

# 6<sup>th</sup> World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

## Music therapy with the use of Gospel songs in reducing the anxiety of primigravid mothers during the third trimester

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Pregnancy can place a woman's life into various instances that can induce anxiety. This anxiety can then cause serious complications that may occur throughout gestation. Hence, this study introduced music therapy as an intervention and evaluated its effectiveness in reducing anxiety among 3rd trimester primigravid mothers. A pre-test and a post-test experimental design was utilized. The participants were chosen using purposive sampling. The study consisted of experimental (n=25) and control (n=25) groups. In the experimental group, music therapy was given. The Beck Anxiety Inventory (BAI), a standardized instrument, was used to assess the pre- and post- anxiety scores of the respondents. Independent t-test, paired t-test, and analysis of covariance were utilized as measures to determine the effectiveness of the therapy. For the pre-test anxiety scores, the control group had a score of 37.64 while the experimental group had 41.32. When post-test scores were collected and interpreted, the control group showed a score of 30.88. Meanwhile, the experimental group acquired 11.44. There was a significant difference in the post test anxiety scores ( $p=0.0001$ ). It is concluded in this study that music therapy especially containing Gospel songs is an effective way in alleviating the anxiety experienced by primigravid women who are in their 3rd trimester of pregnancy.

### Biography

Ms. Alyssa Rica A. Villanueva and Mr. Bernard Joseph Z. Villaflores are both graduating nursing students from the University of Santo Tomas, College of Nursing in the Philippines. The undergraduates were mentored and supervised by their respective research adviser, Assoc. Prof. Maria Corazon S. Olayres, RN, MAN.

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