

Effect Of Different Ragas, Classical Music and "Om" On Psycho-Social Problems of Old Aged Persons

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ABSTRACT

The present investigation aims to study to test the effect of Indian music on institutionalized old person and to measure the effect of different ragas, classical music and "om" on psycho-social problems (on bio and psycho-physiological factors) of old aged persons. It was hypothesized that Indian music will manage the Psycho & bio chemical factors of institutionalized old age person and effect of different ragas, classical music and "om" on psycho-social problems will be revealed through the scores obtained by control group on various variables under study. A sample of 71 old age persons was randomly selected from Pali district, Rajasthan, their age ranges were from 65-72 years. Present experimental design is based on ideas and principles of music healing and the framework used by Choi et al. (2008). In present investigation, independent variable is used as musical wrap up (details of Indian music wrap up is given below). Set of dependent variables includes psycho and bio factors measure like- blood pressure, pulse rate, blood glucose and cholesterol. Results reveal significant effect of music on biological functioning were lower systolic blood pressure, lower cortisol levels lower heart rate in men and lower stress response. There is evidence that chronic unhappiness, depression and anxiety can lead to higher blood pressure, decreased immune response, cardiovascular disease risk, diabetes, progression of disability and premature mortality.

Keywords: *Ragas, Classical Music, Om, Psycho-Social Problems, Old Aged Persons*

Music is more all-encompassing now than at any other point in the past, functioning not only as a pleasurable art form, but also serving many important psychological reason. In Indian culture, music has always held a particular place, whereby music has been regarded as a path to achieve deliverance. With time, more than a few things have changed and so has the implication of music also, though, learning music is still look upon not just a leisure pursuit but a regulation inducing activity, enhanced heart rate, Donald, et.al (2002) and Rickard, 2004. Simulative and calming music source transform in heart rate, but these changes were not predictable (Bierbaum, 1958).

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In one study, simulative music did not modify heart rate, but calming music caused decrease (Iwanaga, et al. 1996). Finally researcher found that music had no effect on heart rate (Gomez & Danuser, 2004; Gupta & Gupta, 2005). Blood pressure is measured by BP Instrument (sphygmomanometer) (Andreassi, 2007). Systolic blood pressure reproduces maximal heaviness in the blood vessels, and diastolic blood pressure reflects minimal heaviness. Blood pressure varies in music listen in situations. (Bernardi et al 2006, Gomez & Danuser, 2004 and Savan, 1999). Self- selected music was efficient in lowering blood pressure. The special effects of music on respiration, both pace and amplitude, have been measured Teng, et al (2007). Number of researches, leading to the following casing up. Simulative music tends to boost respiration and sedative music tends to decrease it (Blood & Zatorre, 2001;). Music analyst believes that a person distress from any medical problem from hypertension and stress to hurt and panic will heal faster if they get a planned dose of music within time. And music therapy is slowly gaining popularity in the city as people look for option ways to get well soon

Objective:

1. To test the effect of Indian music on institutionalized old person.
2. To measure the effect of different ragas, classical music and "om" on psycho- social problems (on bio and psycho- physiological factors) of old aged persons.

Hypothesis:

Indian music will manage the Psycho & bio chemical factors of institutionalized old age person and **effect of different ragas, classical music and "om" on psycho- social problems** will be revealed through the scores obtained by control group on various variables under study.

METHODOLOGY

Design:

Institutionalized old person of experimental group take part in 60 sessions lasting for one month (30 days). Each session was of 45 minutes. Subjects who did not attend the programm regularly their data were not included at the final stage of data analysis. In present investigation, independent variable is used as musical wrap up (details of Indian music wrap up is given below). Set of dependent variables includes psycho and bio factors measure like- blood pressure, pulse rate, blood glucose and cholesterol. At first stage after the establishment of rapport with old age people they were assessed on their DV. The same procedure was repeated after thirty days in the post session. Musical wrap up and was introduced in between the pre and post sessions for 30 days in morning before the breakfast and in evening before the dinner hours.

Present experimental design is based on ideas and principles of music healing and the framework used by Choi et al. (2008). The basic principle of the research is too encouraged and engaged an individual in expressive musical interaction. The starting point for improvisation may be either free or referential. The shared experience is discussed, and the therapeutic process is based on

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the mutual construction of meaning of emerging thoughts, images, emotional content, and expressive qualities as reflected and understood within the context of the psychodynamic framework. 50 old age persons were randomly selected from an institutionalized old age home "Aastha" of Jodhpur city. Authorities of "Aastha" were approached by the researcher of the present research work to get the permission. This old age home is accommodating around 70 old age persons from 65 & above years of age. Old age persons at Astha were availing the facilities of accommodation; tea, breakfast, lunch, dinner. Time to time entertainment programs are arranged by the authority of institutionalized old age home.

Sample:

A sample of 71 old age persons was randomly selected from Pali district, Rajasthan. "Sewa Samiti" at Pali is accommodating 80 old age persons. Their age ranges were from 65-72 years. Due to some dropout, finally 52 persons were included for data analysis.

Procedure:

A musical wrap up is used for present research work. It was an audio package including Indian ragas mainly *Raga Bhairavi* and *Raga Puriya* are used. *Raga bhairavi* is used because it is an entertaining rhythm and it has no specific time, though in few cases it is used in the end of the concerts & traditionally it is a raga of morning time. *Raaga Puriya* is highly effective in calming down the nervous system and it is generally played after 7 pm. in the evening. Apart from this "Om" is also used vocally as well as instrumentally for different duration. Package also contains the natural voices and sounds like Chirping of birds, sound of the flow of a stream/river, wind sounds, waves of sea, waterfalls etc. which are mixed with the "Om, Tiwari (1980) and (Sharma 2009). Researcher meets all participants to build up the rapport and answered all the queries if any. Rapport was established a week ago to start of the research study and exact location & time was also finalized during the process. Physical as well as bio-chemical variables were also measured individually. After this the experimental group participated in the musical therapeutic sessions (total sessions 60, lasting 45 minutes each session). In each session, a musical package was introduced to them which were comfortable for each of them. After the completion of 60 sessions (twice a day before breakfast and before dinner) re-assessment on all the variables of the sample was done. After the meeting held with authorities' of "Sewa Samitti" old age home of Pali. Researcher meet all participants to build up the rapport and answered all the queries if any. Rapport was established a week ago to start of the research study and exact location & time was also finalized during the process. The researcher finally assessed physical as well as bio-chemical variables. After 30 days, the same assessment was done for the control group. No musical programm for control group was organized after the data collection.

RESULT AND INTERPRETATION

Table 1:- Showing Mean Difference, SD and ‘t’ values for Physical and Bio chemical parameters of Institutionalized Old aged Persons .

Parameters	Sessions	Mean(difference)	SD	‘t’
BP (s)	Pre-test Post-test	1.00	11.75	0.34
BP (D)	Pre-test Post-test	6.04	7.89	4.72
Pulse	Pre-test Post-test	5.97	15.58	2.43
Sugar (B)	Pre-test Post-test	17.29	25.61	4.80
Sugar (A)	Pre-test Post-test	3.91	37.17	1.14
Cholesterol	Pre-test Post-test	8.18	24.65	2.76

Analysis of data represents level of systolic blood pressure for experimental group, old age people obtained a mean of 127.88 for pre sessions whereas 126.88 for the post sessions. After introduction of the music, mean difference of both the sessions are not significant at 0.05 level as the ‘t’ value is reported 0.365. It can be said that Indian Music didn’t work much effectively as it was hypothesized.

Obtained mean scores for pre session on diastolic blood pressure is = 88.66 and for post session, mean is = 82.62. Significant difference between these two means is reported ‘t’ = 4.72, significant at 0.01 level. It shows that as far as the diastolic blood pressure is concerned, Indian Music worked to manage it. Mean for pre session on Pulse rate is reported= 78.91, whereas for post sessions mean is = 72.13. Mean difference between these two sessions is also reported significant at 0.05 level ‘t’ =2.43. Similarly, mean scores for pre and post session are reported i.e. 97.57 and 80.28 respectively for sugar. Significant difference between these two mean is reported ‘t’ = 4.80, significant at 0.01 level. It also represents the mean scores of post testing of sugar, i.e. for pre session mean=123.53 and for post session mean= 119.62. No significant difference is reported between these two means, t= 1.14.

Apart from this, significant difference between pre and post session is also reported for the level of cholesterol. Mean for pre session= 191.40 and for post session= 183.22 and ‘t’= 2.76, significant at 0.01 level. It can be concluded that Indian Music is helpful in reducing the level of cholesterol in old age people. On the basis of above data analysis, it can be said that for biological, Social and Psychological factors among old age people, Indian musical package successfully works to some extent.

DISCUSSION

During the present study, specific emphasis is also given on the expression and interaction for inter and intra group communication and their behavioral aspects of old age persons. Elderly people who are institutionalized have unique set of problem and have their own needs. Music therapy can be an effective measure to manage their problems. Music helps them to maintain and improve physical, mental and psychological functions. It can be said that music can be used in re-motivation and reality oriented which initiated a live mood. Research has shown music to be a powerful tool which can evoke memories and assists in recall of past events. Many scientific investigations proved that music is important for over 65 years old people. (Gembris, 2008; Laukka, 2006). Thus music has the ability to influence them. Positive emotions were the most frequently felt reactions to music (Laukka, 2006). Moreover, it was shown that such positive emotions are related to increased well-being. Researchers also identified that old people use different listening strategies which are significantly correlated with well-being. One of the strongest and most important listening strategies amongst other was mood regulation. This indicate that old people knowingly use music to change their mood and thus to increase well-being. But sometimes when old people used music to reflect on negative emotions, music enhanced these negative feelings and sometimes made the subject feel even worse. However, this feeling is worst because music may also help the old people to get rid of their negative moods and at least feel better i.e. catharsis Laukka, (2006).

Significant effects of music on biological functioning were lower systolic blood pressure, lower cortisol levels lower heart rate in men and lower stress response. There is evidence that chronic unhappiness, depression and anxiety can lead to higher blood pressure, decreased immune response, cardiovascular disease risk, diabetes, progression of disability and premature mortality. Musical package and live musical program reduced the level of death anxiety, diabetic; depression, blood pressure, pulse rate Parambiet al (2011).

CONCLUSION

The effect of music on respiration (both rate and amplitude) have been measured a number of studies which lead that simulative music tends to increase to respiration and sedative music tends to decrease it. Hence the hypothesis related to influence of music and live music on Psychological and Social factors (physical and bio-chemical factors) is proved partially. Music has shown its influence on sugar level, cholesterol and pulse rate of old age people.

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Conflict of Interests

The author declared no conflict of interests.

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