# The Music versus Laughter on depletion of Depression Among Old Age

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**ABSTRACT** Depression is common problem among older adults but it is not a normal part of ageing. Stress and psychological resources are the two important things which play a very crucial role in developing depression in older adults Depression and stress can happen to any of us as we age, but there are ways to boost how you feel and make your senior years healthy and happy

**Methodology**

In this study, the quasi experimental two group pre test and post test research design and simple random sampling techniques was used for selecting thirty samples from old age homes located in .Mehsana district

**Results**

The findings indicates that the mean difference score between the post test and pre test Depression scores was high in laughter group as compared to music therapy group. **Conclusion:** the study concluded that use of Laughter Therapy is more effective in decrease the Depression among Old age

**Keywords:** laughter therapy, Music therapy, Depression, Old age

**INTRODUCTION**: Like the changing seasons, life is full of changes. Change is inevitable in all aspects of our lives and it can be uncomfortable, stressful, painful and life-altering. Accepting and dealing with change in life is essential to our growth, enabling us to move forward, regardless of the circumstance.

People are living longer than ever before, and many seniors live active and healthy lives. However, as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age, and it is important to understand what to expect. This category includes news on the biology of aging, demographics, continuity of care, quality of life, care needs, longevity and lifestyle

## NEED FOR THE STUDY

Depression among the elderly is likely to increase in the coming years, with higher prevalence among the elderly than that in the general adult population. Among the community based studies in the elderly, the prevalence of depression ranged from 3.9% to 47.0% with higher rates among female and urban residents. Living alone, stressful life events, lack of social support systems, recent loss of a loved one, lower socioeconomic status and presence of co morbid medical illnesses are some of the risk factors for depression in the elderly.

A study by the World Health Organization ranked depression the fourth global burden of disease and found it to be the largest non-fatal burden of disease, with nearly 12% of total years lived with disability

## OBJECTIVES

1] To assess the depression level of old ages before and after the intervention

2] To administer laughter and Music Therapy to old ages

3] To find out the effectiveness of laughter therapy on depression of old ages

4] To find out the effectiveness of Music Therapy on depression of old ages

5] To determine the association between depression scores with selected socio demographic variables

## HYPOTHESES

$H_0$: There will be no significant effect of laughter therapy on depression of old ages

$H_1$: There will be significant effect of laughter therapy on depression of old ages

$H_0$: There will be no significant effect of Music Therapy on depression of old ages

$H_2$: There will be significant effect of Music Therapy on depression of old ages

$H_0$: There will be no significant difference between laughter and Music therapy on depression of old ages

$H_3$: There will be significant difference between laughter and Music therapy on depression of old ages

$H_0$: There will be no significant association between the post test depression scores of old ages with selected socio demographic variables

$H_4$: There will be a significant association between the post test depression cores with selected socio demographic variables

## METHODOLOGY

The quasi experimental Two group pre-test and post test design was adopted for this study. Simple random sampling technique was used to select the study samples from the old age home. Using the structured questionnaire, the demographic data of geriatrics were collected and the modified depression scale was used to assess the level of depression of old ages, the 15 study samples were given 30 minutes laughter therapy and another 15 samples were given Music therapy for the period of fifteen days then the post test was conducted to know the effectiveness of the laughter and music therapy among old ages. The finding were analysed by using the descriptive and inferential statistics.

## RESULTS AND CONCLUSION



**Graph-1. Distribution of samples of laughter groupaccording to level of depression**
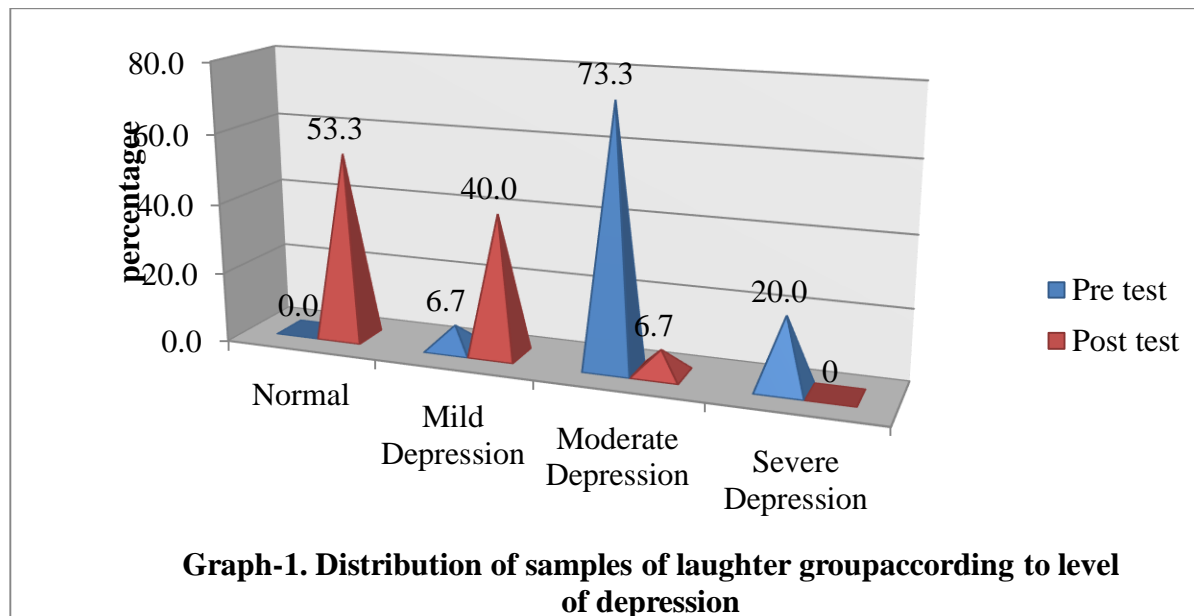
The Graph No.1 depicts that 6.7% of them the old age peoples in pre test of study showed Mild Depression, 73.3% of them were having Moderate Depression and 320% of them showed severe Depression but the Majority 53.3% of the old age peoples in post test of study were having no Depression, 40% of them showed Mild Depression, 6.7% of them was having Moderate Depression and none of of them showed severe Depression under Laughter Therapy group

**Table1**: **Depression Level of samples in Music therapy group before and after the intervention**

| Level of depression | Pre-test (%) | Post-test (%) |
|---|---|---|
| Normal | 0.0 | 46.7 |
| Mild  Depression | 13.3 | 33.3 |
| Moderate Depression | 60.0 | 13.3 |
| Severe Depression | 26.7 | 6.7 |

Above table shows that   13.3% of them were having Mild Depression 60% of them showed Moderate Depression and 26.7% of them showed severe Depression in pre test moreover, in post test Majority 46.7% of them had No Depression, 33.3% of were having Mild Depression 13.3% of them showed Moderate Depression and 6.7% of them showed severe Depression under Music Therapy group

The researcher drawn the conclusion that the geriatrics felt more better in reduction of depression as compared to pre test
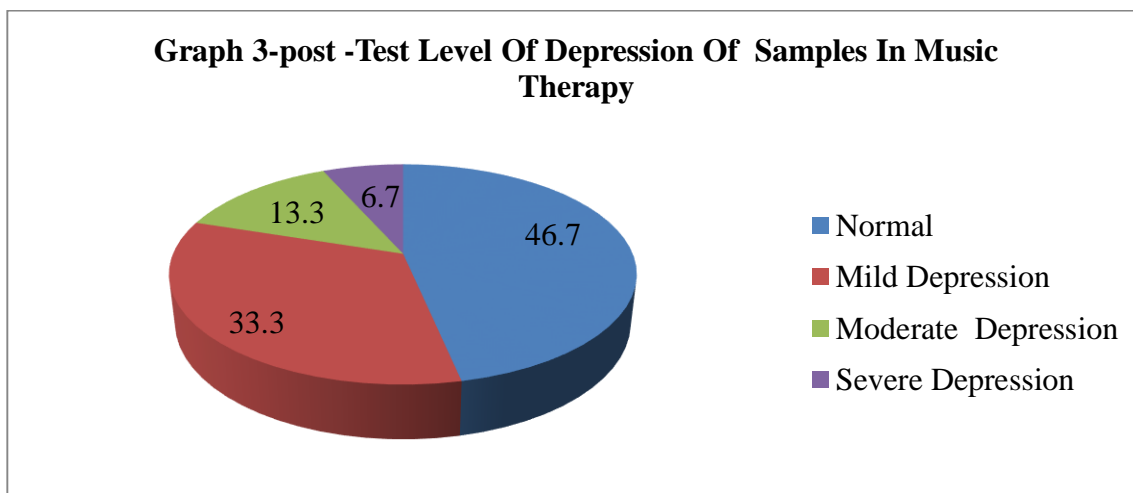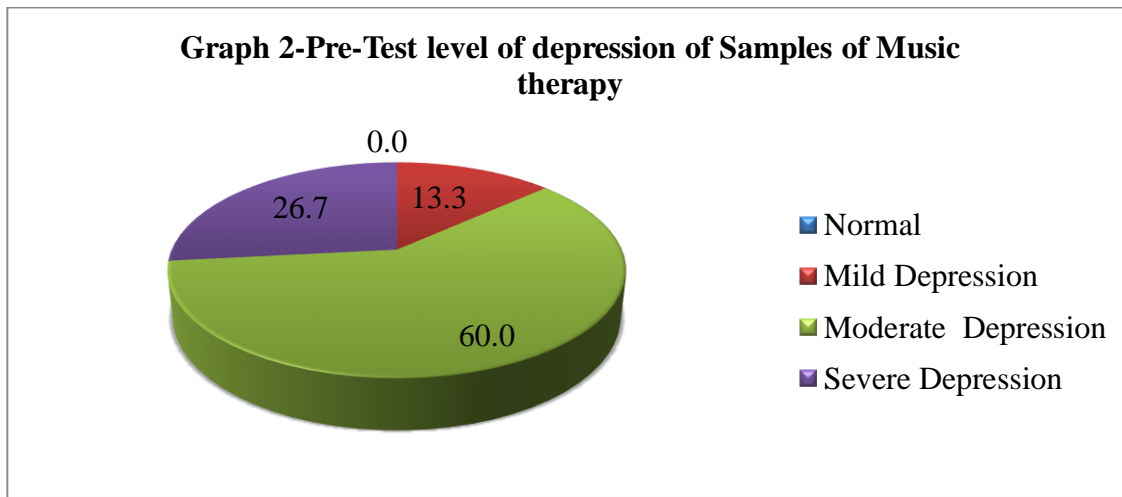
**Graph 2-Pre-Test level of depression of Samples of Music therapy**



**Graph 3-post -Test Level Of Depression Of Samples In Music Therapy**



**Table: 2 Effectiveness of laughter therapy on depression of Geriatrics groups**

| Test | Mean | S.D | Mean difference | W Test | P Value |
|------|------|-----|-----------------|--------|---------|
| Pre Depression Score | 11.20 | 2.077 | 5.87 | 3.415* | <0.001 |
| Post Depression Score | 5.33 | 2.410 | | | |

The above table shows that The mean post Depression score (5.33) is apparently lower than the mean pretest Depression score (11.20). and the mean difference between the pre test and post test was found to be 5.87The computed S.D. for pre-test(2.077) & post-test (2.410) and the wilcoxon test value shows that there is a significant difference between pretest and posttest mean Depression score (w=3.415*).

**Table: 3 Effectiveness of Music therapy on depression of Geriatrics groups**

| Test | Mean | S.D | Mean difference | W Test | P Value |
|------|------|-----|-----------------|--------|---------|
| Pre Depression Score | 10.80 | 2.274 | 4.53 | 3.309* | <0.001 |
| Post Depression Score | 6.27 | 3.173 | | | |

The data presented in Table No. 4 show that the mean post Depression score (6.27) is apparently lower than the mean pretest Depression score (10.80). and the mean difference between the pre test and post test was found to be 4.53The computed S.D. for pre-test(2.763) & post-test (2.851) and the wilcoxon test value

shows that there is a significant difference between pretest and posttest mean Depression score (W =3.309*).



**Graph4-Comparision of Mean Score of pre-test and post-test**
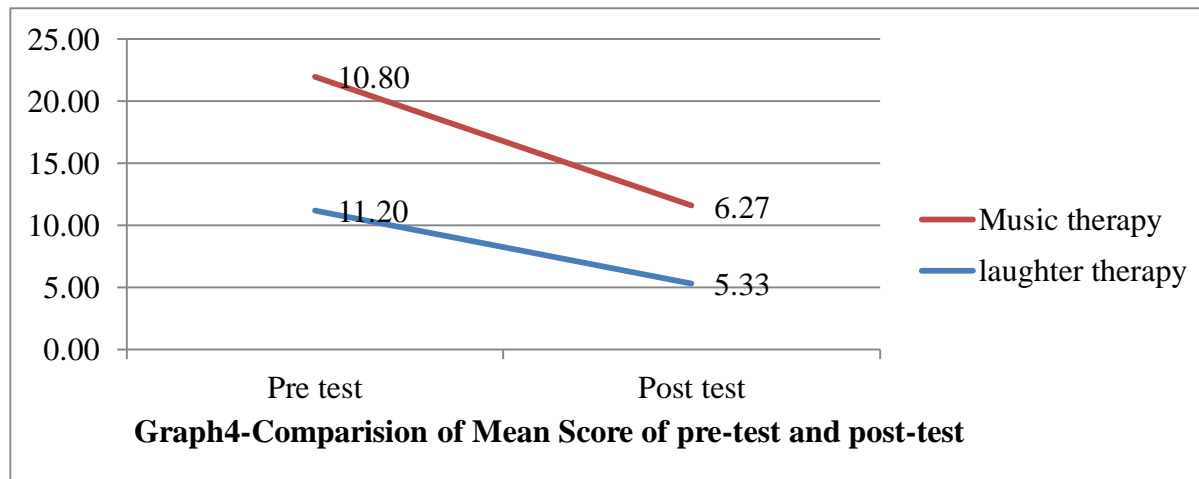
The data presented in Graph No. 4 show that the mean difference between the pre test and post test in laughter therapy group is higher than participants in music therapy the null hypothesis $H_0$ was rejected and the research hypothesis $H_3$ was accepted.

**Determination of the association between post- tests depression scores with selected socio demographic variables**

The result findings discovered that It can be depicted from the table that the demographic variable Education status, Occupation in laughter therapy are having association with the level of depression in post-test at the level of 0.05 level

By reason of p- values for all demographic variables are large (>0.05), there is no demographic variable are having significant association with post test Depression score at the level of 0.05 level in Music therapy

## CONCLUSION:

Elderly population must learn to keep themselves free from stress, to manage stress and to lead their life happier and healthier. They can always keep them positive, understanding the situations which are uncontrolled, being assertive, spending time usefully with family and friends and making them engaged in their interested field and hobbies the researcher concluded that the laughter Therapy is significantly more effective in reducing the depression of old age

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