

# COMPARE THE EFFECT OF MUSIC THERAPY AND LAUGHTER THERAPY ON DECREASING LEVEL OF DEPRESSION

Seema boresa<sup>1</sup> & Deepak Krishnamurthy <sup>2</sup>

<sup>1</sup>M.Sc. Nursing student, Manikaka Topawala Institute of Nursing , CHARUSAT, Gujarat- 388421, India.

<sup>2</sup>HOD and Assistant Professor of Mental Health Nursing, Manikaka Topawala Institute of Nursing, CHARUSAT, Gujarat- 388421, India.

Received: September 03, 2018

Accepted: October 19, 2018

## ABSTRACT

**Introduction and Background of the study:** Aging is a worldwide issue in our society, elderly people living in old age homes may suffer from sadness, pain and isolation. Numerous studies have documented a high prevalence of depressed mood and other depressive symptoms in elderly Persons living in the community. "Music brings energy and life to many people who approach late life with loss of cognitive or physical functioning" (Hanser, 1999). Laughter therapy is the only technique that allows adults to achieve sustained laughter without involving in cognitive thought. **Methodology:** A Quantitative quasi Experimental study was done among old age people in selected old age homes of Anand district with depression. 70 old age people were selected by convenient non probability sampling technique then samples were assigned through the randomization in to both experimental group (music therapy & laughter therapy). Data were collected using geriatric depression scale. Administration of music therapy and laughter therapy through group sessions last 15-20 min continued for three days. **Result:** Music therapy and laughter therapy reduced the depression level among old age people in selected old age homes. There was no significant association between post level of depression and socio demographic variables. Music therapy has the significantly more effect on decreasing depression level among old age group people compare to Laughter therapy. Depression level is reduced by 33.90% in case of music therapy while it is only 17.61% in case of laughter therapy. **Conclusion:** Researcher felt that Music and laughter therapy can be effective non pharmacological, non invasive therapy to reduce the level of depression among old age people. In the present study music therapy has the significantly more effect on decreasing depression level among old age group people compare to Laughter therapy.

**Keywords:** Music therapy, Laughter therapy, Level of depression, Old age people

## INTRODUCTION

Ageing is a multidimensional process of physical, psychological and social change. Ageing is among the largest known risk factors for most human diseases. Approximately 100,000 people worldwide die each day of age-related issues. For old age peoples, depression can come from chronic illness, disability, loss of spouse, worries for being dependent and due to institutionalization. These types of depression are long term and can be difficult to manage in their life.

The incidence of psychiatric disorders is approximately 80 % in senior citizens, who are living in nursing homes. Depression has the highest prevalence rate (17 %) among the psychological health issues occurring among the aging population.

The median prevalence rate of depressive disorders in the world for the elderly population was documented to be 10.3% (Interquartile range [IQR], 4.7%-16.0%) and in Indian population was determined to be 21.9% (IQR, 11.6%-31.1%). The community-based mental health studies in India have show that the point prevalence of depressive disorders in elderly Indian population varies between 13% and 25%.

Presently India is the second-largest country in the world. The absolute numbers will increase from 7.6 million in 2001 to 137 million by 2021. Depression was the commonest mental illness of old age people in this sample, the rate being 522/1000 population (101 cases out of 112 were diagnosed as cases of depression). Women had a higher rate of depression than men -704/1000 population.

Listening music could be accomplished with few physical or cognitive demands. Music therapy gives soul to the universe, wings to the mind, flight to the imagination, a charm to sadness gaiety and life to everything. Gerontological consideration explains that music therapy provides comfort to the old age people; music relieves the stress and anxiety.

Laughter leads to joy and happiness in our life, also increases respiratory rate, blood flow and release adrenaline in blood, decreases the heart beat and blood pressure while it increases oxygen intake in tissues by take deep breathing exercise. Laughter therapy is considered to be useful, cost- effective and easily accessible intervention that has positive effects on depression, insomnia and sleep, creates a positive state of mind and it foster a positive attitude among old age people.

**MATERIAL AND METHODS**

A Quantitative quasi Experimental study was done among old age people in selected old age homes of Anand district with depression. The objectives of the study were to compare the effect of music therapy and laughter therapy on decreasing level of depression among old age people. A total of 70 old age people were selected by convenient non probability sampling technique then divided into experimental group 35 samples for music therapy and 35 samples for laughter therapy through randomization. Data were collected using geriatric depression scale.

The pre test was conducted on the first day after obtaining consent from the participants. Based on the sample selection criteria, the second day onwards the therapy was given among the participants having depression as measured by the scores on depression scale. Therapy was provided through group sessions lasting 15 -20 min continued for three days. Then after post test was conducted by using the same Tool.

**RESULT**

**Table 1: Distribution of old age people according to the level of depression**

N = 70

Level of depression	Pre test	
	f	%
Severe	6	8.57
Mild	64	91.42
No depression	0	0 %

The above table states that in the pre test majority of the old age people 64 [91.4%] had mild level of depression, 6 [8.5 %] had severe level of depression.

**Table 2: Effectiveness of music therapy on depression among old age people**

N = 70

	N	Mean	Standard Deviation	SE Mean
Music Pre - test	35	14.60	3.32	0.56
Music Post - test	35	9.31	2.85	0.48
Difference	35	5.28	1.58	0.26

Table 2 showed that the Mean depression level in before condition is 14.60 while in after condition it became 9.314. Significant reduction in depression. Which means the depression level is difference in both the situation and it is statistically significant.

**Table 3: Effectiveness of laughter therapy on depression among old age people**

N = 70

	N	Mean	Standard Deviation	SE Mean
Laughter Pre - test	35	14.54	3.29	0.55
Laughter Post - test	35	11.05	2.93	0.49
Difference	35	3.48	1.35	0.23

Table 3 showed that the Mean depression level in before condition is 14.54 while in after condition it became 11.057. Which means the depression level is difference in both the situation and it is statistically significant.

**Table 4: Compare the effect of music therapy laughter therapy on level of depression among old age people**

**Comparison of all methods**

N = 70

Sr. No.	Particular	Experimental group (Music therapy)		Experimental group (Laughter therapy)	
		Avg. Pre	Avg. Post	Avg. Pre	Avg. Post
1	Depression	14.60	9.31	14.53	11.06

From the above table we conclude that music therapy has the significantly more effect on depression level among old age group people compare to laughter therapy.

**Table 5: Analysis and interpretation of the data related to association between the post-test levels of depression among old age people with selected socio demographic variables.**

N = 70

Sr. No	Demographic variables		Music therapy		Laughter therapy	
			Chi square	P value/ Association	Chi square	P value/ Association
1	Age	( a ) 60 - 65 years ( b ) 66 - 70 years ( c ) 71 -75 years ( d ) Above 75	39.68	0.196/NS	55.47	0.008/S
2	Gender	( a ) Female ( b ) Male	7.13	0.788/NS	13.93	0.237/NS
3	Religion	( a ) Hindu ( b ) Others	10.98	0.445/NS	-	-
4	Education	( a ) Primary ( b ) Secondary ( c ) Higher secondary ( d ) Graduate and above	32.35	0.499/NS	35.85	0.336/NS
5	Marital status	( a ) Married ( b ) Unmarried ( c ) Divorced ( d ) Widow/ Widower	41.45	0.148/NS	22.47	0.916/NS
6	No. of children	( a ) One ( b ) Two ( c ) More than two ( d ) No children	36.18	0.322/NS	32.62	0.486/NS
7	No. of visit of children or relatives	( a ) Once a month ( b ) Once a six month ( c ) Once a year ( d ) No visit	39.19	0.212/NS	30.68	0.583/NS
8	Any healthy habit	( a ) Reading Books, magazines etc. ( b ) Exercise, yoga meditation ( c ) Listening music ( d ) Chatting in a group	43.63	0.487/NS	55.99	0.805/NS
9	Any bad habit	( a ) Tobacco chewing ( b ) Smoking ( c ) No any bad habit	11.60	0.394/NS	15.57	0.836/NS

(Note: NS = Not significant)

Table 7 explains the association between level of depression reduction score among old age people with their selected socio demographic variables. Chi - square analysis show that there was association between the level of depression reduction and age. There was no association between the level of depression

reduction and other socio demographic variables. Statistical significance was calculated using chi square analysis.

## CONCLUSION

Researcher felt that Music and laughter therapy can be effective non pharmacological, non invasive therapy to reduce the level of depression among old age people. In the present study music therapy has the significantly more effect on decreasing depression level among old age group people compare to Laughter therapy. This study finding recommends more study need to be conducted on large samples.

## REFERENCES

1. Ravi pimple. Effectiveness of music therapy on level of depression among elderly people. Sinhgad College of nursing pune (online). 2012 (cited on 8 June 2017). Available from: <http://www.sinhgad.edu/sinhgadnursingcollege-ejournal/Vol II Issue II/Author 6.pdf>
2. FaribaGhodsbin, Zahra Sharif Ahmadi, Iran Jahanbin, Farkhondeh Sharif. The effects of laughter therapy on general health of elderly people referring to jahandidegan community centre in Shiraz, Iran, 2014: A Randomized controlled trial. Int. J Community Based Nurs Midwifery (online). Jan 2015 (cited on 7 June 2017) 3(1): 31-38. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4280555/>
3. GangadharRaoKalapana. A study on the effectiveness of music therapy on depression among elderly people at selected old age home- An epidemiological study on public health perspective in Hyderabad. Int. J innovative knowledge concepts (online). 2017 March (cited on 6 June 2017) 3 (3). Available from: <http://www.ijikc.co.in/index.php/ijikc/article/view/338>
4. Srinivasan. Effectiveness of music therapy on quality of life among elderly Int. J of Applied Research (online). 11 November 2015 (cited on 5 June 2017)1(13): 432-434. Available from: <http://www.allresearchjournal.com/archives/2015/vol1issue13/PartG/1-13-119.pdf>
5. Shine George Joseph, Riaz. Laughter Therapy for Depressive Symptoms among Elderly Residing in Geriatric Homes of Kerala. Int. J innovative Research & development (online). September 2015 (cited on 4 June 2017) 4(10). Available from: <http://www.ijird.com/index.php/ijird/article/view/80071>
6. Merely Me. The Benefits of Treating Depression with Laughter. Health central (online). Published in 16 Aug 2010 (cited on 4 June 2017). Available from: <https://www.healthcentral.com/article/the-benefits-of-treating-depression-with-laughter>
7. AnkurBarua, Mihir Kumar Ghosh, NilamdhabKar, and Mary Anne Basilio. Prevalence of depressive disorders in the elderly. Annals of Saudi Medicine (online). Published in 2011 Nov – Dec (cited on 8 June 2017) 31(6):620-624. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3221135/>
8. Padmapriya, Prabavathy, Renukha. A study to assess the effectiveness of music therapy on the level of depression among elderly in voluntariant home, oupalam, puducherry. Journal of Nursing and Health Science (online). Sep. Oct. 2015(cited on 6 June 2017)4 (5): 31-33. Available from: <http://www.iosrjournals.org/iosr-jnhs/papers/vol4-issue5/Version-3/F04533133.pdf>