

The main purpose of this research was to study the effect of music on pain and distress in cancer patient. Quasi-experimental

research was implemented thirty cancer patients in the Seventy-two Building on sixth and seventh floor, Gynaecological Building on second floor and Urological Building on second floor. Each subject was assigned to both the control and the experimental groups and given the intervention by listened and not listened to the soothing music for 30 minutes. The instruments included the soothing music (cassette), cassette player with earphone, demographic data form, Johnson's pain and distress scales, pain behavioral record form and interview form. Data was analysed by using Paired t-test. The results were as follows:

1. Levels of pain intensity in cancer patients listening to the music were statistically less than cancer patients those not listening the music. ($p < .001$)

2. Levels of distress intensity in cancer patients listening the music were statistically less than cancer patients those not listening the music. ($p < .001$)

According to the results, the researcher suggests that the distraction by listening music technique should be administered for cancer's patients in chronic pain and distress in order to lesson pain intensity and distress. For further study, the replicated study should be done in the patient with severe pain.