

THE EFFECTS OF MUSIC AND THE ELDERLY PEOPLE

Degree Thesis

HUMAN AGING AND ELDERLY SERVICE

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<p>Abstract:</p> <p>The aim and research question of this study is the benefits of music among the elderly and how it contributes to quality of life in elderly people.</p> <p>A deductive content analysis method was used in this paper. All the materials were collected from academic search engine recommended by Arcada such as Ebsco, Sage, Google and couple of text books. The articles selected are scientific research and it deals with elderly people and music. The result of this study reveals that music has a very great advantage to the elderly people and their quality of life even if it is for a short period of time. Music has a profound effect on everybody that listened to it and may improve the quality of life for the elderly people. Music is part of us from birth till death. It could also be a preventive medicine in nursing homes, hospitals and every other situation in life if used regularly. More research needs to be done to support these findings.</p>	
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<p>Sammandrag:</p> <p>Avsikten med detta arbete är att forska i musikens inverkan på äldre och hur musiken bidrar till livskvaliteten för de äldre. Metoden i detta arbete är en deduktiv innehållsanalys. Allt material är insamlat från vetenskapliga databaser som till exempel Ebsco och Sage, Google, eller tryckt material. Artiklarna som har nyttjats är vetenskapliga artiklar om äldreomsorg. Resultatet av detta forskningsarbete visar att musiken hade en djupgående inverkan på alla som lyssnade till musiken och den förbättrade de äldres livskvalitet. Musiken är en del av liv från vaggan till graven. Musiken kunde också vara en förebyggande medicin i vårdhem och på sjukhus och i andra livssituationer i regelbundet bruk. Mera forskning krävs dock för att stödja dessa forskningsresultat.</p>	
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OPINNÄYTE	
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<p>Tiivistelmä:</p> <p>Tämän tutkimuksen tavoite ja tutkimuskysymys on musiikin hyödyt vanhusten ja miten se vaikuttaa elämänlaatuun vanhuksia. Deduktiivista analyysia menetelmää käytettiin tässä tutkimuksessa. Kaikki materiaalit kerättiin akateemisen hakukone, jonka Arcada suositteli, kuten Ebsco, Sage, Google Scholar ja pari oppikirjoja. Valitut artikkelit ovat tieteellinen tutkimuksen ja se käsittelee vanhusten ja musiikkia. Tämän tutkimuksen tulokset osoittavat, että musiikki on hyvin suuri etuja vanhusten ja heidän elämänlaatuun, vaikka se on lyhyt aika. Lopuksi, musiikki on merkittävä vaikutus kaikille, joka kuunnella sitä ja se voisi parantaa elämänlaatua vanhuksille. Musiikki pidetään osa meitä syntymästä kunnes kuolema. Lisäksi se voisi olla ennaltaehkäisevää lääketiedettä hoitokodeissa, sairaala ja joka toinen elämäntilanteissa, jos niitä käytetään säännöllisesti. Lisää tutkimusta on tehtävä tukea näitä tuloksia.</p>	
Avainsanat:	Musiikki, Vanhukset, Dementia, musiikiterapia
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FOREWORD

Firstly, I give thanks to the Almighty God for guiding me through this long and difficult period. I will always be grateful for His glory upon me and my family.

I would like to extend my gratitude and appreciation to my family and friends who helped me with words of encouragements in the process of writing this paper. I would also like to extend my sincere gratitude to my thesis supervisor Gun-Britt Lejonqvist and my programme director Birgitta Dahl for their support and believing in me.

I dedicate this thesis to my two beautiful and wonderful daughters. seliatu and moriamo ahmed.

1 INTRODUCTION

Music is a medicine of soul. Music was bestowed on man for the sake of effecting harmonious revolutions of the soul within us whenever its rhythmic motions are disturbed. Music can also be a getaway from physical realities of immobility, pain, poor vision, hearing loss and variety of other disabilities. Using music designed to create a calm atmosphere (Karras, 1995).

Music and musical activities can be of great value and importance to elderly living in nursing home residents. Music enlivens and vitalizes the environment and provides opportunities for socialization. It plays a very important part in everybody's life either sad music or happy music. It can be a very therapeutic solution to elderly people who are feeling lonely. The effect of music can reduce anxiety, boredom, stress and many other illnesses in old age (Karras, 1995).

Music is listened to and to enjoyed as a pleasant experience, and can also be a vehicle for learning, growing, and expanding one's experience. It enjoyable, a good motivator, and helps create a non-verbal bond between people.

Music can also be a reminiscence to anybody especially the older people remembering and relating to the past but also there is joy in sharing with those who have lived through the same times. It can help overcome the loneliness and separateness so commonly felt by residents of nursing homes (Thaut, 2005).

Music as a highly abstract and non-representation art, nevertheless seems to speak so directly and specifically to our thoughts, feelings, and sense of movement in a powerful manner. Rhythm is in many scholars' and artists' view one of the two big "pillars" in music that hold the auditory temporal architecture of music together (Thaut, 2005)

When we are within audible range of music, its influence is playing upon us constantly,

such as speeding or slowing, regularising or irregularising our heart-beat, relaxing or jarring the nerves, affecting the blood pressure, the digestion and the rate of respiration. In a study of dementia patients living in residential care (Hays, 2005) found that playing soothing music during meal times helped settle some of the restless patients and helped them to engage in social activities, such as dancing and singing, and to perform daily routines.

Music has also been shown to provide people with ways of discovering and interpreting their identity, argued that people can find a sense of self in music because musical materials provide terms and symbols for the elaboration of self-identity. Music can be a medium, others argue, through which people express themselves and evoke mood enhancement, mood change and spiritual or transcendent functions (Hays, 2005).

It is a way that some people come to know and make sense of the society in which they live. Music provides people with another reality of time and an opportunity to create a new sense of order and harmony in their lives . It can also be understood as a transformer and metaphor in people's lives that makes a significant contribution to the quality of life. By putting them in touch with remembered or previously unfelt emotions, music has an exceptional capacity to express people's moods and mental states.

2 THE BACKGROUND

Music therapy is to promote, maintain and restore mental, physical, emotional, and spiritual health. The therapeutic goal is to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development. Also to nurture the relationships between loved ones, children and support family. Music therapy can also reduce isolation and enhance hope and comfort.

Music could be for some people a source of entertainment, others it is a way of sharing and connecting, promoting wellbeing, linking of life events and helping to manage time (Hays, 2011).

Music therapy is a well-established allied health profession similar to occupational and physical therapy. It consists of using music therapeutically to address physical, psychological, cognitive and social functioning. Music therapy is powerful and non-threatening medium, unique outcomes are possible. Music therapy is used for and with individuals with Aids, physical disabilities, developmental disabilities, emotional problems, Alzheimer's disease, chronic pain, cancer, substance abuse problems and learning disabilities. (AMTA, 2008).

Since the beginning of human history, men and women have had to deal with sicknesses and ailments, both physical and psychological. Illness was something of supernatural origin, caused probably by an enemy's evil magic, or by the angry spirits of the dead. The only way they knew was by using magical techniques of one's own. In most uncivilized societies this meant engaging the services of the specialist, the witch-doctor or shaman, the man who alone knew the requisite techniques and possessed the necessary equipment with which to deploy them. If need the man has to travel to the other world and negotiate with the spirits or fight and overpower them

Some instruments are used for magical purposes such as, the drum, the bow, the flute,

and the horn, they go back into ancient history (Horden, 2000 p.51).

The history of modern music therapy is believed to have started around the middle of the twentieth century, it has been philosophically rooted mostly in social science concepts. The therapeutic value of music is derived from the various emotional and social roles it plays in a person's life and society's culture. According to research in music anthropology, it is known that in all societies throughout human history music has been used to express emotions, ideas, and feelings not revealed through ordinary discourse. The notion of music therapy is based on ancient cross-cultural beliefs the music has a therapeutic effect on the mind and body. (Thaut, 2005).

Drums are closely identified with shaman rituals and one influential journal is called shaman's Drum. In respect to neo-shamanism, recent work claims to demonstrate that drumming assists 'journeying' by increasing affective, cognitive and physical well-being, and ameliorating anxiety, anger, confusion, depression, fatigue, and stress. African case studies abound with examples: in Ghana individuals are known to get possessed outside the contexts of drumming and dancing. Amongst the Yoruba, the drums fall silent at a certain point on the first day of the annual feast of Shongo, the god of lightning, at which time, and an officiant chants to the god, an adept goes into trance and rushes forwards (Horden, 2000 p.367).

3 EARLIER RESEARCH ABOUT MUSIC THERAPY

The use of music therapy among the elderly in the nursing and old peoples home shows that there is a reduce agitation among elderly residents of long-term care facilities.

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Music therapy provides:

- Anxiety and stress reduction
- An outlet for expression of feelings
- An opportunity to maximize health and wellness
- Non-pharmacological management of pain and discomfort
- Sense of control over life through successful experiences
- Positive changes in mood and emotional states
- Opportunities to interact socially with others
- Structure which promotes physical rehabilitation. (AMTA 2008)

4 LITERATURE REVIEWS

We are surrounded by music, we are exposed to it everyday either by listening to music on the radio (passive context) or by playing an instrument (active context). Lately, there has been interest in memory and therapeutic effects of music. Music therapy has been known to promote the feelings of calmness and relaxation in elderly and those who suffers dementia which is reported to have positive effect on an individual's emotional state, facilitating communication, increasing social well-being and quality of life, and reducing behavioral problems (Thompson, et al. 2005).

Recent review of music therapy in dementia concluded that it has potential benefit as a noninvasive tool for both the treatment and management of dementia symptoms. It was also mentioned that it can promote spontaneous speech which helps communication between patient and caregiver.

There is some evidence that in a music environment it reduces apathy in people in the later phases of dementia. There is also a limited evidence that psychomotor therapy groups reduce aggression in a specific group of elderly living in nursing home diagnosed with Alzheimer's disease. There is a need for more systematic and scientific research studies to examine the clinical value for people with dementia.

More research needs to be done in order to properly assess the effect of music therapy on cognition.

According to a quantitative review of 69 studies published between 1985 and 1996 consisting clinical empirical studies of various music interventions was that elderly people with dementia did show positive responses to music, but they do not know why or how it occurred was unclear. The researchers also recommend that music modalities, disease severity, type of music played, nature of the intervention, and the type of professional providing it should be examined in detail (Sherratt, et al. 2004).

In another review, the author proposed that music therapy would be an effective intervention for elderly patients with dementia and the length of treatment would be positively correlates with treatment effectiveness.

5 THEORETICAL FRAMEWORK

There are three major life domains when it comes to quality of life: Being, Belonging and Becoming. An elderly person's quality of life is usually defined by the respect they have for themselves, something they have power over and also by the respect the outside world shows them.

You can easily identify elderly people who are excited about life. They are active in their own lives and in the society they live in. They do not isolate themselves either at home or in nursing homes. These elders enjoy and experience a superior quality of life. Quality of life can be defined as: the degree to which a person enjoys the important possibilities of his or her life. Possibilities of life result from opportunities and limitations of life both personal and environmental factors. Enjoyment is believed to have two components: the experience of satisfaction and the possession or achievement of some characteristic.

Being: this means the basic aspects of who you are and it includes, the physical, psychological and spiritual being.

Belonging: this means fitting into ones environment such as: home, workplace, neighborhood.

Becoming: this means the purposeful activities carried out to achieve personal goals, hopes and wishes. It also includes activities that promote relaxation and stress free

(Notes on quality of life by university of Toronto 2011).

6 AIM AND RESEARCH QUESTIONS

This paper tries to focus on two questions. The benefits of music among the elderly and how does music contributes to quality of life in elderly people?

METHODOLOGY

Methodology could be defined as a method in which information or something is done. It includes the methods, techniques and procedures which are used to collect and analyses information www.blurtit.com (2011). It is also the analysis of the principles or procedures of inquiry in a particular field.

Methodology can also refer to the theoretical analysis of the methods appropriate to a field of study or to the body of methods and principles to a branch of knowledge. It has been increasingly used as a pretentious substitute for method in scientific and technical contexts (www.thinkingportfolio.com).

7 CONTENT ANALYSIS

Content analysis can be define as a highly flexible research method. It is also a method of analysing written, verbal or visual communication messages. It could be used either qualitative or quantitative data in an inductive or deductive way. It also a research method for making replicable and valid inferences from data to their context, with the purpose of providing knowledge and new insights (Elo, 2008).

The history of content analysis starts in the study of mass communications in the 1950s. It was based on a basic communications model of sender, message and receiver. It can be used in many problems in information studies, either as a method by itself or in conjunction with other methods.

It involves a specialized procedures that allows in quantitative content analysis for replication. The constructive analysis can be derived from existing theories or practices, the experience or knowledge of experts and from previous research (White, 2006).

7.1 Inductive content analysis

According to (Elo, 2008) this method includes open coding, creating categories and abstraction.

Open coding means notes and headings are written in the text while reading it. The headings are collected from the margins on to coding sheets. The purpose of grouping data was to reduce the number of categories by reducing those that are similar or dissimilar into a broader categories.

7.2 Deductive content analysis:

This is a method used by the researcher retest the existing data in a new context. It based on earlier work such as theories, models, mind maps and literature reviews. In a deductive content analysis, a structured or unconstrained matrix of analysis can be used, depending on the aim of the study

A deductive content analysis was performed using the method based on the method described by (Elo, 2008).

All the articles were read in order to reach a basic understanding of the articles and gather the results that are similar to the research questions.

The similar ideas was grouped into three themes which are: being, belonging and becoming.

8 RESULTS:

The academic search engine Ebsco, Sage and Google was used to find materials on music and elderly people. About 36 articles were found but 13 was eventually chosen. 7 articles from ebsco, using different search words and another 6 articles from google, also using different search words. These articles were chosen because they are suitable for the purpose of the research questions.

8.1 Materials: The materials are in table 1.

The author used three databases Ebsco, Sage and Google scholar, and it yielded to 15,354 articles. The author later reduced the articles to 834 by using the same search but putting the key word like elderly people and music to reduce the number of articles. The author then chooses the articles that are recent from 2004 to 2010. Finally the author chooses 13 articles that deals with the benefits of music and elderly people for this study.

Where	Search Words	Articles	How Many found	Picked(choosed)
Ebsco 1	Elderly people & benefits & music	Uses of music & psychological well-being among the elderly	320 Articles	5 Article
2		Effect of music on depression levels & physiological		

		responses in community-based older adults		
3		Home -based music therapy- a systematic overview of settings & conditions for an innovative service in healthcare		
4		The benefits of adult piano study as self-Reported by selected adult piano		
5		An investigation of long-term effects of group music therapy on agitation levels of people with alzheimer's disease		
Ebsco 6	Elderly people and music	The effect of modified jazz dance on balance, cognition, and mood in older adults	514 Articles	2 Articles
7		The effect of music listening on acute confusion & delirium in elders undergoing elective hip & knee surgery		
Google	The use of music and elderly people	Emotional & behavioral responses to music in people	11,100, 00 Articles	4 Articles

8		with dementia: an observational study		
9		The contribution of music to quality of life in older people: an Australian qualitative study		
10		Music improves sleep quality in older adults		
11		Music enhances category fluency in healthy older adults and Alzheimer's disease patients		
Google 12	Benefits of music and elderly	Cognitive and behavioral effects of music- based exercises in patients with dementia	3, 160,00	2 Articles
13		Familiar group singing: Addressing mood & social behaviour of residents with dementia displaying sundowning		

8.2 Table 2. Presentation of the materials: Authors, names of articles, aim, methods and results.

Authors	Name of Articles	Aim	Method	Result
Petri Laukka: Journal of happiness studies(2007) 8:215-241	Uses of music & psychological well-being among the elderly	To study elderly everyday uses of music and the possible relationships between music listening & psychological well-being	A specially designed questionnaire study: Random sample of 500 elderly ages between 65 & 75 years living in Sweden.	The results shows that listening to music was a common & highly valued leisure activity among elderly. Also gives clues about possible ways that music listening maybe associated with psychological well-being
Ann Van de Winckel, Hilde Feys, Willy De Weerd & Rene Dom. Clinical Rehab(2004: 18;253)	Cognitive & behavioral effect of music-based exercises in patients with dementia	To evaluate the effect of musical exercise programme on mood state & cognitive function in women with dementia	Randomized controlled trial in a public psychiatric hospital rekem, Belgium	It shows that there was a significant improvement in cognition in the exercise group
Wolfgang Schmid, Thomas Ostermann (BMC Health Service Research 2010, 10:291)	Home-based music therapy- A systematic overview of settings & conditions for an innovative service in healthcare	To review and summarize the settings & conditions of home-based music therapy	Electronic databases were used to find articles on home-based therapy	The results shows that music listening programme reduce symptoms like depression and pain
Moon Fai Chan, Engle Angela Chan, Esther Mok & Fionca Yuk Kwan Tse (International journal of mental health	Effect of music on depression levels & physiological responses in community-based older adults	To determine the effect of music on levels of depression & physiological parameter of elderly people	A randomized controlled study with 47 elderly people	It shows that music is an effective method of reducing physiological & depression responses arising in a group of

nursing 2009) 18,285-294				older people
R.G. Thompson, C.J:A. Moulin & S. Hayre and R.W. Jones (Experimental ageing research, 31:91-99, 2005)	Music enhances category fluency in health older adults & Alzheimer's disease patient	The effect of listening to music	Study group from the Research Institute for the Care of the elderly	Music enhances attentional processes and it can be demonstrated in Alzheimer's disease
Hui-ling Lai & Morion Good (Journal of advanced nursing 2005)	Music improves sleep quality in older adults	To report an investigation of the effects of soft music on sleep quality of elderly people in Taiwan	A randomized controlled trial	It shows that music listening resulted in a significantly better sleep quality
Patricia T. Alpert, Sally K. Miller, Richard Havey, Theresa Chevalia & keshavan Kodandapari (Journal of the American Academy of Nurse practitioners 2009)	The effect of modified jazz dance on balance, cognition, & mood in older adults	To evaluate the impact of elderly jazz dance class instruction on balance, cognition and mood	A self-Report questionnaires	The result shows jazz dance does not impact cognition or mood but may improve balance in older women
Terrence Hays and Victor Minichiello (Ageing & Society 25, 2005)	The contribution of music to quality of life in older people: An Australian qualitative study	The importance of music in the lives of older people	Qualitative interviews with elderly 65 years & above	Shows that music helps older people with ways of understanding & developing their self-identity
Ruth McCaffrey & Rozzano Locsin (International journal of older people 2004)	The effect of music listening on acute confusion & delirium in elders undergoing elective hip & knee surgery	To determine the effect of music on elderly undergoing elective hip & knee surgery	A music intervention to an experimental group undergoing surgery	It show that music is an effective nursing intervention that can be used during & after surgery
Barnetta Lesta & Peter Petocz	Familiar group singing:	To examine the effect of music	Study group of four female	There was an improvement in

(Australian journal of music therapy, volume 17, 2006)	Addressing mood & social behavior of residents with dementia displaying sundowning	intervention during sundowning	residents aged 80, 92, 96 & 97 with dementia	mood & social behaviour and a significant decrease in non-social behaviour
K.Sherratt, A. Thornton & C. Hatton (Ageing & mental health, 2004; 8(3): 233-241	Emotional and behavioural responses to music in people with dementia: An observational study	Social interaction in music listening on behavioural responses of people with moderate-to severe dementia	Study group	The result shows that live music was significantly more effective
Alison J. Ledger & Felicity A. Baker (Ageing & mental health 2007; 11(3) : 330-338)	An investigation of long-term effects of group music therapy on agitation levels of people with alzheimer's disease	To investigate the long-term effects of group music	A non-randomized experimental design	Result showed short-term reductions in agitation
Jutras, Peter J.(Journal of research in music education 2006)	The benefits of adult piano study as self-reported by selected adult piano students	To examine how playing piano is important to adult.	A questionnaire was used	It shows that music skills are important to adult musicians.

9 DATA ANALYSIS:

During the data analysis there were three main categories given from the text and sub-categories according to quality of life and older adults and parts of positive effective of music and elderly. Each of these categories will be connected and explain together with units of meaning. The main categories are: being, belonging and becoming. According to the theory of various sources from quality of life research unit, university of Toronto(2011)

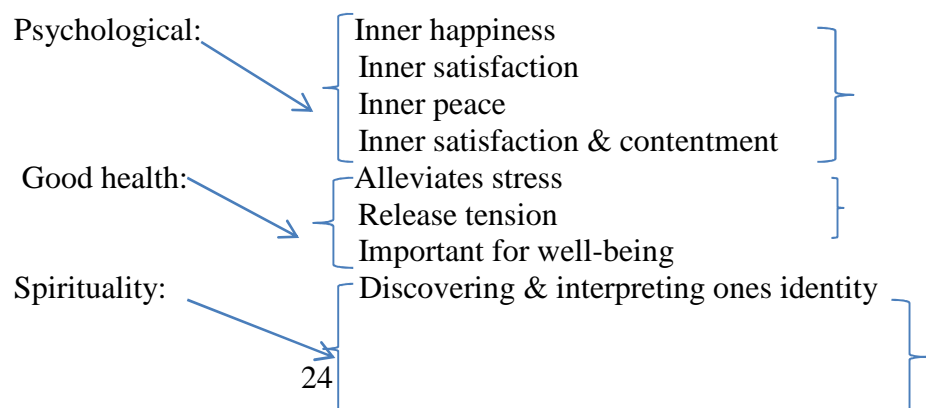
Many of the articles are very similar to each other which resulted in few sub-categories and units of meaning

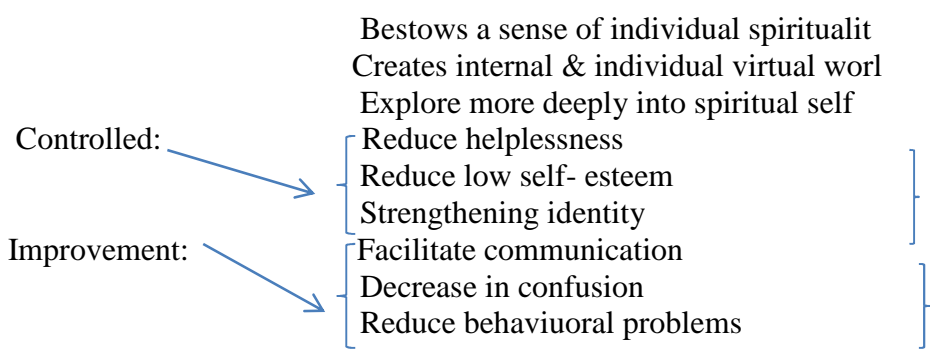
PRESENTATION OF THE RESULTS.

This part consists of three presentation of music and the benefits of quality of life and elderly people which are, Main category, Sub-category and Units of meaning. The categories are shown below.

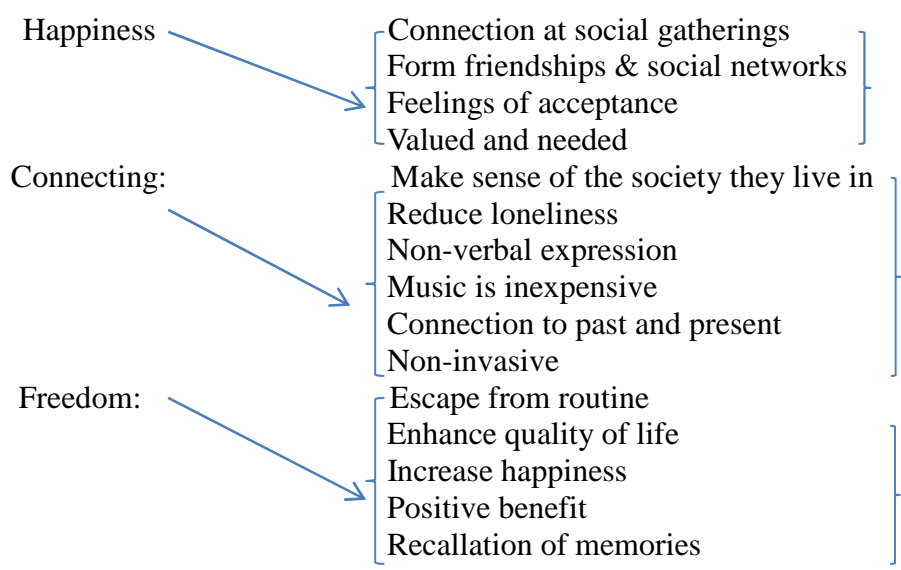


Being:

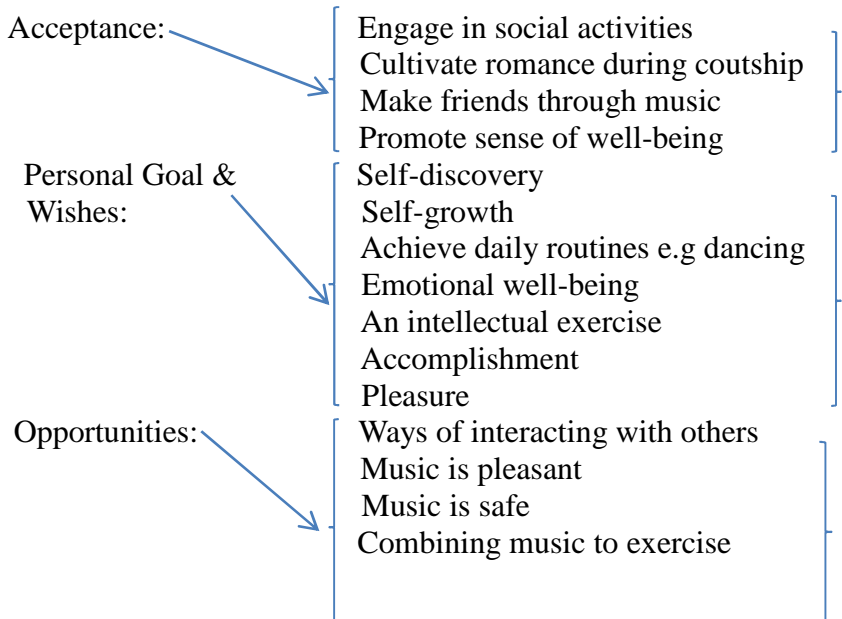


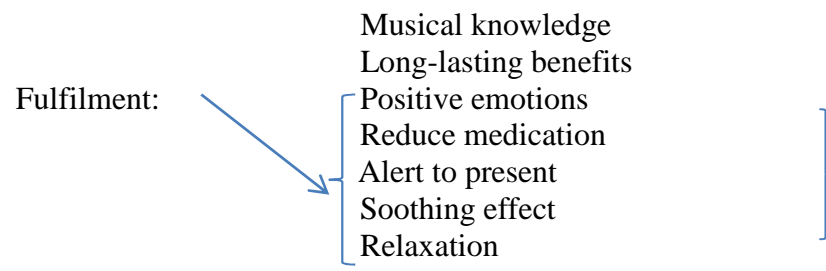


Belonging:



Becoming:





9.1 BEING:

Some of the characteristic of being includes physical and psychological well-being. Music listening could psychologically and spiritually brings inner peace, inner satisfaction and inner contentment.

The psychological aspects of music which brings a complete inner peace within yourself is when listening to a familiar music, it might ignite a memorable feelings that makes you feel peaceful and free of worry and stress.

Inner satisfaction and inner contentment could be the joy in which music has brought to your life in old age.

Good Health: When you have a good health they say you have everything in life (In my culture). Good health alleviate stress, all you need to do is to listen to music and you can relax and enjoy what life has to offer. Music and good health also release tension in older adult. Good health is very important at any age especially in old age because if you do not have you might not be able to dance to whenever you want. Listening and dancing to music of your choice can improve your well-being.

Spirituality: Having hope for the future and self- value, self- awareness also having faith in what you believe in. Many of the elderly people still belief that there is meaning to life, the inevitability of death and questions about an after life.

Controlled: In a musical environment either playing an instrument or listening to music the experience could reduce helplessness which many of the elderly felt because they are usually (in most cases) no longer in control of their own life and also the decision making, eventually resulting to low self-esteem. Music strengthening ones identity when there is doubt of sense of belonging.

According to a recent research, older adult enjoy playing piano and learning to play it. There was a positive responses to benefits gained from the skill improvement. To understand the essence or the true meaning of leisure is to understand why people participate or fail to participate and what they hope to achieve from their involvement (Jutras, 2006). The elderly benefits from playing piano and it is known to be the most

popular instrument of choice among elderly. It could be a personal benefit, social and cultural benefits, economic and environmental benefits. It is also gathered that skill development was an important motivating factor for adults playing piano. Musical knowledge, music listening, and music theory were also important to adult students. Playing piano is more skill-intensive than many of the recreational activities such as, camping and hiking.

The elderly express some personal benefits from playing piano such as, a dream-fulfilled, accomplishment, personal growth and self-fulfilment. Also escape from daily routine, stress reductions and having fun as well as enjoyment.

Improvement: Music listening can facilitate communication in social gathering even if you have speech problem, with music someone can always express themselves through body language, facial, eye contact, energy levels or any expressions they are capable of. During music activities in any elderly peoples home it is known to reduce confusion among the elderly because music has the power to calm down everybody around. It is also believe that music has the ability to reduce behavioral problems among the elderly people.

An elderly person quotes 'it is something from outside that you absorb and it gives you, through your senses, aural and emotion. It does something to the chemistry of the body which gives you a feeling of peace and happiness'. If music is an important part of our lives, is it possible that through music we are able to interpret and assign meaning? It shows that music is an healing tool in reducing stress and anxiety, depression,

helplessness and low self-esteem. Music listening is an activity that is not cognitively or physically demanding and may place fewer demands on an aging person and help to maintain a sense of continuity. Past events activities and engagement in meaningful leisure activities has been considered an important ingredients for achieving successful aging (Hays, 2005).

With the help of music the older adults have been able to discover and interpret their identity. The elderly can find a sense of self in music because music material gives terms and symbols for the elaboration of self-identity. It is also a medium that some people come to know and make sense of the society they live in. It allows person to create an international, individual virtual world. Music can be understood as a transformer and metaphor in people's lives that makes a significant contribution to quality of life. It has an exceptional capacity to express people's moods and mental state example when doing yoga or meditation enables people to explore more deeply into their spiritual self.

Music is known to have been an effective tool to some elderly going through surgery. It is effective in calming persons who are agitated. Elderly who listened to relaxing classical music during hospitalization is known to have lower state anxiety than those who did not. Listening to music increase sense of comfort in a discomfoting situation and making them feel more in control of their surroundings during hospitalization (McCaffrey, 2004). Music had a calming effect on patient and their family members after surgery. There is evidence that music listening is an effective tool for decreasing confusion and delirium behaviors in elderly undergoing hip and knee surgery.

9.2 BELONGING:

Could be defined as, fitting into an environment such as home, workplace and neighborhood. Through music the elderly can form friendships and have social networks, they also feel accepted valued and needed and it aids life-long learning according to (Hays, 2005). Music to some people was a source of entertainment and others it functioned as a way of sharing and connecting, linking life events, promoting personal well-being and helping to manage time. But for some it is therapeutic and it had a strong spiritual significance.

Happiness: Music can bring joy and happiness to anybody's life by listening or dancing to it. It also engineer new friendships and social network. An elderly can feel valued and needed during music activities.

Connecting: It helps to make sense of the society they live which could be sometimes difficult to understand because of the new generation. The power of music can reduce loneliness among the elderly and anybody who has the love of music at heart. Music is a great tool to revisit the past, connect you to the past memories and the presence.

Freedom: By participating in music activities it helps to escape from normal daily routine. Having access to music can increase the quality of life in elderly people. The benefits of music are positive and non-invasive.

People of all ages are usually fond singing, but some does not have the courage to sing in the presences of others. Older people are no exception to this, but they might also recall times when they grew up in a neighborhood in which people gathered at evenings for singing. This type of singing represents coming together as a community and family and friends for a common purpose. These gatherings were the focus of recreational activities, and music was the focus. Singing was jubilant, vigorous, and performed with little regard for how it sounded, as a musical product. Those who experienced it talk about how singing 'lifted the spirits', even when there was little over which to rejoice, and how it brought peace and warm feelings of comfort in addition to joy. Making music actively together through singing provided a way to belong, to engage as part of a community. (*Karras, 1995 p.81*)

Singing in music therapy brings a point of human contact with other individuals is meaningful and emotionally intimate. Perhaps the intimacy in singing could result from the individuals' experiences in which they were sung to when they were in need of comfort. The memories of particular events, in which such comfort was provided are often outside individuals' cognitive awareness. The positive responses to singing and the desire to engage in singing may have deep emotional ties for certain individuals throughout their lifetimes.

According some elderly, when you share music it brings joy and connection, it does not need to use any language and conversation. You don't need to discuss it, it is just there, but you realize you are sharing it because no words are needed, but the emotion of it.

Sundowning is used to describe symptoms of increased arousal or impairment during late afternoon and evening hours that occurs in people with dementia. It might develop in any older adult with organic brain impairment or functional mental illness. Dementia is described in seven stages, from early confusion to late loss of verbal and psychomotor skills (Lesta, et al 2006). Problems like anxiety, fear, paranoia and depression. Isolations, lack of cognitive, social awareness, agitated, aggression and wandering behaviors are exacerbated when the elderly with dementia experience sundowning.

During sundowning, group music helps elderly with dementia to overcome some negative mood and non-social behavior for example, wandering, mumbling, touching face or clothes and sitting alone according to (Lesta, et al;2006).

When cognitive decline affects conversational interaction, singing familiar songs with group often provides structured participation and best sense of community they live in. Familiar music with a resident's specific preference, inclusive of song title, performers, vocal, or instrumental music is a vital success, promoting communication, reminiscence, relaxation, and the expression of feelings.

Music stands as a vehicle of feeling, which facilitates the non-verbal expression of

emotion. It can reach people's inner feelings without being threatening. It exerts a biologically meaningful effect on human behavior by allowing specific brain functions involved in memory, learning, and multiple motivational and emotional states (Chan, et al 2009).

9.3 BECOMING:

Could be define as a purposeful activities to achieve personal goal, hopes and wishes. Music can connect an elderly people to others who may no longer be living and may also validate memories, give meaning to life.

Playing soothing music during meals is known to help settle some restless patients and helped to engage in social activities, such as dancing and singing, and to perform daily routine (Hays, 2005).

Acceptance: Music creates positive attitudes towards oneself in the midst of others whereby creating acceptance, also helps to make new friendships and create social networks.

Personal goal & wishes: Playing an instrument has always been one the most wishes and leisure activities of some elderly people. Being able to play an instrument brings a lot of joy, pleasure and happiness to them. They also discover themselves along the way, realizing the potential to grow or develop a new skill which is an intellectual exercise. It improves emotionally well- being, it is a great accomplishment to them.

Opportunities: Music is an opportunity for elderly people to combine exercise and dancing to which improve their strength and resulted into a long-lasting benefits. Music is a safe leisure activities and it is pleasant.

Jazz dance may be helpful to older adult in order to improve their balance. Jazz dance can increase lower extremity muscle, which may decrease the fear of falling and hence improve stability (Alpert, et al. 2009). It stands as an attractive alternative to an exercise regimen.

Social isolation among the elderly may be as result of limitations of mobility, medical illness and economic constraints. Jazz dance class may help reduce social isolations and improvement in mood which in return increase social interaction.

During the jazz dance the elderly were able to achieve all three components of balance such as, visual, somatosensory, and vestibular systems. Dance based exercise has beneficial improvement in balance and decreasing the risk of falls in elderly people.

Fulfillment: It is a great way to be free from medication for a period time which creates alertness to the presence and one's environment. Music is relaxing, stress free, it has soothing effect on anybody young or old that listened or dance to it, people and also positive emotions.

Sedative music is known to be effective with elder having difficulties sleeping. Music is pleasant and safe. Playing soft music before going to bed helps to achieve better sleep quality, longer sleep duration, greater sleep efficiency, less sleep disturbance and less daytime dysfunction. Sedative music induces relaxation and distraction responses, as a result reduces neuroendocrine and nervous systems which resulted in decrease in anxiety, heart rate, respiratory rate and blood pressure (Lai, 2006).

With the help of familiar music older adults with dementia may be able to interpret his or her environment and any fear or agitation may be lessened. Singing, playing instrument, moving to music, or sharing memories may also meet a person's unmet needs for self-expression, achievement and meaning in life (Ledger, 2007). Music is known to be pleasant and safe for elderly people, it also has a beneficial effect on sleep. Music can be used as a possible therapeutic option in nursing.

In nursing homes sleep disorders is a common problem as a result of tiredness, fatigue, depression, anxiety, pain sensitivity, irritability and lack of daytime alertness.

Music helps the feelings of calmness and relaxation in elderly suffering from dementia, which promotes positive effect on an individual's emotional state, facilitating communication, enhancing social well-being and quality of life and reducing behavioral problems. Music holds a potential benefit as a noninvasive tool for treatment and management of dementia symptoms and it can promote spontaneous speech which lead to good communication between patient and caregiver (Thompson et al. 2005).

In an established healthcare profession, music therapy is used to address physical, emotional, cognitive, and social needs. Music therapy is "the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program" (Goodall, 2005). The therapeutic use of music can be defined as the specialized use of music to change maladaptive physical, emotional, and social behavior patterns to attain maximum levels of functioning.

Music has many psychological benefits. It provides a tranquil respite from the noise and clutter of everyday life.

Elderly people with advanced dementia have a decreased ability to understand verbal language. Music has been shown to have remarkable effects on those with dementia in decreasing behavioral problems. Music is processed by many different parts of the brain and can serve as a means of communication for those whose language ability has declined. Because of the many different elements of music (rhythm, melody, pitch, vibrations), music is able to access different parts of the brain, particularly the right hemisphere and limbic system, which deal with the emotional side.

The benefits of music therapy with Alzheimer's include memory recall, which contributes to reminiscence and life satisfaction; positive changes in mood and anxiety and stress reduction, pain management and opportunities for social interactions.

One of the rewarding outcome of music therapy is the emotional intimacy achieved when families share creative music experiences. Music provides family members with the opportunity to interact with their loved ones in a meaningful way that is especially significant if verbal communication has ceased. (Dianne, Sherrillhouse.Org).

10 CONCLUSIONS

Music has a profound effect on everybody's that listen to and it may prolong and improve the quality of life for elderly people.

Music is a gift which brings joy and happiness to everybody that listen or dance to it. It is a part of most people's everyday live. It is part of us from birth to death.

According to some studies elderly people benefits from listening, singing to favorite songs and dancing to music even the ones with dementia and it helps with socialization. It has physical and mental benefits, it is also known to prevent falls among the elderly people if practice regularly.

Music could be one the preventive medicine in nursing homes, hospitals and every other situations in life if used accordingly and regularly. It is an easy and inexpensive ways to deal with pains and some serious problems.

Listening to music can reduce chronic pain and depression also gives freedom of expression, sense of belonging, worthy of living, the right to have feelings, brings back memories either good or bad. Music gives the opportunities to integrate, communicate and to be with people of their age. Becoming old can make you forget many things that has happen in the past, even names of family members, friends, familiar faces, environment, but a music tune from the past can stimulates remembrance and a very big smile on anybody's face.

The possibilities of quality of life in old age can result from opportunities and limitations of life either personal or environmental factors. The experience of satisfaction in life can be characterized to three domains being, belonging and becoming.

Being can be defined as who you are which includes, physical, psychological and your spirituality. This aspect of quality of life enables the elderly to adjust to their environment and be contented in their lives.

Belonging means fitting into your environment such as, home workplace and your neighborhood. The elderly people have opportunities to integrate in their environment through music activities. It also brings joy and happiness to realize that you can still connect with people of the same age and can share your life experience with others. Becoming could be a purposeful activities carried out to achieve personal goal, hopes and wishes. This aspect of quality of life promotes musical activities such as dancing, singing, playing an instrument and it is stress free.

Although, more research needs to be done to support these findings, I would like to encourage nurses and caregivers in old people's home and hospitals to use music as part of their daily routine and leisure activities when caring for elderly people.

11 . DISCUSSIONS AND CRITICAL REVIEW

This part of the paper consists of two parts, discussions and critical review. The discussion part will focus on the results and the critical review will focus on the method used by the author.

11.1 DISCUSSION ON MATERIALS

This paper was to focus the influence and benefits of music among the elderly people and how it contributes to quality of life to the elderly people.

A deductive content analysis method is used in this paper. The articles were found using the academic search engine such as Ebsco, sage and Google scholar.

The result from the articles shows that listening to music has big impact on quality of life and well-being in an elderly people's live. Some of the findings shows that music promotes good health, balance, friendships, contact, opportunities, self-awareness, and many other positives things to their lives which include the three major life domains to quality of life such as; Being, Belonging and Becoming.

In some reviews, music can be a self-therapy used to maintain a balance of life.

Music can be traced to our past history as human beings which music was used as a means of communication and rituals for healing the sick. In some African cultures music is regarded as a vital tool in everyday activities such as, naming ceremony, burial, birthdays, weddings, graduations even when playing on the streets because where there is music there is joy and happiness. It has the capacity to arouse us deep in our emotions.

12.2 CRITICAL REVIEW (METHOD)

There are various materials and research articles on many topics related to music and elderly people such as music therapy, music and medication, music and dancing, music and quality of life, music and quality of sleep among the elderly.

After searching for a good, reliable and valid material from academic search engine recommended by arcada on the internet for articles, the author was able to find few interesting articles from different countries that related to music and elderly.

The next step was to pick the ones that are suitable for the author's paper. All the chosen articles were read carefully by the author in order to understand if the chosen articles are suitable for the research questions.

While reading the material the author used a green highlighter to remember what are the important information in the articles.

The materials were very broad and it was from different countries covering different topics on music and elderly people.

The author chose to use deductive content analysis because of limited articles on music and elderly also lack of time in this study. The author decided to use deductive analysis because the author was able to understand it to some level. The author would have love to interview the elderly people living in old people's home or a questionnaire, which will enable the author to experience the reactions of the elderly people.

Picture 1. Elderly people singing and playing an instrument.



Picture 2.



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