music is a divine mode for management of several conditions. Extensive literature is available to support the importance of music in health care management.¹ In ancient context this mode of treatment is called as raga chikitsa. Indian classical music consists of several ragas. The literary meaning of raga (sankrit word) is ‘Mood’ or ‘colour’. It was reported that certain ragas are effective in relieving stress and balance emotions. Hence, there is a tradition of music therapy, used as an adjuvant mode of treatment for various physical and psychological illnesses. The ancient manuscript named Raga Chikitsa had enlisted various ragas and their therapeutic effects. Few among those are, to treat hystericus (mental tension) Khamaj, Pooriya and Darbari kananda ragas are used. For excess mental instability, over excitement and anger malhar raga had proven to be effective. To cope up with emotions, gain peace and stability Jaijaivanti raga is found effective. Individuals with negative emotions like negative affectivity and social inhibition are considered as type D personality. In current life style all individuals are experiencing high levels of stress. Listening to ragas is a simple and cost effective method to regulate negative emotions. The present study was undertaken to observe the effectiveness of raga Bhairavi on negative affectivity and social inhibition in elderly women (type D personality).

2. Materials and Methods

2.1. Study design

Cross sectional study
2.2. Study setting
The present study was conducted at Little Flower Hospital & Research Centre, Angamaly, Kerala.

2.3. Study population
Thirty elderly women within the age group of 50-65 years were part of the study after obtaining the informed consent. Willing participants were recruited in the study and those with any severe complications were excluded from the study.

2.4. Study tools

2.5. Questionnaire
The study used type D (DS-14) questionnaire to assess the negative emotions like negative affectivity and social inhibition.\(^2\)

2.6. Intervention
Raga therapy was administered for 15 minutes duration where first five minutes is listening to OM and then 10 minutes of listening to Raga Bhairavi. The intervention was given once a day for five days in a week for six weeks.

2.7. Ethical considerations
The present study was approved by ethical committee of the institution and confidentiality of the data was maintained. (No EC/17/112-14)

2.8. Statistical analysis
Data was analyzed using SPSS 20.0. Student t test was applied to observe the significance of difference between the pre and post intervention values.

3. Results
Data was presented in table no 1. The mean value of negative affectivity was 8 before the intervention and it was reduced to 6 after the intervention. The mean value of social inhibition was 7 before the intervention and it was reduced to 5 after the intervention. There was a significant decrease in both negative affectivity and social inhibition followed by the raga therapy.

Table 1: Negative affectivity and social inhibition before and after intervention in elderly women

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Pre-intervention</th>
<th>Post-intervention</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative affectivity</td>
<td>8±0.22</td>
<td>6±1.3</td>
<td>0.0001***</td>
</tr>
<tr>
<td>Social inhibition</td>
<td>7±1.44</td>
<td>5±0.67</td>
<td>0.0001***</td>
</tr>
</tbody>
</table>

(*P<0.05 is significant, **P<0.01 is significant, ***P<0.0001 is significant)

4. Discussion
Music therapy is one of the traditional therapies used in treating the mental and physical of the patients suffering from various health ailments. It is learnt to reduce stress, anxiety and depression and also will make the patient to respond positivity to the treat given for the disease the patient suffering with. Music therapy is preferred better than recorded. It was reported that live music showed less tension and anxiety when compared to recorded music, it was observed that participant on live music is preferably better than recorded.

In study music therapy was applied in the older adults to observe their depression level. It was reported that the there was a positive effect of music, wherein the patients showed reduced depression level along with controlled blood pressure. Music therapy when given to
oncology patients, the patients undergoing chemotherapy had observed that there was a significant improvement in their mood states and showed a positive response to the treatment leading to improved quality of life. This states that music therapy not only reduces stress but also helps in improvement in quality of life, mood states and also improves memory and cognitive skills of the individuals on regular practice. Hence music therapy can be considered as one of the effective non-pharmacological, non-invasive treatment used to relieve stress, reduce anxiety and depression. It is also an adjunctive therapy helping the patients with various diseases to cope-up with and positively respond to the treatment given. It improves quality of life, mood states and cognitive skills when practiced regularly as a part of daily activities.

5. Conclusion

The study results suggest that the raga therapy is effective in the management of negative emotions in elderly women with type D personality. The study recommends regular implementation of Raga therapy living with the present life style for management of negative emotions.

5.1. Acknowledgement

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6. Source of funding

None.

7. Conflict of interest

None.

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