

The effect of relaxation and instrumental music by Arnd Stein on quality of sleep and happiness among ageing women

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Abstract

Background & Aim: One of the complementary psychological approaches for dealing with problems of ageing individuals is Music therapy. The aim of the current research was to investigate the effectiveness of listening to relaxation and instrumental music by Arnd Stein on quality of sleep and happiness among ageing women in nursing home.

Methods: The current study was a quasi-experimental study including pre and post- tests and control group. The statistical population of study was elderly women who lived in nursing homes in region 3 of Tehran Municipality in 2016. Thirty elderly women in the range of 65 to 75 years old were selected by a simple random sampling method and then randomly divided to control (n=15) and experimental groups (n=15). Then, the experimental group listened to relaxation and instrumental music by Arnd Stein before noon nap for 12 sessions of 45-50 minutes. The research instruments were Oxford Happiness Scale and Pittsburgh Sleep Quality Index (PSQI). The data were analyzed by analysis of covariance using SPSS software version 21 and significance level was considered $P < 0.05$.

Results: The findings indicated significantly higher values of mean scores of happiness ($P=0.01$) and sleep quality ($P=0.01$) in experimental group, as compared to control groups in post-test ($P=0.01$).

Conclusion: The present study showed that relaxation and instrumental music by Arnd Stein could improve sleep quality and increase happiness in elderly women. Thus, this approach is recommended as a complementary method to specialists of mental health for improvement of sleep quality and happiness of ageing people in nursing homes.

Keywords: Music Therapy, Sleep Hygiene, Happiness, Elder, Women