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A STUDY TO ASSESS THE EFFECTIVENESS OF MUSIC THERAPY ON DEPRESSION AMONG DEPRESSIVE PATIENTS IN SELECTED URBAN AREA OF AHMEDABAD

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ARTICLE INFO

ABSTRACT

"A pre-experimental study was conducted on a study to assess the effectiveness of music therapy on depression among depressive patients in selected urban area of Ahmedabad. The 'general system model' was used as conceptual framework. A quantitative approach with pre-experimental study design was used to achieve the objectives of the study. The sample size consisted of 50 depressive patients in selected urban area of Ahmedabad. The Hamilton rating scale was used to collect the samples. In the pre-experimental study the pre-test mean of the study was 12.52 and post-test mean of the study was 7.98 with the mean difference of 4.54. The tabulated t value is 22.10 which is greater than table value which was 2.00. Therefore null hypothesis is rejected and research hypothesis is accepted. It shows the effectiveness of Music therapy for depressive patients.

INTRODUCTION

Depression is the most common mental disorder in India. It is the third most common illness in the world after infectious disease and cardiac disease. Depression among youth has increased since few years. Newly 2/3 people suffer from depression and never get treatment. According to the 2015 NHMS survey, one in every 10 Indians or 5.3% of the population was found have suffered from depression.[4]According to WHO, about 280 million people in the world are suffering from depression including 5% of the world's adult and 5.7% of adults above age 60 Music therapy is useful to reduce the symptoms of depression. It has calming effect on patient's mind. According to WHO, 56 million i.e 4.5% people of India suffer from depression and in the rate of depression is about 1.2%.[5]Depression is the most affected mental disorder in India. It is the third most illness in the world after infectious disease and heart disease. By the year 2020, depression will be 2nd most common health problem in the world. For every 40seconds a life is lost through suicide, among all suicides 40% is mainly due to depression only. Depression is an important global public health problem due to both its relatively high lifetime prevalence and its significant disabilities. Depression accounted for 4.5% of the worldwide total burden of disease. It is also responsible for the greatest proportion of burden attributable to non-fatal health outcomes, accounting for almost 12% of total years lived with disability worldwide.[6]

Objectives of the Study

1. To assess the level of depression among depressive patients.
2. To assess the effectiveness of music therapy among depressive patients before and after music therapy.

METHODOLOGY

Research methodology indicates the general pattern of organizing the procedure for gathering valid and reliable data for an investigation. The content of this chapter includes research approach and its rational, description of setting and population, description of sample, tool selection, construction, description and rational of the tool, procedure of data collection, data analysis and statistically methods are used. The table depicts the distribution in number and percentage of study. Above table shows that 32% of samples (16) were in the age group of 29-34 years, 28% of samples (14) were in the age group of 35-41 years, 16% of samples (8) were in the age group of 42-48 years, 16% of samples (8) of the age group of 49-54 years, and 8% of samples (4) of the age group of 55-60 years in the group, and 50% of samples (25) in the group were male and 50% of samples (25) were female., and 10% of samples (5) were earning ≤10,000Rs, 26% of samples (13) earning 10,001-20,000Rs, 18% of samples (9) earning 20,001- 30,000Rs, 22% of samples (11) earning 30,001-40,000Rs, 24% of samples (12) earning ≥40,0000Rs in the group, and 36% of samples (18) were Unemployment, 56% of samples (28) doing Service (Job), 8% of samples (4) doing Business occupation in the group, and 6% of samples (3) were illiterate, 12% of samples (6) have

primary education, 14% of samples (7) have secondary education, 24% of samples (12) have higher secondary education, 44% of samples (22) have graduate and above education and 6% of samples (3) were illiterate in the group. In the above-mentioned table, 20% of samples (10) in the group were having family member suffering from depression, and 80% of samples (40) in the group were not having family member suffering from depression, 20% of samples (10) in the group have knowledge regarding music therapy. 80% of samples (40) in the group have no knowledge regarding music therapy, 20% of samples (10) in the group were having family member suffering from mental disorder. 80% of samples (40) in the group were not having family member suffering any mental disorder.

1. **Analysis and interpretation of data collected on different demographic variables.**

(N=50)

Sr No	Demographic variable	Frequency	Percentage
1.	**Age**		
	a. 29-34 years	16	32%
	b. 35-41 years	14	28%
	c. 42-48 years	8	16%
	d. 49-54 years	8	16%
	e. 55-60 years	4	8%
2.	**Gender**		
	a. Male	25	50%
	b. Female	25	50%
3.	**Family income**		
	a. <10,000Rs.	5	10%
	b. 10,001-20,000Rs.	13	26%
	c. 20,001-30,000Rs.	9	18%
	d. 30,001-40,000Rs.	11	22%
	e. >40,001Rs.	12	24%
4.	**Occupation**		
	a. Unemployment	18	36%
	b. Service (Job)	28	56%
	c. Business	4	8%
5.	**Education**		
	a. Primary Education	6	12%
	b. Secondary Education	7	14%
	c. Higher Secondary Education	12	24%
	d. Graduate And Above	22	44%
	e. Illiterate	3	6%
6.	**Family History**		
	a. Yes	40	80%
	b. No	10	20%
7.	**Knowledge regarding music therapy**		
	a. Yes	10	20%
	b. No	40	80%
8.	**Any Family Member Suffering From Any mental Disorder**		
	a. Yes	10	20%
	b. No	40	80%

2. **Analysis and interpretation of the data consists of standardized checklist to measure the level of depression among depressive patients.**

Level of depression	Frequency&	Percentage (%)
	Pre-test	Post-test
Normal (0-7)	0(0%)	31(62%)
Mild depression (8-13)	31(62%)	19(38%)
Moderate therapy (14-18)	19(38%)	0(0%)
Severe depresson (19-22)	0(0%)	0(0%)
Very severe depression ≥23	0(0%)	0(0%)

Interpretation: The above-mentioned chart shows that, in pre-test 0% of samples (0) in the group were having normal condition, 62% of samples (31) in the group were having mild depression, 38% of samples (19) in the group were having moderate depression, 0% of samples (0) In the group having severe depression, 0% of samples (0) in the group having very severe depression. In the post- test 62% of samples (31) in the group were having normal condition, 38% of samples (19) in the group were having mild depression, 0% of samples (0) in the group were having moderate depression, 0% of samples (0) in the group having severe depression, 0% of samples (0) in the group having very severe depression.

3. **Mean, Standard Deviation (SD) and 't' test value of the group showing the effectiveness of music therapy.**

Groups	Mean	Mean difference	SD	"t" value	Table 't' value	df	Level of significance
Pre test	12.52	4.54	2.9624	22.10	2.00	49	0.05
Post test	7.98		2.5846				

Comparison between pre-test and post-test group on depression scores obtained by the respondents regarding music therapy shows that the mean in group; pre-test score was 12.52 and post test score was 7.98. The mean difference between the pre-test and post-test was 4.54.

CONCLUSION

The study intends to assess the effectiveness of Music therapy on depression among depressive patients in selected urban areas of Ahmedabad. The study reveals that the post-test score of depressive patients is lower in pre-test in the experimental group. It shows that music therapy is more effective in post-test experimental group, so Null hypotheses is rejected and research hypotheses is accepted.

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