



Effectiveness of Music Therapy on Anxiety among Hospitalized Children in Selected Hospitals in Bareilly

Mr Santhosh S.U

Vice Principal, Ganga Sheel School of Nursing, Bareilly.

Introduction

Stresses of hospitalisation can affect children before, during, and after they are admitted, discharged, and in between. Even more important than a child's chronological age or intellectual maturity in predicting how well he or she will adjust to hospitalisation is the child's conception of illness. Prior hospitalizations or duration of the illness may or may not affect this. In the event of a long-term illness or hospitalisation, a child's emotional and social needs are the same as those of a child who is not experiencing these difficulties. Depending on the child's age and stage of development, prolonged illness and hospitalisation can have detrimental effects on growth and development. Some children are more vulnerable than others to the stresses of hospitalisation because of a variety of risk factors. Young children who are assertive and strong-willed tend to do better in the hospital than those who are passive, as separation is such a significant concern when they are in the hospital. Hospitalization can have both short- and long-term negative effects on young children. Parents' anxiety and multiple invasive procedures may be linked to negative outcomes as well as length and number of admissions. For children under the age of seven, the most common reactions include regression and anxiety, as well as apathy, fear, and sleep disturbances. Musical experiences and the relationships that develop through them can be used as dynamic forces of change in music therapy "as a systematic process of intervention." I'm using karaoke and virtual music as a way to help the child overcome their fear and anxiety while in the hospital.

Methodology

The study's goal was to see if music therapy could reduce anxiety in paediatric medical ward patients aged 10 to 13 years. In this study, there were 100 participants in one group. On the first day of admission, a pre-test was administered to determine the level of anxiety and music was administered via headphones for 30 minutes each session, twice daily (morning and evening), for seven days in a row. The anxiety level was assessed seven days after the post-test. On the basis of study objectives, descriptive and inferential statistical methods were used for the statistical analysis. This chapter discusses the study's findings in light of the goals and hypotheses outlined in the introduction, as well as in light of similar findings from other studies.

Results

Anxiety level before a test among children who have been hospitalised has a mean value of 17.2, and a standard deviation of 8.26. The highest pre-test mean level is 18.98. As a result, the researcher concluded that pre-test anxiety was associated with more severe physical symptoms. In the same way, the lower pre-test level of anxiety relates to specific phobia. In comparison to the pre-test mean and S.D value, the post-test mean and S.D value for anxiety among hospitalised children is Mean=6.82 and S.D = 2.29. Anxiety among children in the hospital can be reduced significantly by utilising music therapy, according to this research. S.D. variance evidence from 8.26 to 2.29 shows that post-test anxiety in the area of acute physical signs and symptoms is also greatly reduced in anxiety.

Conclusion

This study found that children in a paediatric medical ward who wore headphones and listened to 30 minutes of music experienced statistically significant reductions in anxiety before (pre-test) and after (post-test) music therapy. Because music therapy was low-cost, non-invasive, and free of harmful side effects, the study's author concluded that it could be an effective means of easing children's anxiety and other reactions to hospitalisation.

Reference

- 1) Aasgaard T. An ecology of love: Aspects of music therapy in the pediatric oncology environment. *Journal of Palliative Care*. 2001; 17: 177-181
- 2) Aldridge K. The use of music to relieve pre-operational anxiety in children attending day surgery. *Australian Journal of Music Therapy*. 1993; 4: 19-35
- 3) American Orff-Schulwerk Association (AOSA). (2011). What is Orff-Schulwerk? (2011, Apr 1). [On-line]. <http://www.aosa.org/orff/>.
- 4) Bae MJ. (2002). The effect of active music making compared to active music listening and artwork making on the level of anxiety and pain perception. Unpublished masters thesis, The University of Kansas.
- 5) Barrera M.E. Rykov M.H. Doyle S.L. The effects of interactive music therapy on hospitalized children with cancer: A pilot study. *Psycho-Oncology*. 2002; 11: 379-388
- 6) Bellamy M.A. Music therapy in a pediatric oncology setting.in: *Proceedings of the Seventeenth Annual Conference of the Canadian Association for Music Therapy*, Waterloo, Ontario. Sarnia, ONT: CAMT. 1990: 34-42