



Music interventions and its importance to the lives of elderly persons

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<p>Abstract: The aim of the thesis: is to explore the benefits of music interventions by caregiver in elderly care. One research question was created to fulfill the aim by conducting a literature review: What are the effects of music interventions by caregiver for elderly persons in elderly care? The theoretical frame work used was Eriksson's life-cycle theory, which reflects the hope and wisdom as practical and sensible human strengths. Music intervention that could be singing playing instruments, listening to live music or having background music can cherish hope and sensible human strengths in elderly who are dependent on the caregiver. Fourteen scientific articles were collected though the search engines EBSCO, and Scientific direct and Google Scholar, and analyzed using content analysis. The results of using music interventions such as listening to music and singing, helped care givers to overcome difficult caring situations. It improves the mutuality of communication between caregivers and elderly persons and also reduces difficult situations where challenging behaviors occur. Conclusion: Music should be used in everyday situations of elderly care and the caregivers should be aware of the barriers of not using music such as hearing loss problems, unmet needs by elderly persons with functional disabilities, medications prescribed for elderly persons. Music interventions could change the elderly person's mood as to a change for more positive emotions as well as bringing remote memories to the client. Music leisure activities can have cognitive and social benefits in functional disabilities care. The study want to encourage the nursing staff that singing is simple and that you have your own voice with you, everywhere you go, so music should be used at any time when needed for caregivers and professionals working with elderly persons in everyday care.</p>	
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FOREWORD

I would like firstly to thank the Lord above, for making me reach these three and a half years of my studies and reaching the end of my Thesis.

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ABBREVIATIONS:

CAM – Complementary alternatives for medicine

MTC – Music therapeutic care giving

In this study music therapeutic care giving (MTC): means that music intervention can be done by e.g. a geronom or nursing staff which may have therapeutic effects.

The author used the term “elderly persons”. Every human being is an individual person and unique and should not be stereotyped.

Author's case studies that showed the positive impact of using music in the daily routines of elder people

Case 1: A client has problems with sleeping at an elderly care, and was taking sleep pills before going to bed. The author suggested the listening slow calm music, on a cd player that the client, had in her room. The results were the feedback from the client was, the music has helped her to sleep well, and decide not to use sleeping pills anymore. Listening to music has been shown to decrease rheumatoid arthritis pain that the client had.

Case 2: There was a client, at an elderly care, who was always refusing to eat, and when the author had put her favorite cd, during meals, and asked if the client liked the music, the client smiled and nodded, and ate the whole meal, without any refusal. The conclusion was music has helped the client to have joy, instead of feeling sad, and also to eat his meals, without any hesitation as before, when there was no music available. Music can help facilitate the eating healthy for older people.

Case 3: There was an elderly person in elderly care, that the author and her fellow student met twice a week, who liked music so much. The author used to find some music, from the 1960s and she would dance and her facial expression of the smile on her face and the huge hugs we got from her, it could not get better than that, the appreciation she showed us made us realize what a small thing could have a big impact on someone's else's life. Music is very easy to implement and cost effective, that it should be used in the daily situations of all elderly cares. The author and her fellow student gave advice to the nurse who was taking care of the client, if she could ask the family members to a radio or cd player, so she could have one in her room, and she did get one.

Case 4: The author used to work at a place for elderly persons with disabilities, and used to make African meals together with the elderly persons and got them involved in the kitchen, by cutting the vegetables, and help with the cooking with the supervision of the staff members and caregivers being present so as to have a calm and safe environment. After the meal was ready the author ate with the staff members as well as the elderly persons. This made communication and also learn of different cultures (was the khanga that they wore during the meal preparation, that Tanzanians use, when cooking in the kitchen) through meals to the elderly persons and the caregivers. There was music on

the background from a cd player, with music from the author's country (Tanzania) in Africa. This gave an opportunity for the elderly persons to learn Tanzanian music and hear the different sound, rhythm and language as well.

1 INTRODUCTION

The author has used music in her entire life, in different places such as Church, Weddings, and Funerals as a way of comforting, entertainment, and also for remembering old memories, good and bad ones. To the author elderly people need music in their daily live in order to comfort them, reduce stress and a way of socializing with other people in order to reduce depression and social isolation.

The author's motivation to use music is that, the author has been singing in the choir from a Church here in Helsinki, and she has been going to different elderly places singing to the elderly, and just to see the smiles it brings and the appreciations, made by the clients motivated the author to write this topic to find more studies that discuss music and to see how it can be implemented to the daily lives of elderly people.

Music is used in the everyday life of the author. Music is life very often in the African culture, we improvise with drum, sticks from trees, pens anything you can find and make sound out of it, and sing and enjoy together. This can bring sense of joyfulness and happiness among different age groups, social interaction as well as good communication that could improve the well-being.

1.1 Background

Music is part of our everyday living such as, broadcasting and films, on the radio and television and on sport appearances. Music is used to advertise the local pride national anthems, team devotion and upholding sport events, to cooperate contact and social association such to develop friendships. "Music makes friends and you make friends through music. Music can make a transformation in people's lives that can significantly contribute to the quality of life. (Hay & Minichiello, 2005.)

In the study of Hays and Minichiello (2005), music can be a source of entertainment, could be a way of sharing and connecting into other people's lives, linking to live events

and connections to the past events(musical associations with childhood and family) as well to help manage time. An informant said that music “related to the warm spots of people’s lives,” such as childhood, family, school-days, romantic attachments, friendships, parenting and special events such as birthday, marriage and death.

1.2 Aim and research question

The aim of this work is to explore the benefits of music interventions by caregiver in elderly care.

Research Question:

What are the effects of music interventions by caregivers for elderly persons in elderly care?

2 THEORETICAL FRAME WORK

2.1 Erikson’s life-cycle completed theory

The author used Erikson's life-cycle theory so as to reflect on hope and wisdom as practical and sensible human strengths, particularly as they relate to the experiences of elderly persons who cherish music intervention that could be listening to music (background music, singing, playing instruments, group music or live music. This to say despite the elderly person's illness or diseases they can still have strength to sing, dance, play instruments and live normal life just like other normal people do. Erikson is persuaded that only by doing we do become. In touching we make contact with one another and with our planet. Skills that are still there, including play, activity, joy and song, and can be the leap above and beyond the fear of death. Hope calls forth the language of the arts, nothing else speaks so deeply and meaningfully to our hearts and souls. (Erikson, 1997, p.127). Music can help elderly persons to self-management and improve their cognitive abilities and maintain their physical health.

3 MUSIC INTERVENTIONS

Music intervention according to the author is music that is done by caregivers or nursing staff in everyday care, for example singing in care situations, using easy to use instruments like, having background music or listening to music, having a choir coming to sing for elderly persons in elderly care etc.

3.1 Caregiver and elderly persons singing in care situations

Music is important to the lives of elderly persons in everyday situations in elderly care facilities. Singing can provide many benefits such as it can keep the brain stimulated and the body healthy and functioning. Music can bring a sense of “inner happiness, inner contentment, inner satisfaction and inner peace.”(Hay & Minichiello,2005, Cliff et al.2008) Singing activities can have an impact of giving energy, help to focus, mood and relaxation for elderly persons with functional disabilities and their caregivers. (Davidson & Almeida, 2014,Götell et al.2000, Wise et al.1992)

3.2 Playing easy to use instruments

Instrumental music making had made a lot of elderly persons to be active engaging with making music in instrumental playing, had been found to be associated with range of positive outcomes, such as enjoyment, happiness and community belongingness were attributed to their musical engagement. (Gembris, 2008, Allison T.A,2008, Taylor & Hallam,2008, Zelazyn C.M, 2001)

3.3 Listening to music

Music listening and active participation in music offers opportunities for alleviating loneliness and coping with the challenges of ageing, and provides opportunities for progression and enjoyment and adds a depth of meaningful life. (Saarikallio,2010). Music listening can create a healing environment. (McCaffrey R,2008, McCaffrey & Good,2000, McCaffrey & Locsin,2002)

Cohen et al. stated the long-term benefits attributed to participation in music included overall improvements to the quality of life and have good physical health. (Cohen et al. 2006). Listening to a choir can bring an opportunity for elderly persons to interact participate, and fellowship. (Langston and Barrett, 2008)

Music attracts nonverbal communication and also helps the shy elderly persons when it comes to social interaction with other people, bring positive self-esteem to the shy elderly persons. (Erwin, 1996 p.86) Live music

Caregivers should consider using live music in music interventions in everyday care.

In the study of Vleuten, live music appears to have a more intense effect on elderly persons with functional disabilities than other forms of music. Regardless of the level of impairment, analysis revealed that live music was significantly more effective in increasing levels of engagement and well-being, compared with recorded and no music conditions. A joyful way of taking care of elderly persons is to use music, which can make elderly persons more calm and open, this can lead to less agitated and aggression and help caregivers an easier way to take care of elderly persons. The care relationship between the caregiver and elderly persons with functional disabilities will improve.

Music can improve positive emotions such as persons can be happier, more independent, and self-confident, laugh more and express feeling better, and decrease negative emotions such as reduce anxiety, depression and loneliness. Participation and mental well-being are more relevant for the effects of live music. Social participation are part of live music performances and most effect is related to emotions, which are important for mental well-being, and participation and mental well-being are indicators of quality of life. (Vleuten et al. 2012, Mok & Wong, 2003, Sezer, 2012)

4 THE BENEFITS OF MUSIC

Elderly persons with functional disabilities and cognitive disabilities like for example: elderly persons with memory problems, there could be the following benefits, such as; social benefits, cognitive benefits, physical benefits, and mental benefits.

Social benefits: this includes the sense of belonging, senses of playing, and can give opportunities for contact with younger people in intergenerational groups. Social benefits of music can be fun, and enjoyable, challenging stereotypes, facilitate peer learning and the sharing of expertise. (Creech, 2013) Discussion: The impressions of music are

an individual matter it can neither be right nor wrong. Music in discussion can share different opinions about the music and the message it brings and it is a nonthreatening message. With the life stages of the elderly persons have experienced brings about discussion in the lyrics of the music, meaning the words of the music. This can also be a good way to interact with one another and improve social skills among elderly persons. (Erwin, 1996, p.86, VanderArk et al.1983)

Cognitive benefits: these include rising to new challenges, acquiring new knowledge , improved concentration and memory and general sense of achievement related to their accomplishments in music- making. Music can improve mental and physical health. **Mental benefits** were protection against stress, and depression, a sense of purpose in life, boosts confidence, and positive feelings about life in general and support following grief. **Physical benefits** improves of mobility and can give renewed sense of power and continuance to life. (Creech,2013, Ruokonen & Ruismäki ,2011) Music brings satisfaction to the listener and the musician. The musicians get support from the listeners, getting into the act of hand clapping, foot tapping, head bobbing, finger snapping, and shoulder swaying, all these can improve the cognitive skills of elder person. (Erwin, 1996, pg 86, Götell et al.2003)

Action and movement. Experiencing sensation is part of sensations and part of the action of music appreciation. No matter the physical capability of the elder persons, a simple movement can be rewarding to make the most of natural to move with the music. (Erwin, 1996, pg.87)

Emotional benefits: Identification: Elderly persons can relate to music from the mood and the words or message that the music gives. This can happen to a person who diminished his or her own feeling, but when they hear a song, they can realize there is a more valid responsiveness of feelings of his or her own emotional condition. This can help elder people to know one self or identity of oneself. (Erwin,1996,p.86)

Music is connected to many significant live events especially past events. Elders tend to remember the music of their youth. Music is an effective model that supports reminiscence, spiritual, sensory stimulation, recreational therapy, and art. This can help elders to remember their past events and have good memories, regarding their past. (Erwin, 1996,p.86)

5 BARRIERS OF MUSIC INTERVENTIONS AND HOW TO MINIMIZE BARRIERS IN ELDERLY CARE

5.1 Hearing loss

One of the biggest barriers for music interventions in elderly care and services can be hearing loss. This is a big challenge when it comes to the different activities concerning music. An assessment is a very important factor when it comes to hearing for elderly persons. In order for them to follow up the music and other activities, they need hearing aid, so as to hear clearer and as well if the hearing is not so bad, they can use headphones, so as to hear well. Hearing loss, is very individual. It often develops slowly and quietly, and you may hear spoken words but lack the exact words from the person speaking, this can be managed by hearing aid and maintain the background noises. (Bakker, 2003, pg. 48)

5.2 Mood swings and the caregiver knowing the elderly persons

All people have mood swings, but the important thing is for the care givers to get to know and understand the persons she/he is working with. The caregiver needs to be aware be aware of the person for the mood swing of the elderly person and to know how to tackle the situation. An elderly persons may isolate or have no social network due to physical pain, mobility problems or emotional distress are often at the core of these responses and to give time to understand the individual elderly persons until the comfortable level is found. (Erwin, 1996, pg 3-4)

5.3 Medication

Music interventions can be a complementary alternative for medication which have side effects for the elderly persons, for example sleeping pills, (Villarreal et al. 2012, Smith et al.2009)

5.4 Barriers of music interventions to caregivers

5.4.1 Lack of awareness of the importance of music

According to Smith, the majority of nursing staff reported that they did not use music for elderly persons with functional disabilities in their workplaces and perceived they had limited knowledge and poor professional preparations for the use of music for the elderly persons. Lack of knowledge and skills about the awareness for the use of music, was frequent reported factor which influences the use of music among nursing staff. (Smith et al.2009)

5.4.2 Lack of time and limited resource

Limited resources at elderly care facilities and lack of time to implement music intervention for those with functional disabilities is a major influencing factor and this can limit nursing staff's willingness and opportunity to deliver music intervention to the elderly persons. (Sung et al.2008)

5.4.3 Lack of knowledge of functional disabilities to the caregivers

Some staff members or caregivers, do not have enough knowledge of difficulties that are cause by functional disabilities for example communication problems, and are unable to tackle difficult situations, that can be resolved with the use of music. Being patient, knowing that the elderly person is not in a good mood and could give him/her time. The caregiver can come later when the situation is calm to assist the elderly person with functional disabilities. It is important to give priority to the elderly persons wishes whenever possible and always try to see if it is necessary to follow the time schedule or you could be more flexible. Regular music leisure activities can have long-term cognitive, emotional and social benefits and could therefore be utilized in care and rehabilitation (Särkämö et al.2014)

5.5 Ways of minimizing the barriers to music interventions within elderly care

Geronomes, nursing staff, caregivers, when it comes for the training or experience in interventions, identification of psychosocial deficits, and appropriate responses to depressed or cognitive impaired elderly persons. Professionals can give important educational opportunity for elderly persons to learn about their medication use, nutrition, sensory stimulation, and how to maintain personal care within the limits of an illness or physical disability. (Erwin, 1996, p.11)

Non- pharmacological interventions like music is normally easy and safe to use. Music interventions can reduce medication, for example music interventions can be a pain relief for elderly person with chronic osteoarthritis pain, and this could be considered as an effective nursing intervention for those elderly persons with chronic pain. (McCaffrey & Freeman, 2003, McCaffrey & Locsin,2006) Listening to music has been seen to reduce acute and chronic pain (Villarreal et al. 2012, Kwon et al.2006)

According to Gill and Englert(2013) there was a recommendation that non-pharmacologic method, as the use of individualized music intervention, should be the first line approach when it comes to the difficulties in managing difficult care situations.

6 METHODOLOGY:

This study is a literature review and it seeks to summarize the available amount of literature that relates to a given or particular topic. (Aveyard, 2010). A research question was formulated, and then the following steps were done: a. finding relevant literature, b. assessing its quality, c. focusing on relevant data in the scientific articles, and d. analyzing this data to finally find new knowledge. The importance of literature reviews is that the new insights can be developed by the re-analyzing the results of the study. (Aveyard 2010, p.5-7)

Data Collection:

The study information was gathered from secondary source since that author used literature review from existing research articles. The author did content analysis and Content analysis is defined as a research technique for collecting and interpreting materials, from valid sources from journals, books and articles to the content of their use. (Krip-

pendorff 2004) Literature review was done with all the articles selected and journal found about the author's field. A literature review is used to identify captivate on and classify a scope of qualified journals, books, articles and web-based possessions and it summarizes the recognition of specified research questions. Electronic search engines were used to web-search by Library of Arcada, Remote access to Nelli, on EBSCO, SCIENTIFIC DIRECT and GOOGLE SCHOLAR. It is elaborated more on the search terms below under the table 3 and it is then summarized on table 4 on the electronic search process.

6.1 Inclusion Criteria:

The articles and scientific articles that are included here will answer the research questions and distribute to a literature review of good quality. Table 1 will show a summarization the articles have to be relevant to the research topic, available in full text and peer reviewed. The criteria of selection will include articles from year 2005 – 2014, but after the initial search, it became that this criteria, showed scientific articles published in this manner were limited. The decisions was to search and get scientific articles and have good results to the research questions. The author excluded the article that were not peer reviewed, unavailable on full text, or written in different language then English, and looked at the articles that had abstract, method, results and connected to the research question.

Table 1: List of inclusions criteria

Articles written in English
Articles available in full text
Articles with abstract, aim, method and results
Peer reviewed, scientific articles published in subject and relevant journals
Free of charge articles

Data Collection:

The author started to used data bases that were electronically used in Arcada Library. Table 3 will show the different words used at the data base.

Table 3: The summary of search terms: these are just a few, and the rest are summarized on Table 3 below.

Search terms
Music, well-being, elderly people
Caregiver, singing, dementia care
Music, sleep quality, older adults

The search terms were combined in different variations and typed into electronic data bases that accessed scientific articles. the search terms were narrowed down in order to get few articles so as to minimize the findings.

. Database suitable used was

EBSCO, Scientific Direct, Google Scholar. By searching articles electronically it was possible to find suitable scientific articles.

Fourteen articles by total were collected for data analysis to provide answers to the re- search question and the final result of electronic search is presented on Table 4. One ar- ticle was chosen because its relevance connected to long-term illness although the age of the subject they were not elderly over 65 years of age.

Table 4: The summary of electronic search process

Data base	Search terms	Total num- ber of hits	Articles cho- sen
EBSCO	Singing TI, caregivers TX, el- derly TX	4	3
EBSCO	Music, psychological, elderly	99	1
EBSCO	Caregiver TI, singing TX, de- mentia care TX	6	1
EBSCO	Music TI, sleep quality TX, older adults TX	18	1
Scientific Direct, Advance search	Caregiver FULL TEXT, singing FULL TEXT, dementia care FULL TEXT	24	2
EBSCO	Music programme TITLE,	1	1

	problem behavior FULL TEXT, dementia TX		
EBSCO	Music FULL TEXT, misuse FULL TEXT, medication FULL TEXT	366	1
EBSCO	Music FULL TEXT, depression FULL TEXT, older adults FULL TEXT	44	1
Scientific Direct	Effectiveness music, reducing depressive symptoms	844	1
Google Scholar	Benefits of music participation for seniors citizens	68,0000	1
Google Scholar	Singing background music and music events in the communication between persons with dementia and their caregivers	696	1

Ethical consideration:

The author read through the Arcada scientific guidelines and understood the rules and regulations that were to be followed according to the guidelines. The author also read the Helsinki declaration concerning ethics in human research, and the knowledge was well applied in this project. The articles used and the knowledge found was also well cited and the sources were well known in the study.

Reliability and validity:

Reliability is the ability of a system on a component to perform its required functions consistently (Kumar 2008). In this study, stability of the study outcomes and the tendency that same data is produced over again by different authors. This means that the other studies can rely on the data produced by this study.

Validity refers to the extent in which the research method used in this study measure the set out to be measured at the beginning of the study. (Kumar, 2008). The study being a literature review, as long as the articles were reflecting on the topic and were used to answer the research question with support the validity of the study. The data used to de-

velop this study was chosen carefully putting in mind the research questions. The articles chosen were directly related to the subject matters of the study.

Results of data collection:

In table 5 the results of data are presented. In total fourteen articles could be retrieved that suit the inclusion criteria. All chosen article are qualitative studies. The method used in the articles were observation, questionnaire, singing, playing a piano, recreational music making, purposive sampling technique, and combinations of these. The articles were listed in numbers according to the author and a main summary of the article given. The summary of the scientific articles was put in an alphabetical order, according to the author’s name. It is presented on Table 5, below.

Table 5: Presentation of the data collection:

Nr.	Author and year	Participants	Interventions	Results of the music interventions
1	Batt- Rawden K.B., 2010 The benefits of self-selected music on health and well-being	People from age 34-65 with long-term illness	Exploratory approach- Ethnographic interview	Shows the benefits of self-selected music in everyday life.
2	Chan M. (2011) The effectiveness of music listening in reducing depressive symptoms in adults.	People from 18 yrs to 95 years of age	A systematic search/review	Music listening over a period of time helps to reduce depressive symptoms in the adult population.
3	Chang et al. 2010 The effect of a music programme during lunchtime o the problem behavior of the older residents with dementia at an institu-	31 participants	Purpose sampling technique/ Quai-experimental design	Music programme reduced ,significantly physical and verbal aggressive behavior among the older residents with dementia

	tional in Taiwan			
4	Eells K(2013) The use of music and singing to manage anxiety in older adults	30 older adults	A literature review	Music and singing are effective in reducing anxiety levels in older adults, in a variety of settings, and are generally beneficial to their health, wellbeing and quality of life.
5	Götell E. (2009) The influence and background music on vocally expressed emotions and moods in dementia care	9 people with dementia and 5 professional caregivers	Qualitative content analysis	The presence of background music and caregiver singing improved the mutuality of the communication between caregivers and client, creating a joint sense of vitality.
6	Hammar (2010) The impact of caregivers singing on expressions of emotion and resistance during morning care situations in persons with dementia	Two nursing homes, 12 people with dementia, 10 professional caregivers	Observation	Resistant behavior such as pull away, grab object and adduction were significantly reduced under the intervention of situation
7	Hammar (2011) Communication through caregiver singing during morning care situations in dementia care	12 persons with dementia	Qualitative content analysis	People with dementia and their caregivers to successful interact and co-operate during caring situations.
8	Hays.et al, 2005) The meaning of music in the lives of older people	52 older Australians	Qualitative study	Music helped to maintain positive self-esteem, independent, and avoid isolation or loneliness
9	Lai H. (2006) Music	60 Persons, age 60-	Short portable	Music resulted in significantly

	improves sleep quality in older adults.	83 years	mental status Questionnaire	better sleep quality in the experimental group. Sleep improved weekly, indicating a cumulative effect.
10	Laukka (2006) Uses of music and psychological well-being among the elderly	500 persons btw age 65 and 75	Questionnaires	Listening to music is a common leisure activity encountered in many everyday situations, and also a frequent source of positive emotions for older adults.
11	Lee et al.(2010) Effectiveness of music intervention in the quality of life of older people	31 music group and 35 in controlled group	A randomized controlled trial design	Quality of life improved weekly in the music group, indicating a cumulative dose effect, and statistically significantly better quality of life was found over the time in each subscore for those in the music group compared with the controlled group.
12	Lehmberg (2010) Benefits of music participations for senior citizens.	Senior citizens	A review of literature	Active music making has a positive effect on quality of life, physical and mental well-being, including, lessening of stress, pain, and medication usage.
13	Sung et al. 2006 The effects of group music with movement intervention on agitated behaviors of institu-	36 institutionalize elders with dementia	A randomized controlled trial	Agitated behaviors were significantly reduced in the experimental group

	tionalized elder with dementia in Taiwan			
14	Sung et al (2011) Exploring nursing staff's attitudes and use of music for older people with dementia in long-term care facilities	285 nursing staff	Self-administered questionnaire	Most nursing staff held positive attitudes towards use of music with dementia in practice.

7 CONTENT ANALYSIS:

Content analysis is inserting a meaning and clarifying of possessed materials, either from articles or books. This can be completed by finding points to come up with a productive meaning. (Krippendorf, 2004) It is also an arrangement that acknowledge theoretical understanding and explanation of data over a deductive or inductive method.) Deductive content analysis was used for this study the reason is, the research was re-examining an actual ability into a new situation. In deductive content analysis, systematic findings are based on three fundamental things: actual concept, earlier study and experienced knowledge on the theme to be analyzed. (Elo & Kyngäs,2008).The articles were read carefully in order for the author to understand the scientific articles in detail. Then the author when reading looked for connected words that can be grouping according to topic and to be categorized during the results. The author also had the term elderly person that includes for persons with dementia and other chronic illnesses. It is good to understand an elderly person as a whole person and find strength despite illnesses and disabilities. After finding the connection of words the author then looked for the situations where music intervention is used, then the benefits of music intervention , the different types of music interventions and the barriers of music to caregivers, the effect of music interventions to elderly persons and its importance to the everyday lives elderly care.

7.1 Problems encountered in the studies:

It would of been more easier to give useful information from some of the articles if there would of been more detailed description of the music interventions and how and in which situation that the music interventions were done.

8 RESULTS

In this chapter of the thesis the author, through analyzing the 14 articles, tries to show how researchers have minimized the barriers to music interventions in everyday care.

After the selection and consideration of the data the following two chapters were formulated to introduce the results of the research question: What are the effects of music intervention by caregivers for elderly persons in elderly care? The chapters where, the effects of music interventions to elderly persons, and the importance of music interventions in situations with elderly persons at an elderly care.

8.1 Effects of music interventions to elderly persons:

Music intervention according to the author is using music with the hope to bring positive experiences and effects to elderly and caring situations in elderly care. Therefore finding strength in elderly and caregivers.

8.1.1 Managing anxiety to elderly persons:

Music can reduce anxiety and create mood change in a positive way. (Lee et al ,2010).

Music and singing are effective in reducing anxiety levels in older adults, in a variety of settings, and are generally beneficial to their health, wellbeing and quality of life. (Eells , 2013) This in elderly persons could increase risk of disability, memory impairment, and social isolation and reduced quality of life. (Sung et al.2011)

In the study according to Lee et al. (2010). There is an emotional function of music intervention to elderly persons. People, who have decreased levels of well-being, have a higher risk of functional deterioration and mortality. Music listening can decrease depression and stress levels. According to Lee et al. It was found out there was a huge development in the condition for music intervention over the line of study.

8.1.2 Improving the well-being and quality of life of elderly persons

In the study of Hays and Minichiello (2005) , music participation can increase the well-being that is contributing to good health. Music participation was central to elderly persons overall quality of life, which entailed positive self-esteem, feelings of competence and independence. From music participation in the form of active music making, the evidence in the senior citizens who participated actively, there was a benefit of physical, psychological and social. According to Hays & Minichiello (2005) , music brought joy and was enjoyable to the senior citizens and gave a coherence in life "keep life going". Another benefit of music participation for elderly persons is compounded by interaction with each other and length of participation. The benefit "provides sense of community and belonging." (Hays &Minichiello,2005)

In addition, these benefits have been shown to be continuous over an extended period of time in which elderly persons participate in music, suggesting that elderly persons who participate in music for a lifetime may receive more and deeper positive benefits than those who only participate for a short period of time. (Lehmberg & Fung, 2010). Many benefits elderly persons receive through active music participation clearly appear to have a positive relationship to physical and psychological health, as well as sense of social well-being, and these have been identified in literature and research as major component of quality of life. If elderly persons would have opportunities to be active participation in music intervention it would improve their well-being.

8.1.3 Improving psychological well-being of elderly persons

Music can help elderly persons to self acceptance, have positive relations, have autonomy, environmental mastery, have a purpose in life and have personal growth.

Self- acceptance: is when a person has positive attitudes towards oneself. It is the acknowledgement and acceptance of multiple aspects, including good and bad qualities. It is a positive feeling about the past life.

Positive relations with others refer to warm, satisfying, trusting relationships with others. It is the capability of strong empathy, affection and intimacy. It is understanding of the give” and take” of human relationships.

According to Laukka, (2007), autonomy refers to individual and self-determining and independence. It is the ability to resist social pressures to think and act in certain ways. It is regulations of behaviors from within. It is the evaluation of self by personal standards.

Environmental mastery is the sense of mastery and competence in managing the environment. It is the controlling of complex array of external activities. It is how individual make effective use of surrounding opportunities contexts suitable to personal needs and values.

Purpose in life refers to a person’s goals in life and a sense of directedness. It is the feeling that there is a meaning to present and past life. It signifies that a person holds beliefs that give life purpose. It refers to the occurrence of aims and objectives for living by a person.

Personal growth is the feeling of continued development. A person must see self as growing and expanding. It is openness to new experiences. It is the sense of realizing one’s potential. A person sees improvement in self and behavior over time. It is the changes in ways that reflect more self-knowledge and effectiveness. (Laukka, 2007)

8.1.4 Improving Communication with elderly persons

Communication is a two way street, between a listener and a speaker. Non-verbal exchanges including body movements, eye contact and eye movements are very important when it comes to communication. According to Hammar,(2011) the problematic behaviors were reduced and a successful interaction between a caregiver and elderly persons with functional disabilities became positive through music intervention (Hammar, 2011) Music intervention greatly improved the communication process making it more mutual between a caregivers and elderly persons and it created a good relationship. With caregiver singing and background music playing, elderly persons seemed to be more energized, more cognitive aware, and more responsive to the caregivers, and there was also a lightness of spirit. This will help elderly person’s ability to express and enhance positive emotions and moods. (Götell et al. 2009)

When it comes to music listening it increases relaxation. Music and singing are considered to have strong impact on human emotions. Such an effect has been demonstrated in care giving contexts with elderly persons. Music helped the caregivers to improve the elderly persons ability to express positive emotions. The moods were reduced behavioral problems and elicit a sense of being strong and active to the elderly persons and improve their quality of life. (Götell et al.2009).

Laukka, 2007, suggested that listening to music was found to form part of many everyday activities, represented a frequent source of positive emotions and was positively related to psychological and positive well-being. There was also social function when it comes to music intervention. Music can reduce anxiety and create mood changes, promote communication that can be restored or renewed between people, family and staff members and improve flexibility. Other research has demonstrated that music can help social interaction for elderly physically fragile persons. (Lee et al.2010) It was determined that music intervention is an efficient approach for diminishing depression, build up social contact, and establishing self-confidence. Kwon discovered that musical perception could be maintained even if the persons has severe cognitive disabilities (Lee et al.2010)

8.1.5 Individualized and preferred music of the elderly persons:

The most important thing to think about when it comes to listening to music is that the music should be preference of the listener so as to have the positive emotions and be able to listen to the music requested, rather than caregivers putting any type of music that the residents might not like. Music listening has an effectiveness of reducing depression symptoms if a person with memory problems has a symptom of it. In order for the music to reduce depression it should be played over a period of time, so time is a very important matter when it comes to music listening. (Chan, 2011)

8.1.6 Physical function

Listening to music can increase physical functioning through the increase motivation to exercise. As a basic element of music, rhythm has physiological attributes the control of movement. Thus, the use of music could enhance repetitive exercise training, therefore

improving physical functioning. A sense of being strong and active, music can enhance physical rehabilitation in older persons who have had stroke. This indicates that music can bring enjoyment during exercise programmes and it could facilitate adherence to the music interventions (Lee et al.2010)

8.2 The importance of music interventions to the situations in elderly care:

8.2.1 Music intervention improves playfulness:

The result shows that listening to music was a common and highly valued leisure activity for elderly persons. Music is encountered in many situations and accompanied many aspects of elderly person's lives. The results indicated that some listening strategies may be more associated with well-being than others. (Laukka, 2007)

Caregiver singing has a positive influence to the persons with memory problems; it increases the communications between caregivers and elderly persons. The background music increases playfulness and behavior problems decrease, and this will help caregivers to have a calm environment to work on, and that will bring efficiency to the working environment (Götell, 2009) This effectiveness of music movement helped agitated behaviors to be reduced of elderly persons in elderly care. (Sung et al.2006)

8.2.2 Reduce chronic pain among elderly persons

According to Lee et al (2010) Music intervention such as listening to music can reduce chronic osteoarthritis pain in elderly persons. Studies have demonstrated that music can reduce perception of pain and foster relaxation. Relaxation and distraction techniques reduce muscle tension surrounding the injured area. Since listening to music promotes positive outcomes in affect and attention, it is likely music will relieve the physical pain of osteoarthritis.

The power of music may help people with chronic illness to live as normally is possible or even activate or reactivate. Music can have high quality if approached by any kind of people and it can be highly individual. Music's power is to sustain or maintain the rela-

tionship between mind, body soul and spirit is experienced through sense of wholeness or sense of coherence. (Batt-Rwaden, 2010)

8.2.3 Music intervention reducing challenging behaviors due to unmet needs:

Music intervention could be a way of reducing challenging behaviors and remove stress on the situation at the elderly care. (Sung et al. 2006) Unmet needs like thirst or hunger could cause agitated behaviors to clients and may also cause troubles to the caregivers. The effect of music intervention involves a decrease in the range of challenging behaviors including, aggression, wandering, repetitive vocalizations and irritability (Chang et al, 2010)

8.2.4 Less medication for good sleep to elderly persons

Sleeping is a very important when it comes to the quality of life, for elderly persons and all people, in general. Music can improve shorter sleep latency, greater daytime function and longer sleep duration. Soft slow music is used as therapeutic care giving that can help to reduce pain and induce relaxation , heart and respiratory rates and blood pressure and also help sleep quality in community of elderly persons. Music is pleasant and safe and can be used as a therapy for insomnia (people who have difficulties in sleeping) (Lai, 2006)

Some elderly persons use music instead of medication for good sleep. If music can become a self-prescribed remedy or cure to cope with such circumstances of getting sleep, it is precisely what seems to work to enable people to “survive” and endure, instead of using sleeping medication. In this respect music has a survival value and this is good skill knowledge to be used in elderly care. (Batt-Rawden, 2010)

Music intervention minimizing sleeping medication can also be seen on the author's case study Case 1 (Pg.7)

8.2.5 Music intervention during lunchtime

Music is a very important part when it comes to elderly people it has a big effect on the physical and verbal problem behavior among elderly persons with mental disorder can

reduce. The use of music intervention can help caregivers to spend more time with the elderly persons and get to know the client better. (Chang et al.2010)

The study of Chang et al.(2010) furthermore due to the nurse's opinion, the music interventions saved time, during meals in a positive way. The results presented here can serve as a reference for the among the elderly persons as a part of clinical practices.

Effects of music are to maintain well-being that can express spirituality for religious elderly persons, and bring independence for the elderly persons. Music can reduce stress, and that will do reduce loneliness and social isolation; this will bring good quality of life to elderly persons. (Skingley, 2010)

The author's the Case study 2 can be applied here, since it was also during meal time situations. (p.7)

8.2.6 Music therapeutic care giving

Resistance is a commonly expressed behavior by the elderly persons during care giving. Music therapeutic care giving (MTC) reported that resistant behaviors decreased while the engagement increases when the elderly persons played instruments or listened music or sing, this increased the positive emotions. The variable pleasure included, singing, whistling, smiling and laughing and this increased significantly during music therapeutic care giving (Hammar, 2010)

When it comes to caregiver singing the negative emotions such as anger, sadness and anxiety normally do decrease and the positive emotions such as singing, whistling, smiling and laughing do increase at a big percentage making elderly persons happy and hence give positive impact. (Hammar,2010)

There is a huge influence for caregivers singing to elderly persons in institutional care; it helps participants to achieve happiness, contentment, satisfaction and peace. This is very important to make sure elderly persons are happy. (Lehmberg & Fung, 2010)

9 DISCUSSION

Music is widely used as an adjunct to a number of non-medical treatments such as bio-feedback, hypnosis, meditation, psychotherapy, exercise, diet and imagery. Music has helps to avoid using medication, meaning if you get involved with music you tend to

forget aches and pains, they tend to disappear and if you do get the right kind of music, it will solve many problems. When you are also depressed, music is the best medicine there is then opposed to using pills. Music has also been helpful for clients with burning injuries.(Batt-Rawden,2010).

In the study of Batt-Rawden (2010), music can transform a situation and provide realities where individuals can imagine reflect and reset difficult life situations, while helping to work out grief or sorrow times. Music has been viewed by different professionals as an intervention in curing illness and disease. In some cultural music making and dancing are more commonly used to renew strength empower togetherness, create happiness and cure illnesses or diseases.

Music has helped elderly persons out of isolation, it has also helped them to gain new friends and enrich the elderly person's lives through partaking in musical activities, enabling them to avoid medication. Music can help promote health by self-actualization, self-care or self-development. (Batt-Rawden, 2010)

A compelling body of research demonstrates that music continues to offer powerful potential for enhancing health and well-being in old age. On the studies it was found that music intervention with movement intervention has a significant impact on reducing occurrence of agitated behaviors of institutionalized elderly persons. Music with movement intervention is relatively inexpensive and easy to implement, and shows potential alternatives strategy to minimize the use of chemical and physical restraints for managing agitation in elderly persons. (Sung et al. 2006)

Music greatly improved the communication process, making it more mutual. In addition, the elderly person with functional disabilities seemed more energized, more cognitively aware, and more responsive to the caregiver. With background music, the elderly persons in care could show a lightness of spirit that was not generally seen in the absence of music. (Götell et al.2009)

Music interventions has helped elderly persons with sleeping problems, have better perceived sleep quality and less daytime dysfunction. When music is used in sleeping times it helps elderly persons to have less medication (sleeping tablets) and this could be another source of helping them to sleep well without medication use (Lai, 2006).

Music has also been seen to improve the elderly persons psychological wellbeing, such as an elderly persons to know oneself, to have positive relations with others that can improve social contact, autonomy that is for an individual to self-determining and have

independent, to be an environmental mastery, to make effective use of surrounding opportunities, to have a purpose in life, that is the feeling that there is meaning to present and past life and lastly to have personal growth, an openness to new experiences, it is realizing one's potential, a person's sees improvement in self and behavior over time. (Laukka, 2007)

Music intervention have been able to reduce anxiety in elderly persons that could cause the increase in physical disability, memory impairment, social isolation and this could affect the quality of life. Music intervention is really needed in elderly persons live in order to increase the quality of life. (Sung et al.2011) Music participation could increase the wellbeing that will contribute to the good health of elderly persons, which will entail positive self-esteem, feeling of competence and independence. (Hays & Minichiello,2005).

10 CONCLUSION

To conclude one may say, music opportunities should be available for various age groups throughout the entire lifespan to ensure continuous opportunities in music. This could lead to better quality of life for more people. Music is able to reduce the degree of problem behavior and this will improve the workload during different situation of the daily routines of institutional care.

The benefits of selected music in everyday life, it examines how elderly persons with chronic illness use music in their lives and its perceives benefits to their well-being.

Also caregiver singing and background music during elderly persons with functional disabilities caring can in most situations influence caregivers and elderly persons with severe functional disabilities to vocally express positive emotions and moods and elderly persons clients with behavioral problems.

The effectiveness of soft slow music can be used as a therapeutic care giving on sleep quality elderly persons. Music is pleasant and safe way and it can be used therapeutically for insomnia in older people. Music and singing has the benefits to the health and wellbeing of older people. Singing is also widely enjoyed as means of expression across all cultures and geographical regions, which makes music therapeutic care giving a method that can be implemented globally.

More support is needed from managers of long-term care facilities for nursing staff to implement music therapeutic care giving at work places, such as equipment's needed for implementing music and incentives to encourage nursing staff's willingness to develop and implement music therapeutic care giving to elderly persons. The nursing staff's attitudes and expectations about music may influence their desire to use and implement music and it could further contribute to its impact on their elderly persons. Music therapeutic care giving (MTC) can be put into the daily routines activity programmes to improve the quality of life of care provided by the nursing staff for those elderly persons with dementia and also for long term care facilities as well. Music listening is an effective nursing intervention that can be used to decrease acute postoperative confusion and delirium in elders undergoing elective hip and knee surgery. Music is effective in calming persons who have agitated behaviors. Music can increase the elder's person's sense of comfort in a discomfoting situation and making them feel more in control of their surroundings during hospitalization in long-term facilities. Nursing staff also felt calm every time when they went into rooms where the music was playing. When working with elderly persons, the use of music can help healthcare professionals give compassionate, affordable health care for elderly persons while increasing their quality of life. Advocating for non pharmacologic interventions are important such as music, exercise and other meaningful activity.

Live music performances may improve the participation and mental well-being of elderly persons residing in nursing homes, and have the potential to better a quality of life for any individual . This could lead to human contact, better communication, more positive emotions and improve the relationships between a caregiver and an elderly person.

10.1 Future research recommendations

There is a need of more research on the use of music in institutional and home care of the lives of elderly persons, so as to increase the quality of life of elderly persons. Music should be incorporated into the daily care regimes of nursing home residents and not limited to mealtimes. Music in general can be a powerful medium for empowering and enabling participation in society. If nurses were skilled in the use of music as a pain reduction therapy, this would increase the ability of the pain management team to reduce chronic pain effectively in elderly persons. This is a non-pharmacological, non-invasive,

and portable method of pain reduction that nurses can use when treating elderly persons with chronic osteoarthritis pain. Since listening to music is easily be used in community settings, it can be considered an effective nursing intervention. Educational training on how to use singing as a tool for caregivers to interact with elderly persons during daily situations in care giving. Music therapeutic care giving indicates an advantage over the kinds of music intervention because it requires no special equipment other than the singing voice. Music therapeutic care giving should be encouraged to elderly persons with functional disabilities to be active participants by joining the singing, hum along or whistle, clap hands, instead of being passive listeners the elderly persons could be active listeners.

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APPENDICES

Table 1: List of inclusion criteria

Articles written in English
Articles available in full text
Articles with abstract, aim, method and results
Peer reviewed, scientific articles published in subject and relevant journals
Free of charge articles

Table 3: The summary of search terms

Search terms
Music, well-being, elderly people
Caregiver, singing, dementia care
Music, sleep quality, older adults

Table 4: The summary of electronic search terms

Data base	Search terms	Total number of hits	Articles chosen
EBSCO	Singing TI, caregivers TX, elderly TX	4	3
EBSCO	Music, psychological, elderly	99	1
EBSCO	Caregiver TI, singing TX, dementia care TX	6	1
EBSCO	Music TI, sleep quality TX,	18	1

	older adults TX		
Scientific Direct, Advance search	Caregiver FULL TEXT, singing FULL TEXT, dementia care FULL TEXT	24	2
EBSCO	Music programme TITLE, problem behavior FULL TEXT, dementia TX	1	1
EBSCO	Music FULL TEXT, misuse FULL TEXT, medication FULL TEXT	366	1
EBSCO	Music FULL TEXT, depression FULL TEXT, older adults FULL TEXT	44	1
Scientific Direct	Effectiveness music, reducing depressive symptoms	844	1
Google Scholar	Benefits of music participation for seniors citizens	68,0000	1
Google Scholar	Singing background music and music events in the communica- tion between persons with de- mentia and their caregivers	696	1

Table 5: Presentation of the data collection

Nr.	Author and year	Participants	Intervention	Results of the music interven- tions
1	Batt- Rawden K.B., 2010 The benefits of self-selected music on health and well-being	People from age 34- 65 with long-term illness	Exploratory approach- Ethnographic interview	Shows the benefits of self- selected music in everyday life.
2	Chan M. (2011) The effectiveness of music	People from 18 yrs to 95 years of age	A systematic search/review	Music listening over a period of time helps to reduce depres-

	listening in reducing depressive symptoms in adults.			sive symptoms in the adult population.
3	Chang et al. 2010 The effect of a music programme during lunchtime on the problem behavior of the older residents with dementia at an institutional in Taiwan	31 participants	Purpose sampling technique/ Quai-experimental design	Music programme reduced ,significantly physical and verbal aggressive behavior among the older residents with dementia
4	Eeles K(2013) The use of music and singing to manage anxiety in older adults	30 older adults		Music and singing are effective in reducing anxiety levels in older adults, in a variety of settings, and are generally beneficial to their health, wellbeing and quality of life.
5	Götell E. (2007) The influence and background music on vocally expressed emotions and moods in dementia care	9 people with dementia and 5 professional caregivers	Qualitative content analysis	The presence of background music and caregiver singing improved the mutuality of the communication between caregivers and client, creating a joint sense of vitality.
6	Hammar (2010) The impact of caregivers singing on expressions of emotion and resistance during morning care situations in persons with dementia	Two nursing homes, 12 people with dementia, 10 professional caregivers	Observation	Resistant behavior such as pull away, grab object and adduction were significantly reduced under the intervention of situation
7	Hammar (2011)	12 persons with	Qualitative	People with dementia and their

	Communication through caregiver singing during morning care situations in dementia care	dementia	content analysis	caregivers to successful interact and co-operate during caring situations.
8	Hays.et al, (b.2005) The meaning of music in the lives of older people	52 older Australians	Qualitative study	Music helped to maintain positive self-esteem, independent, and avoid isolation or loneliness
9	Lai H. (2006) Music improves sleep quality in older adults.	60 People	Short portable mental status Questionnaire	Music resulted in significantly better sleep quality in the experimental group. Sleep improved weekly, indicating a cumulative dose effect.
10	Laukka (2006) Uses of music and psychological well-being among the elderly	500 persons btw age 65 and 75	Questionnaires	Listening to music is a common leisure activity encountered in many everyday situations, and also a frequent source of positive emotions doe older adults.
11	Lee et al.(2010) Effectiveness of music intervention in the quality of life of older people	31 music group and 35 in controlled group	A randomized controlled trial design	Quality of life improved weekly in the music group, indicating a cumulative dose effect, and statistically significantly better quality of life was found over the time in each sub-score for those in the music group compared with the controlled group.

12	Lehmberg(2010) Benefits of music participations for senior citizens.	Senior citizens	A review of literature	Active music making has a positive effect on quality of life, physical and mental well-being, including, lessening of stress, pain, and medication usage.
13	Sung et al. 2006 The effects of group music with movement intervention on agitated behaviors of institutionalized elder with dementia in Taiwan	36 institutionalize elders with dementia	A randomized controlled trial	Agitated behaviors were significantly reduced in the experimental group
14	Sung et al (2011) Exploring nursing staff's attitudes and use of music for older people with dementia in long-term care facilities (added)	285 nursing staff	Self-administered questionnaire	Most nursing staff held positive attitudes towards use of music with dementia in practice.