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The effect of music on the comfort and anxiety of the elderly living in nursing home

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In this study which includes experimental research (randomized control), it was examined the impact of music on the comfort and anxiety of the elderly living in nursing home. The research had been carried in Zübeyde Hanım Nursing Home, in İzmir, between December 15, 2013 and May 15, 2014. The sample of study were consisted of 56 elderly, reflecting the selectioncriteria. 28 of them represent the experimental group and the rest the control group. The data of the study had been collected by using Eldely Identification Form (EIF), General Comfort Scale (GCS) and Beck Anxiety Scale (BAS). The elderly were followed for 22 days. There was not any attempt to the elderly in the control group; 1st day EIF, 1st, 8th, 15th and 22nd GSC and BAS had been applied respectively. EIF, GSC and BAS forms had been applied to the expermental group for comparison records before the 1st day of music practice. The experimental group elderly have been listened 30 minutes music for 22 days duration between 8:00 p.m. to 10:00 p.m. and GCS and BAS had been applied in the 8th, 15th and 22nd days of the study. Chi-square, the test of significance between two means, the significance test of the difference between two pers, LSD (Least-Significant difference) test were used in the data analysis process. As a results of the study, it is seen with significant ($p<0.05$) that music reduces anxiety by increasing the comfort level on the elderly living in nursing home. Due to the positive results of the music on anxiety and comfort obtained from this study, some proposals are suggested fort he potential applications in nursing homes and inclusion in the independent nursing practice.

Biography

Eda Yasar has completed the MSc at the age of 27 years from Institute of Health Science (Fundamentals nursing), Ege University. She is a PhD student in the same Academy since 2014. She is as a Research Assistant at Celal Bayar University School of Health, Department of Fundamentals Nursing.

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