



Posters Presentation

The Effect of Music Participation on Quality of Life of Elderly People

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Introduction:

Elder's quality of life (QoL) can be improved by preparation of transition into old age. However, depression due to this transition is common in the elderly population and its impact on older adults along with its usual treatment should merit our attention as population ages. In fact, most of them do not notice it as a treatable emotional disturbance and find it difficult to express themselves verbally. Listening to music, as a vehicle of feeling, can facilitate the nonverbal expression of emotion, reach people's inner feeling without being threatening, and it can be a tool for emotional catharsis.

Purpose of the Project:

The paper reports a study to determine the effects of music on physiological response and quality of life of community-dwelling older Chinese people in Hong Kong.

Material & Methods:

A randomized controlled study was conducted from February to June 2007 in a community centre in Hong Kong. A total of 66 elderly people (31 using music - listening intervention and 35 controls), aged from 65 to 90 years were randomly assigned to undergo either 30-minute music intervention or a rest period. Using a repeated measures design with a pretest and three posttests, physiological variables [systolic blood pressure (SBP), diastolic blood pressure (DBP), pulse rate (P) and respiratory rate (RR)] and QoL variables were collected before the music intervention as baseline data at week 1 and at weekly posttests. Quality of life was analyzed in terms of physical (PCS) and mental (MCS) component summaries and its eight subscales: physical function (PF), daily role activities limitation due to physical problem (RP), bodily pain (BP), general health (GH), vitality (VT), social function (SF), daily role activities limitation due to emotional problem (RE) and mental health (MH). While controlling for age and gender using repeated measures analysis of covariance (RM ANCOVA) and analysis of covariance (ANCOVA).

Results:

Using repeated measures ANCOVA, music resulted in significantly better QoL scores in terms of MCS and PCS, as well as significantly better eight subscale scores compared with controls over time. And, there was statistically significant improvement in RP for the music group over 4 weeks, and multiple comparisons indicated that there were statistically significant differences at week 2 vs. week 3 and week 2 vs. week 4. Quality of life improved weekly in the music group, indicating a cumulative dose effect, whereas, there was a progressive decline in the control group. Also, there were no significant changes for all physiological parameters over the four time points, but differences were found between two groups in SBP at week 4 and RR at week 2, week 3 and week 4.

Conclusions:

Music therapy is a non-invasive and inexpensive intervention. This study indicates that music listening is an effective nursing intervention in improving quality of life of elderly people in community settings. It implicates that music can help nurses to build therapeutic relationships with elderly people. Nurses are encouraged to use music as part of their holistic caring for elderly people.