

Effectiveness of Music Therapy in Reducing Anxiety among Chemotherapy Patients

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About the Study

Music can be used to decrease stress, anxiety, and pain; improve cognitive functioning; alter mood states; promote relaxation and sleep; and enhance alertness. Music can be used in many different clinical settings, including occupational and physical therapy, elder care facilities, operating or procedure rooms, and hospices. Playing music in the background while a person is seemingly unaware of the music itself can reduce stress. Helps to achieve relaxation and bring about healthy changes in emotional and/or physical states. Listening to relaxing music may act as a diversion to refocus one away from a stressful situation. In addition, healing vibrations from music can return the mind and body to a deeper level of balance. The word "cancer" brings up many ideas for the individual. Surprisingly, they are afraid, not so much of death, but for themselves, the fear of pain or the end of life as they know it, and for others, the fear of being a nuisance or even objectionable.

The diagnosis of cancer means a change in the lifestyle of the person in whom the cancer is found. The degree and permanency of that change is, of course, dependent on the extent of the disease, the course of treatment undertaken and the resultant disabilities, all of which place that individual and his family under tremendous stress.

Music is considered to be effective to reduce anxiety burner and also helps in decreasing anxiety in patients undergoing various treatment modalities. There is a growing body of research documenting the effects of many alternative treatment modalities in cancer care, one among which is the music therapy. Research has proved that engaging in the music listening or music composing activities will reduce the overall health ailments which will arise due to the treatment part and increases the quality of life in terms of comfort, relaxation in patients with cancer. Effects of relaxing music on the anxiety of patients undergoing chemotherapy as reflected by state anxiety scores, mean blood pressure, and respiratory rate can be detected.

The effect of music therapy helps in reducing the level of anxiety among cancer patient admitted at cancer ward to awake the interest in non-pharmacological nursing intervention towards anxiety. This will help to plan and practice music therapy as a

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non-invasive nursing intervention in the clinical practice.

The data collection procedure was done for 6 weeks. Data were collected on all the days. The researcher initially establishes rapport with the cancer patients. After obtaining their informed consent, interview' method was used to collect the data about anxiety level. Data were collected about demographic profile, clinical variable and Questioners experimental group. Pretest anxiety was checked on the day of admission to experimental group and control group. Clinical variable like temperature, heart rate respiration, and blood pressure was monitored which took 45 minutes to collect data from each sample.

Patients were seated in separate room. Explained about the music therapy intervention to the patient and Instruction was given. Self-selected music with a slow rhythm was administered through Head phone, Music intervention was given for 20 minutes. After the intervention instruments were removed and replaced, and make the patient in a comfortable. Documented the time, the duration, and the response from the patient. Music therapy was given on the day of chemotherapy in the morning and evening for 20 minutes, and continues for three days. Posttest anxiety was assessed on the 3rd day, by using the modified state trait anxiety scale. Posttest Clinical variables like, temperature, heart rate, respiration, blood pressure was monitored after music therapy and recorded for experimental group. Shielberg's State Anxiety

inventory was used to investigate the level of anxiety among cancer patients.

Conclusion

Music reduces anxiety among the cancer patients. In addition it has an effect on the clinical variables like temperature, heart rate, respiration, and blood pressure too. The effectiveness of music

was to reduce anxiety among cancer patients on induction phase of chemotherapy. It is a clinically effective nursing intervention in reducing anxiety to the patients. Nurses can take advantage of this easily implemented, non-pharmacological method of intervention as an independent nursing action that provides cancer patients on induction phase of chemotherapy with physical and psychological comfort. It concludes that the cancer patients experienced reduction in anxiety after the music therapy.