

THESIS TITLE : THE EFFECT OF MUSIC THERAPY ON REDUCTION OF STRESS IN
PATIENTS WITH VENTILATOR VIA ENDOTRACHEAL TUBE.

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ABSTRACT

This study was Quasi-experiment research. The purpose of the study was to determine the effect of music therapy on reduction of stress in patients with ventilator via endotracheal tube. The conceptual framework for this study was based on the philosophical idea which describes the interconnectedness of the body and the mind. This framework was used to explain the psychophysiological stress in human (Guzzetta, 1979) and the concept of music therapy (Cook, 1986).

The sample of 36 adult post operative patients with ventilator via endotracheal tube , who admitted to the Surgical Intensive Care Unit within 24 hours in Buddachinaraj Hospital Phitsanuloke during Febuary - April 1994. The patients were randomly assigned into 2 groups : the control group who did not receive music therapy , and the experimental group who received the music therapy.

The music therapy was the program developed to employ soothing Thai music for 17 minutes , which in Taped record to be given to the patients twice a day at 6 hours interval. Using portable stereo cassette battery recorders with volume control by individuals with comfortable headphones. When the experimental patients were fully conscious and had stable vital signs they received the music therapy.

The instrument used in this study to measure anxiety was the State Anxiety Inventory (Spielberger , 1970). Those used to measure stress were heart rate, using stethoscope at apex in 1 minute , blood pressure, using the digital blood pressure meter model UA-732 , and finger tip temperature ,using the calibrated mercury bulb finger thermister .

Data collection was done for both groups twice, once before the experiment was given to the experimental group and the second was measured six hours later after listening to the last session of the music therapy. For the control group , pre testing measurement was collected when the patients had stable vital signs and the second measurement was collected six hours later.

The data were analyzed using program SPSS/PC+ of independent t-test.

Results of this study showed that:

1. The mean score of anxiety for the experimental group was significantly lower than that of the control group. ($p < 0.01$)
2. The mean score of finger tip temperature for the experimental group was significantly higher than that of control group. ($p < 0.01$)
3. The mean score of systolic blood pressure for the experimental group was significantly lower than that of the control group. ($p < 0.01$)
4. There were no significant differences in heart rate for the experimental and the control group. ($p > 0.05$)

From the results of the study, it could be concluded that, the music therapy could be used to reduce stress, as measured by anxiety score, finger tip temperature and systolic blood pressure but not heart rate measurement.