

Efficacy of music therapy on stress reduction among spinal cord injury patients.

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Abstract:

Introduction: Managing the spinal cord injuries involve immobilization of the fracture site and realignment of any dislocation. The effects of immobility are systemic and functional, no body system is immune to the effects of immobility such as inflammation, reduced function, and contractors and muscle atrophy. For a number of years it has been recognized, that post traumatic stress disorder (1980) which can affect people who have experienced any serious accident or trauma. **Objective:1.** To Assess the level of stress in spinal cord injury

patients.2.Play pre-recorded, selected instrumental music in 'Nilambari Ragam' 3.ToFind out the efficacy of music as a means of diversional therapy in stress reduction.

METHODOLOGY: A quasi experimental approach was selected to conduct the study among 35 male patients who are suffering with spinal cord on the fifth day of the

admission, without complications at the paraplegic unit of orthopaedic department, Government General Hospital, Chennai. Samples were selected by convenience sampling technique. The study was conducted in the paraplegic wards of the orthopaedic department of Government General Hospital. **RESULT:** It shows that the 't' value 35.96 is highly significant at 0.01 level. It indicates that the music therapy significantly created an impact to reduce psychological stress level among patients with spinal cord injury.

CONCLUSION: Music therapy significantly reduced the overall psychological stress level of the patients with various age, education, occupation, income, marital status, types of family they live, duration of injury and level of injury. Similarly music therapy reduced the physical parameters, like systolic pressure and diastolic pressure and further it increases the oxygen saturation level which was low. Moreover the music therapy reduced the physiological- stress signs among the spinal cord injury patients.

KEYWORDS: Music Therapy, stress, spinal cord injury, stress reduction