THE EFFECTS AND COMPARISONS OF RECEPTIVE MUSIC LISTENING AND EXPRESSIVE MUSIC MAKING ON MOOD WITH WELL-ELDERLY ADULTS IN A CONGREGATE RESIDENTIAL SETTING

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ABSTRACT

BACKGROUND: Many older adults will experience symptoms of depression, stress, and anxiety and it is therefore important to consider mood. Research indicates that preferred music listening and expressive music making can positively change mood in older adults.
PURPOSE: The purpose of this research study was to investigate the differences between receptive music listening and expressive music making and their effect on participants' mood.
METHOD: 23 participants (N=23) from four different assisted living facilities were asked to attend three different treatment conditions on separate dates. Using the PANAS questionnaire, participants ranked their mood in both a pre- and posttest. At the conclusion of receiving all three treatments, participants were given qualitative questions about their exposure to music, the role of music in their lives, and about the study in general.
RESULTS: A 3x2x2 repeated-measures ANOVA test concluded that the Music Therapy condition had higher affect scores than the control. Regardless of condition, positive affect generally increased between pre- and posttest with all participants, but negative affect was not affected.
DISCUSSION: There were several limiting factors in this study including a low and convenient sample size. The qualitative data suggested that many participants viewed the music treatments to be a positive and enriching experience. Although it seems that music could be a valuable tool for improving mood in elderly persons, further research is needed to determine the specific differences between the effects of music listening versus expressive music making on mood.

HYPOTHESES

The researcher hypothesized the following:

1. Interacting with music (either listening to a performance or music therapy) will have stronger increases in positive affect than playing nonmusical games.
2. The music therapy treatment would elicit the greatest positive affect change compared to listening to a performance or playing nonmusical games.

METHODOLOGY

- There were 23 participants (Age: 60 – 90 years old) who were all ethnically White/Caucasian. 61% of the participants were women and 39% were men
- Each group of participants at each of the four facilities received all three interventions. Songs were selected based on the researcher's repertoire and client preference.
- These were the treatment conditions:
  1. Performance: *Receptive music listening*
  2. Music Therapy: *Expressive group music making*
  3. Control: *(Non-musical treatment, Bingo/cards)*
- The PANAS questionnaire (Watson, Clark, & Tellegan, 1988) was administered as both a pre and posttest form of mood measurement.
  - Participants rated each affect (negative and positive) on a scale of 1 (*very slightly/not at all*) to 5 (e*xtremely*)
- A debriefing questionnaire following the third and final intervention allowed participants to reflect on their experience in the study and significance of music

RESULTS

- A 3 (Treatment: Performance, MT, vs. Control) x 2 (Time of Test: Pretests vs Posttest) x 2 (Affect: Positive Affect vs. Negative Affect) repeated-measures ANOVA was run on the data. One participant's data were removed because they were a consistent outlier in the Negative Affect test scores. Due to the small sample size, alpha was set at .10 for this study.
- There was a marginally significant difference among the three interventions, Wilk's $\Lambda = .79$, $p = .098$. See Figure 1.
  - Affect scores were higher in the MT condition than the Control condition ($p = .043$) but not the Performance condition, $p = .68$.
  - The Performance condition was marginally higher than the Control condition, $p = .074$.
- Positive Affect scores ($M = 3.40$, $SE = .16$) were highly significantly higher than Negative Affect scores ($M = 1.09$, $SE = .03$), Wilk's $\Lambda = .09$, $p < .001$.
- Pretest scores ($M = 2.18$, $SE = .08$) were marginally higher than the posttest scores ($M = 2.31$, $SE = .09$), Wilk's $\Lambda = .83$, $p = .052$.

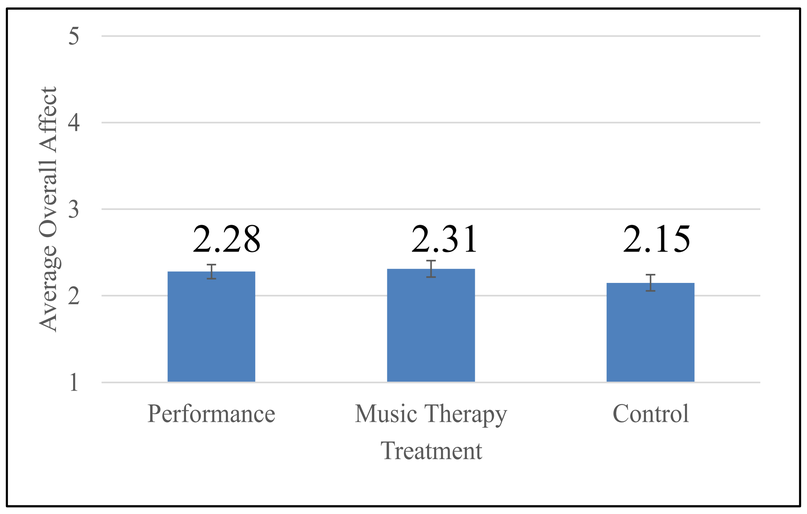

Figure 1. Means and standard deviations between interventions.

- The interactions between the treatment and the time of test (Wilk's $\Lambda = .95$, $p = .605$) and between the treatment and affect (Wilk's $\Lambda = .95$, $p = .605$) were not statistically significant.
- The interaction between the time of test and affect, however, was statistically significant, Wilk's $\Lambda = .80$, $p = .033$. Positive Affect scores significantly increased from pretest to posttest ($p = .032$), but Negative Affect scores did not change between the pretest and posttest, p = .556. See Figure 2.
- The three-way interaction among the treatment, affect, and time of test was not statistically significant, Wilk's $\Lambda = .84$, $p = .165$.

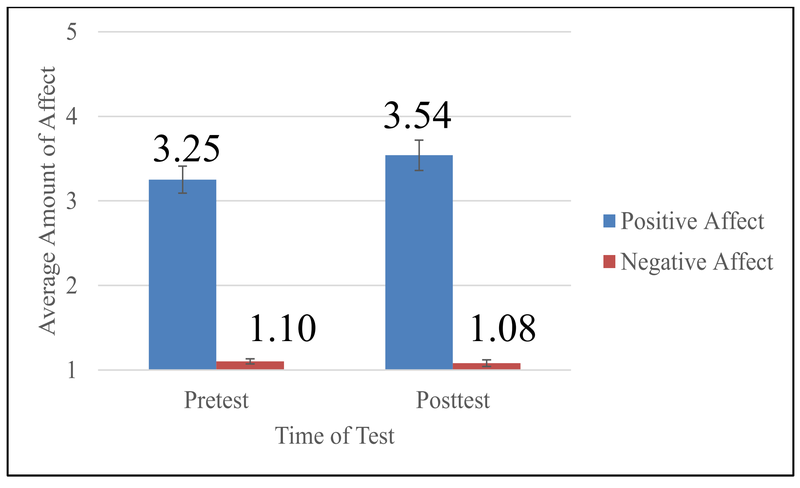

Figure 2. Means and standard errors of positive and negative affects as compared pre and posttest.

DISCUSSION & LIMITATIONS

- The results suggest that just spending time with well-elderly individuals in assisted-living facilities responded favorably to someone spending time with them. They also suggested that these individuals had stronger overall emotions in music therapy than in nonmusical games. Therefore, it can still be recommended that music therapists interact with these individuals because that time could be more meaningful to them than simply playing games.
- The results from this study indicate that live music presentations may lead to a heightened awareness of emotions and moods as well as an increase in social interaction and optimal arousal in both psychological and physiological states with group settings (Clair, 2014)

LIMITATIONS

- Convenience sample size (N=23)
- The cognizant ability of the elderly participants
- The participants' interpretations of the PANAS questionnaire
- The assistance provided by the facilities' staff
- The consistency of participants returning for all three condition treatments and lasting the duration of the study from start to finish

FUTURE RESEARCH

- The results of this study are congruent with Bailey's (2002) findings, who found that music does play an important role to seniors and their quality of life
- Music did appear to play a significant role in many of the participants' lives in this study and resulted qualitatively in a positive, enriching experience
- There continues to be a need for further investigation of the role music plays in that of elderly individuals' lives (Creech, Hallam, McQueen, & Varvarigou, 2013)

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