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Effectiveness of music therapy on the level of depression among elderly

Ola Ali Abd El-Fatah Ali Saraya¹, Nadia Ibraheem Sayied² and Hanaa Moukhtar Ibrahim Mohamed²

¹Suez Canal University, Egypt

²Assiut University, Egypt

Depression is not a normal part of aging, but it is a common problem among older adults that interferes with daily life and normal functioning of them. This study aimed to determine the effectiveness of music therapy in reducing depression symptoms among elderly population. Quasi experimental research design was utilized. Geriatric citizen club in City Street and club of Mobark town in Assiut, Egypt, was the setting. Subjects include a convenient sample of all elderly aged 60 years and above, a total of 42 were recruited for music therapy intervention program. Tools for data collection are personal data and Geriatric Depression Scale (GDS) to evaluate the severity of depression. The results of this study revealed that, a significant improvement in severity of depression ($P = 0.001$) between pre and posttest of music therapy intervention for depressed elderly women. Music therapy has been founded as one of the important strategies toward optimal psychosocial wellbeing for reducing depression among elderly population. Music therapy sessions would require reducing depression among older adults. Future researches on enrollment, depression, anxiety and dementia of elderly, may enable the elders to communicate and express themselves.

oula_saray@yahoo.com