A STUDY TO EVALUATE THE EFFECTIVENESS OF MUSIC THERAPY ON LEVEL OF DEPRESSION AMONG CLIENTS ON HEMODIALYSIS IN SELECTED HOSPITAL AT PALANI.

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ABSTRACT

The research study was conducted among clients on hemodialysis with depression which was aimed to reduce the level of depression by music therapy.   This study is aimed to assess the effectiveness of music therapy on level of depression among clients on hemodialysis at selected hospital, palani . The research design used s pre experimental pre test and post test design. The sample was selected by non probability purposive sampling technique. Sample size was 30.Level of depression was assessed by using modified becks depression scale before and after intervention. The intervention of music therapy was given for 15days for 20 minutes. On the 16 the day post test was done. The level of depression among clients on hemodialysis were analysed by using paired t test .the obtained t values are 10.93 was significant t $p<0.05$ with regard to the association between level of depression with their selected demographic variables. It also revealed that music therapy intervention reduced the level of depression. The above findings revealed that music therapy was effective and helped the client to reduce depression.

INTRODUCTION

BACKGROUND OF THE STUDY

The use of music therapy shows promising benefits in many areas but is just one subset of creative art theory , sometimes known as expensive therapy   or creative therapy.

Music research as existed since the early 20 the century with over 100 years   of practice and research (Mac Donald , 2013). Music   can reduce depression and stress, improving the coping with physical and emotional stress improve empathy and compassion , and reduce depression and anxiety (jurcau &jurcau 2012).

Music has frequently been used as a therapeutic agent from the ancient times . Music is a kind of yoga system through the medium of sonorous sound , which act upon the human organism and awakeness and develops their function of extent of self realization. Melody is the key note of Indian music .The Ragas is the basis of the melody. Various Ragas have been found to be very effective in curing many disease.

Hemodialysis   patients suffer from mental disorders such as depression one of the known pharmacological methods to eliminate these disorders is music therapy.

Literature review showed that hemodialysis poses several challenges for patients. Therefore , considering the role of music therapy in reducing depression ,the study was conducted as one of the first research projects in iran , to investigate the effect of instrumental music on depression among hemodialysis

patient .music therapy plays a role in cognitive, physical ,mental and emotional health of people and strengthens their mental ,spiritual and physical health.   It also protects people from the sadness , guilt , and loneliness among patients those who have depressed.

STATEMENT OF THE PROBLEM

A study   to evaluate the effectiveness of music therapy   on level of depression among clients on hemodialysis in selected hospital at Palani.

Objectives of the study

- To assess the level of depression among the clients on hemodialysis before and after music therapy
- To evaluate the effectiveness of the music therapy on level of depression among clients on hemodialysis
- To determine the association between the post test score level of depression among clients on hemodialysis with their selected demographic variables.

HYPOTHESIS

H1- There will be significant difference between pre test and post test score on level of depression among clients on hemodialysis.

H2-There will be significant association between post test level of depression   among clients on hemodialysis with their selected demographic variables.

Delimitations

The study is limited to

- period of 6 weeks.
- Clients on hemodialysis.
- Kv hospital
- Music therapy
- Willing to participate

Research Design

Pilot and Hungler define research design as a ”a investigators overall plan for obtaining answers to the research question for testing the research hypothesis is referred to as the research design”.

A pre experimental one group pre test post test design was choosen for this study to analyze the effectiveness of music therapy reducing depression among clients on hemodialysis.

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Variables

Dependent variable :

In the present study the dependent variables are level of Depression among clients on Hemodialysis

Independent variable:

In the present study the Independent variables are music therapy

Sample size

The sample size was 30.

Sampling technique

In this study non probability purposive sampling technique was used to select the samples. The investigator finds out the sample through admission register. The total sample size was 30 clients on hemdialysis. The 30 samples were selected based on inclusion criteria.

Criteria for sample selection

Inclusion criteria

Clients who are

- admitted with renal failure and on dialysis.
- having the symptoms of sadness, loss of interest, changes of sleeping pattern, worthlessness.
- Clients between the age group of 20-80
- Both male and female
- who can read English or tamil.

Exclusion criteria

Clients who are

- with sensory deficits
- taking anti depressants
- illiterate
- have severe depression.

Part I

It consisted of demographic variables of clients on hemodialysis . It consist of item which include Age, Gender, Marital status, Type of family, Education. Occupation, income, frequency of dialysis, sleeping pattern, duration of dialysis.

Part II

Regarding Modified Beck s Depresssion scale it consist of 21 items assessing the depression level. Each item consist of 0-3 scores. The highest possible tool for the whole test is sixty- three, this means you circled the option (d) three on all 21 items.since the lowest possible score for each question is zero, the lowest possible for the test is zero.

- The score were classified as following
- Normal : 0-10(15%)
- Mild depression : 11-16(25%)
- Borderline clinical depression : 17-20(31%)
- Moderate depression : 21-30(47%)
- Severe depression : 31-40(63%)
- Extreme depression : over 40(65%)

DATA ANALYSIS AND INTERPRETATION

SECTION 1 : DATA ON DEMOGRAPHIC VARIABLES ON CLIENTS ON DEPRESSIVE HEMODIALYSIS PATIENT

Table : 4.1

Frequency and percentage Distribution clients on hemodialysis relation to their demographic variables.

n=30

S.NO	Demographic variables	Frequency	Percentage
1	Age (in years)		
	a)20-40	8	27%
	b)40-60	12	40%
	c)60-80	10	33%
2	Gender		
	a)male	15	50%
	b)female	15	50%
3	marital status		
	a)married	20	67%
	b)widow/widower	4	13%
	c)divorced	-	-
	d)separated	4	13%
	e)single	2	7%
4	type of family		
	a)nuclear family	25	83%
	b)joint family	5	17%
5	Education		
	a)primary education	5	17%
	b) secondary education		
	c)higher secondary	12	40%
	d)degree/equality		
		10	33%
		3	10%
6	occupation		
	a)government employee		
	b) private employee	5	17%
	c)self employee		
	d) unemployment	12	40%
	e)retired	7	23%

		6	20%
		-	-
7	Income a)<3000 b)3000-5000 c)>5000	8 15 7	27% 50% 23%
8	Frequency of dialysis a)once a week b)twice a week c)thrice a week		
9	sleeping pattern a)less then 3 hours b)3-6 hours c)more than 6 hours	- 10 20	- 33% 67%
10	Duration of dialysis a)1-2 hrs b)2-3 hrs c)3-4 hrs d) above 4 hrs	12 16 2	40% 53% 7%
		7 13 10 -	23% 43% 34% -

Table 4.2

Frequency   and percentage distribution on level of depression in pretest among clients on Hemodialysis.

n=30

SI.NO	Level of depression	Classification of respondent	
		F(n)	%
1	Normal	0	0
2	Mild	9	30
3	Borderline	12	40
4	Moderate	9	30

Table 4.3

Frequency and percentage distribution of pretest post test level of depression among clients on Hemodialysis.

n=30

SI.NO	Level of depression	Respondent Post test	
		F(n)	%
1	Normal	13	43
2	Mild	15	50
3	Borderline	2	7
4	Moderate	0	0

Table 4.3

Mean, standard deviation, mean difference ,and t value on pre test and post test level of depression among clients on hemodialysis.

N=30

S.NO	ASPECTS	MEAN	SD	MD	t value
1.	Pre test	19.8	5.78	8.60	10.31
2.	Post test	10.93	2.57		

***significant at p<0.05 level.

Table :3 reveals that among clients with depressive on hemodialysis, the mean pre test score 19.8 with standard deviation 5.78 was more than mean post test score 10.93 with standard deviation 2.57.The calculated mean difference was 8.60.The obtained t value 10.31 was highly significant at p<0.05 level. Hence the start hypothesis H1 was accepted.

H1 : there will be a significant difference between the mean pre and post test on the level of depression among clients on hemodialysis.

It was inferred that Music therapy was effective in reducing level of depression among clients on hemodialysis.

DISCUSSION

The study finding was supported by the finding of the study done by Klanc etal, (2015) assessed the prevalence of depression among hemodialysis patient in an university hospital at Mostar. Data collection using the Beck's depression scale recorded higher prevelence of depression of 51.8%. Thus the research concluded that the clients on hemodialysis had a significantly moderate level of depression in comparison with general population.

The second objective was to evaluate the effectiveness of music therapy in terms of depression among clients on heamodialysis. The study finding was revealed that out of 30 subjects /majority of them 12(40%) had borderline level of depression and 9(30%) had moderate and mild level of depression respectively in pretest. In post test 13(43%) of them normal, 15 (50%) of them had mild level of depression 2(7%) of them had borderline level of depression .

It also revealed that the pre test mean depression was 19.8,standard deviation of 5.78.in the post test mean depression was 10.93, standard deviation of 2.57 and mean difference was 8.60 t value was 10.31,it was significant at $p<0.0001$ level.H1 is accepted (Table 3.2)

The finding of this study was supported by moranipinnah et al (2015) conducted a case control study to examine the effect of ragas of mohana , kalyani and sindhu bairavi on the level of depression experienced by patients on hemodialysis ,as measured by the 21 item, depression scale .Differences in pre test and post intervention score demonstrated that there were significant decreases in mean scores of depression ($p=0.02$) in the intervention group, who listened to 20 minutes of relaxing music, as compared with the control group who had 20 minutes of simple bed rest.

The third objective was to determine the association between the level of deptression among cients on hemodialysis with their selected demographic variables . The study findings revealed that in pre test was a significant and a post test was a significant in the decrease in mean score of depression and in the intervention group.

Hence the stated hypothesis H1 (There will be significant difference between mean pre test score on the level of depression among clients on hemodialysis) was accepted .It revealed that music therapy was effective in terms of depression among clients on hemodialysis was effective .

In the post test there was no significant association between level of depression among clients on hemodialysis with their demographic variables (Table 4.2).

CONCLUSION

This chapter deals with summary , conclusion, and Recommendation of the study .further it includes implications for nursing practice ,nursing education ,nursing administration and nursing research.

Summary of the study

The present to evaluate the effectiveness of music therapy in terms of depression among clients on Hemodialysis in KV hospital Palani.

A pre experimental design was used to evaluate the effectiveness of music therapy on depression among clients on hemodialysis in a selected hospital at palani.

Non probability purposive sampling technique was adopted to select the sample with inclusion criteria sample size was 30.

The data collection tool consist of two parts.

Part 1 : Selected demographic variables of clients on hemodialysis

Part 2 : modified Beck' s depression scale to assess the level of depression.

Content validity was checked by 5 experts in nursing and medicine .Data collection was done using modified Beck's depression scale.pre test was done on   day one followed by the music therapy from 2nd day to 15 th day. This intervention was given for 20 minutes per day for 15 consecutive days. Post test was done on 16 th day.

The collected data was analyzed by the using both descriptive statistics (mean , standard deviation ,frequency, and percentage) and inferential statistics (paired t test and chi – square) and results were calculated.

RECOMMENDATIONS

- The same study can be conducted indifferent settings such as hospital community and rehabilitation center.
- All staff nurses can be trained to implement music therapy as a nursing intervention which reduces depression.
- A similar study can be conducted among large sample size.
- A longitudinal study can be conducted in the community
- Effectiveness of the music therapy can be compared with other complementary therapies.
- A similar study can be done to see the effect of music in other chronic illness.
- The primary care givers can be trained to practice administer music therapy in home setting.
- Further research can be carried out to find out the effect of music on other mental illness.
   Conclusion

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