Cancer's pain is one of the most painful and distressful experience encountered by patients. At present, we have no effective measure to completely eradicate chronic cancer's pain without its reoccurence. The negative impact of cancer's pain always affects patients functioning capacity and thence loss of hope, anxiety and

fear. Moreover, this also affects the patient's social life and above

ABSTRACT

Effect of Music on Pain and Distress in Cancer

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all the family. Nurses are expected to use nursing care and available proven techniques to lesson degree of pain i.e. relaxation technique and distraction technique. Distraction technique by listen to the soothing music is an expecially effective strategies, which is an

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

independent role of nursing and not invasive to the patient.

research was implemented thirty cancer patients in the Seventy-two milding on sixth and seventh floor, Gynaelogical Building on second floor. Each subject was signed to both the control and the experimental groups and given the intervention by listened and not listened to the soothing music for 30 mutes. The instruments included the soothing music (cassette), essette 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.