The Effectiveness of Music Therapy on Insomnia among Nurses in selected Hospitals of Ghaziabad

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Abstract: The effect of music on brain which is a new non pharmacological method of treatment of insomnia is studied. Survey of 50 nurses was selected who were examined and interviewed for the effect of music alone listening to prerecorded, favorite soothing music daily for 15 to 45 minutes for a period 4 weeks. Just before sleep the positive effect were marked on the basis of sleep duration, quality of sleep the high affectivity of music on patients with insomnia combines with lack of side effects and complications.

Index Terms – Music Therapy, Insomnia, Nurses, Sleep Disorder

I. INTRODUCTION

Music is a vocal or instrumental sound combined in such a way as to produce beauty of form harmony and expression of emotion
"Music is a form of art and expression of emotions through of harmonic frequency". Word wide music has showed great qualities in life for individual and especially today music has become an important pass time reflection as well as cure. Today we often come across people listening to music while walking while carrying out there day to day work in the toilets, in gyms, with friends, while at sleep etc. Of course the quality of music changes one's efficiency and so what about cure. Insomnia is common sleep disorder that is characterized by difficulty in falling or staying asleep. It is prevailing today a lot in the modern society and affected the quality of life style, work efficiency, physical and mental health. Sleep is tremendously important, as we need oxygen.
Lack of sleep has a negative effect on the immune system and metabolism causing various health problems. There can be primary or secondary insomnia or acute & chronic insomnia due to working hours, stress and today's hectic lifestyle, plays a key role in nurses ability for adjusting to shift work. Thus the sleep pattern alters and leads to insomnia, poor sleep quality or lack of sleep but when we connect music for relaxation brings a soothing state and helps one sleep.

II. NEED FOR THE STUDY

The demand for nurses is increasing widely, and the requirement of shift with night duty, leading to Non regularity in sleep pattern. According to the international classification of sleep disorders, shift work sleep disorder is a circadian rhythm sleep disorder. Circadian rhythm refers to 24 hours rhythm output of the human biological clock. It is considered a disorder because of the frequency with which people suffer from sleep disturbance and excessive sleepiness is trying to adapt to shift work schedule. This study gives insight to help save the increasing sleep problem worldwide.

III. OBJECTIVES

- To determine the effectiveness of using music with no side effect.
- To assess the benefits of music on insomnia.
- To study the sleep quality and insomnia in shift worker nurses

IV. STATEMENT OF THE PROBLEM

Effectiveness of music on insomnia among nurses in selected Hospitals in Ghaziabad.

V. HYPOTHESIS

- Music to help you sleep better.
- Listening to favourite, soothing songs benefits insomnia.

VI. RESEARCH METHODOLOGY

Primary data is collected from nurses in Ghaziabad hospitals via interview method.
6.1 Procedure
- Permission to carry out the present research was obtained.
- Approached Nurses with sleeping disorders.
- Selected Insomnia group.
- Applied best music, stable and soothing by group.
- Conducted survey and interview.
- Completed data collection.
- A written consent was taken from the subject.

6.2 Research Approach
Quantitative approach

6.3 Research Design
Quasi- experimental research design.

6.3.1 Inclusive Criteria
- Those ready to participate
- Those who are suffering from Insomnia or sleep disorders.
- Those who are having night shifts duties.

6.3.2 Exclusive Criteria
- Those not ready to participate.
- Those not suffering from insomnia.
- Those with negative perspective and non-co-operative attitude.

6.4 The Sample Size
The sample size comprised of 50 nurses for the study, who fulfilled the selection criteria (Nurses based on survey were selected by interview method).

6.5 Sampling Technique
The subjects were not selected randomly. Thus a non random technique was used for selecting samples by non probability method.

6.6 Data Collection Method
The tool used was semi structured questionnaire and technique for collection of data was paper & pencil method & tape recorder. This was done on basis of survey & interview. The data was on primary basis case studies collected by interview-

6.7 Major Finding
6.7.1 Section A
Music was chosen to help sleep.
- Chosen music that was familiar.
- Slow, stable rhythmic music.
- Low frequency tone and relaxing melodies.
- Music was on as one goes to bed.
- 15 to 45 minutes of music depending on sleep habits.
- Bring in to related state helping to sleep faster.

6.7.2 Section B
40% Majority of nurses aged from 28 to 35 years, 34% from 35 to 50 years and only 26% from the group was above 50 years of age. All holding same educational qualifications but varying salary ratio but undergoing night shift duties.

6.7.3 Section C
- Self reported insomnia symptoms were defined as:-
- Difficulty to get sleep.
- Disturbed sleep.
- Waking up during sleep.
- Having trouble getting back to sleep.
- Not fresh after waking up.
6.7.4 The Response
The response for the questions were:- “Never; Rarely; Sometimes; Often; Daily;”.

VII. RESULT
The result showed that music had been a great boon for people with insomnia and other sleep disorders. It acts upon the central nervous system and has a relaxing effect. It also has an impact on production of compounds like opioids which has a sedative quality as well as oxytocin which improves sleep. There were no side effect of music nor it is a drug but its soothing effect improves sleep quality. None of the patients reported any negative side effect caused by listening to music, also poly somnography testing showed that those who listen to music had longer REM sleep.

VIII. CONCLUSION
An original contribution of the study which was shown to be associated with self report insomnia symptoms on basis of survey and interview were benefiting from listening to pre recorded music daily 15 - 45 minutes easy to use with no side effects. By assessment and evaluation which measured the effect of music - Total sleep quality, sleep time, duration, sleep interruption were reported to improve with preferred music, no reverse effect was reported. Therefore, overall result indicates that music can improve the quality of sleep in nurses with sleep disorders.

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