



# EFFECTIVENESS OF MUSIC THERAPY ON EXAM ANXIETY AMONG COLLEGE STUDENTS

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## ABSTRACT

This study was conducted to evaluate the effectiveness of music therapy on exam anxiety among college students of SCPM College of Nursing and paramedical sciences, Gonda. Pre experimental one group pretest and posttest design was used for this study. Data collection was done over the period of 2 weeks. The investigator selected 80 students through convenience sampling technique. In pre test, cognitive test anxiety scale was used for assessing the level of exam anxiety among college students. Investigator played 5 min of music in the morning before starting the class for the samples once in a day for 15 days. After completion of the intervention post test was done by using same cognitive test anxiety scale. Descriptive and inferential statistics were used to analyze the findings of the study. There was highly significant difference ( $P<0.01$ ) in the mean score of level of anxiety among College students. The mean score for pretest  $19.7 \pm 4.22$  and post test  $15.95 \pm 4.74$ . There was the association between the anxiety score and selected demographic variables like gender, class, chronic health problems, difficult subjects, frequency of exam, support system at ( $P<0.05$ ). It is concluded that music therapy helps to reduce the exam anxiety among the college students.

**Keywords:** Music therapy, exam anxiety, college students

## INTRODUCTION:

Anxiety refers to the emotional state of stress, qualms, apprehension, and fear due to the frustration of self-esteem and self-confidence or the increased sense of failure and guilt, which may result from the failure of individuals to achieve expected goals or overcome the threat of obstacles. <sup>1</sup>

College students generally have anxiety because of life and environment mal adaptation, study pressure, social competition, employment pressure, interpersonal tension, and other pressures, including social anxiety, love anxiety, exam anxiety, employment anxiety, and life event anxiety. <sup>2</sup>

Test anxiety is a specific subset under the umbrella of symptoms characterized by the feelings of “anxiety”. Under the Diagnostic and Statistical Manual -IV (DSM-IV) test anxiety is most closely associated with the classification of social phobia, which is characterized by “a marked and persistent fear of social or performance situations in which embarrassment may occur.” <sup>3</sup>

## Need for study

Positive effect of music on students' exam stress and anxiety has been shown to have positive effects on blood pressure. It also affects the levels of anxiety. <sup>4</sup>

A research findings suggest that the music therapy had a notable impact on reducing exam-related stress and enhancing academic performance among Nursing Degree students. Through a randomized controlled trial, it was observed that the intervention led to physiological changes such as decreased heart rate in the intervention group (EG) and increased heart rate, blood pressure, and cortisol levels in the control group (CG). This indicates a positive influence of PMR and music therapy in managing stress responses effectively.

Furthermore, the study revealed significant differences in academic outcomes between the EG and the CG. The higher mean score achieved by the EG in the Clinical Nursing exam, along with a lower rate of exam failures compared to the CG, underscores the intervention's positive effects on academic performance.<sup>5</sup>

## STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of music therapy on exam anxiety among college students of SCPM College of Nursing and paramedical sciences, Gonda.

### OBJECTIVES

- To assess the level of exam anxiety among college students before and after music therapy.
- To evaluate the effectiveness of music therapy on exam anxiety among college students.
- To associate the post test level of exam anxiety with their selected demographic variables among college students

### HYPOTHESIS

**H<sub>1</sub>:** There will be a significant difference in the level of exam anxiety among college students before and after music therapy.

**H<sub>2</sub>:** There will be a significant association between the post test scores of level of exam anxiety and their selected demographic variables among college students

### RESEARCH METHODOLOGY

#### Research approach

An evaluative Quantitative approach was used in this study.

#### Research design

Quasi experimental One group pre-test and post – test design was used.

#### Variables

Independent variable: Music therapy

Dependent variable : Exam Anxiety

#### Description of setting

The study is conducted in SCPM College of nursing and paramedical sciences, Gonda.

#### Population

Target population of this study was college students.

### SAMPLING

#### Sample

Sample consist of college students who are studying 1<sup>st</sup> and 2<sup>nd</sup> semester in SCPM College of Nursing and paramedical sciences.

#### Sample size

Sample size consists of 80 College students who fulfilled the inclusion criteria

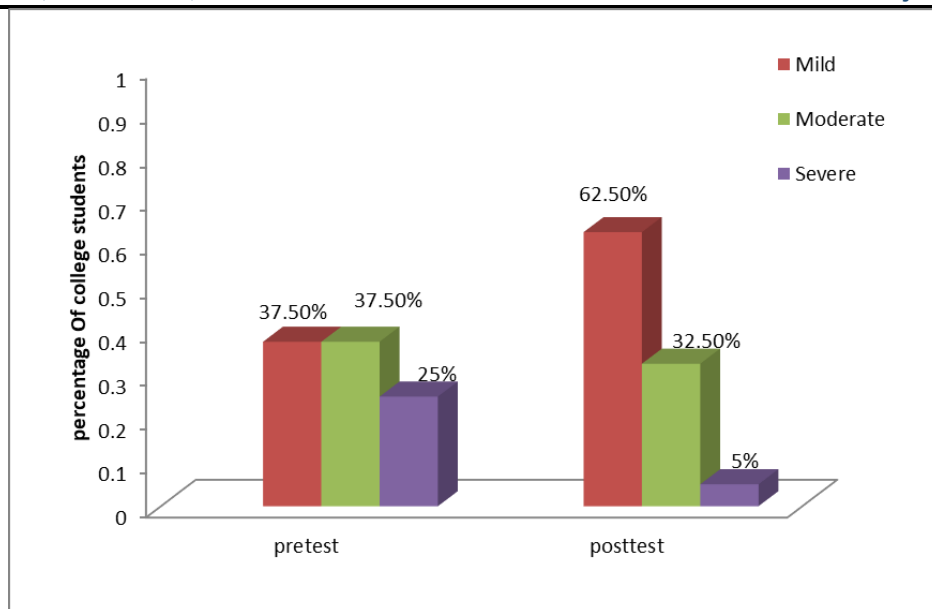
#### Sampling technique

Non probability-Convenience sampling technique was used for this study.

**RESULTS:****SECTION – A****Table- 4.1: Distribution of samples according to their Demographic Variables:****n = 80**

<b>S.No</b>	<b>Demographic variables</b>	<b>F</b>	<b>%</b>
1.	<b>Age(in years)</b> a. 18-20 years b. 21-23 years c. 23 above	32 34 14	40 42.5 17.5
2.	<b>Gender</b> a. Male b. Female	24 56	30 70
3.	<b>Religion</b> a. Hindu b. Muslim c. Christian	66 08 06	82.5 10 7.5
4.	<b>Type of family</b> a. Nuclear b. Joint	52 28	65 35
5.	<b>Class</b> a. I semester b. II semester	48 32	60 40
6.	<b>Difficult subjects</b> a. 1 b. 2 c. 3& above	40 18 22	50 22.5 27.5
7.	<b>Anxiety towards frequency of Exam</b> a. Every month b. Every two month c. Sessional exam d. University exam	12 14 22 32	15 17.5 27.5 40
8.	<b>Chronic health problems</b> a. Skin disorder b. GI disturbance c. Any other d. No problem	05 03 03 69	6.25 3.75 3.75 75
12.	<b>Support system</b> a. Family b. Friends c. Health care personnel d. No one	39 26 14 01	48.75 32.5 17.5 1.25

Table 4.1 shows the subjects were 70% of them were female, 30% of them were male, 66% belongs to Hindu, 65% of subjects belongs to nuclear family, 27.5% have anxiety towards sessional exam, 27.5% were having 3 & more difficult subject, 75% of them having not chronic health problems and 48.75% of them were supported by family.



**Figure: 4.1 pre test and post test score for level of exam anxiety**

Figure 4.1 shows that in the pretest, majority of the subjects (37.5%) had moderate exam anxiety, (37.5%) had mild exam anxiety and (25%) had severe exam anxiety. Where as in the post test, Majority of the subjects (62.5%) had mild exam anxiety, (32.5%) had moderate exam anxiety, (5%) had severe exam anxiety.

This shows that there was a marked difference between the pretest scores and post test scores in the level of exam anxiety.

**Table 4.2 Effectiveness of Music therapy on Exam anxiety among college students.**

n=80

\* P(<0.01) level of significance

S.No	Variable	Maximum Score	Pre-Test		Post Test		Mean Difference	't' Value	df
			Mean	SD	Mean	SD			
1	Exam anxiety	30	19.7	4.22	15.95	4.74	3.75	21.4*	39

**CONCLUSION**

This study was done to evaluate the effectiveness of Music therapy on level of Exam anxiety among college students. in the pretest, majority of the subjects (37.5%) had moderate exam anxiety, (37.5%) had mild exam anxiety and (25%) had severe exam anxiety. Where as in the post test, Majority of the subjects (62.5%) had mild exam anxiety, (32.5%) had moderate exam anxiety, (5%) had severe exam anxiety. As per the result shows, Music therapy is more effective in reducing level of Exam anxiety.

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