



THERAPY-RELATED VIEWS OF PATIENTS WITH HEADACHE UNDERGOING THERAPY WITH TURKISH MUSIC

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ABSTRACT

In this study, posture and relaxing exercises accompanied by live Turkish music were performed every week for three weeks on 43 head-ache patients who are treated at the algology department. The study has been planned as active and passive therapy. Active therapy includes posture and relaxing exercises with Turkish music, while passive therapy includes listening to Turkish music in a relaxed steady position. After the third therapy session, patients were asked questions regarding the therapy and exercises. Almost all of the patients stated that the exercises and the Turkish music had positive effects on relieving their pain, helped them think positively, helped them relax and feel tranquil and that the therapy with Turkish music should be more common.

Key Words: Turkish Music, therapy, headache

TÜRK MÜZİĞİ İLE TERAPİ GÖREN BAŞ AĞRISI HASTALARININ TERAPİYE YÖNELİK GÖRÜŞLERİ

ÖZET

Bu çalışmada algoloji bölümünde tedavi gören 43 baş ağrısı hastası ile 3 hafta boyunca haftada 1 kez olmak üzere canlı olarak icra edilen Türk Müziği eşliğinde postür ve gevşeme egzersizleri yaptırılmıştır. Çalışma aktif ve pasif müzik terapi şeklinde planlanmıştır. Aktif terapi Türk Müziği eşliğinde yapılan postür ve gevşeme egzersizlerini içermektedir. Pasif terapide ise hastalara rahat bir pozisyonda yalnızca Türk Müziği dinletilmektedir. Çalışmada 3. terapiden sonra hastalara Türk Müziği ile terapi ve egzersizlere yönelik görüşme soruları sorulmuştur. Araştırma sonucunda hastaların tamamına yakınının egzersizlerin ve Türk Müziğinin ağrıların azalması üzerinde olumlu etkileri olduğu, pozitif düşüncelerine yardımcı olduğu, rahatladıkları, gevşedikleri, huzur buldukları ve Türk Müziği ile terapinin yaygınlaştırılması gerektiği görüşünde oldukları saptanmıştır.

Anahtar Kelimeler: Türk Müziği, terapi, baş ağrısı

INTRODUCTION

Therapeutic effect of music has started to be used more often in rehabilitation of medicine. Non-pharmalogical methods used in pain management can be classified in different ways. These are generally mentioned as physical, cognitive, behavioural and other complementary methods. Meditation, progressive relaxation, assisted imagining, rhythmic respiration, biofeedback, therapeutic touch, cutaneous stimulation, hypnosis, humour, acupressure, hot-cold use, ice massage and music therapy are among such methods (akt.Uçan and Ovayolu,2007:125). Many studies carried out have shown that music has positive effects on pain, anxiety, fear and stress, and it increases the life quality of individuals Good,2001:208.,

Chlan,2000:148., Hillard, 2003:113., Smolen,2002:126., Ebnesahidi,2008., Evans,2002:8., Clark, 2006:247., Henry,1995:295., Mitchell, 2006:131). It has been stated that music decreases heart rate, blood pressure, body temperature and breath rate; attracts the patient's attention to another point; increases chemotherapy-related nausea; serves as an important means that enhance the life quality of patients, especially in terminal period; decreases agitation; enhances the mood; and improves communication skills (akt.Uçan ve Ovayolu,2007:125,akt. Akin, 2007:40). Music is a unique stimulus because it results in both physiological and psychological outputs in the individual who listens to it. It is known that music therapy provides relaxation by affecting autonomic nervous system. Music affects right hemisphere of the brain and causes psycho-physiologic outputs; it makes the pain level decrease by causing encephalin and endorphin swing (Uyar ve Korhan, 2011:139, Thaut, 2005:303, Nilsson, 2008:780).

Therapy with Turkish music is one of the oldest therapies used in this field in the world. In the periods of Middle Asia, Seljuk and Ottoman empires, music therapy was attached great importance, hospitals were made, the scientists of such periods dealt with music therapy deeply and mentioned about its effects. Hereinafter, certain studies, recently carried out in Turkey, have been handled.

Uçan and his/her friends (2007) have searched the effect of Classical Turkish Music, which was listened during upper gastrointestinal system endoscopy, on certain values and satisfaction of patients and success of the operation.

According to the results of the research, the music listened to the patients included in experiment group before and during the operation does not affect pulse, blood pressure and oxygen saturation. However, it has been determined that the music makes significant effect statistically in all parameters related to patient

satisfaction (feeling, pain, trust, fear, etc. during the operation). Akın (2007) has searched the effect of music therapy on physiological symptoms of anxiety in patients supported with mechanical ventilation. At the end of the research, results in favour of experiment group have been obtained with respect to pulse rate, blood pressure, breath rate, age, gender and education level in experiment and control group. Şen and his/her friends (2010) have searched the effect and efficiency duration of music therapy on postoperative pain. This study has been carried out with 70 patients with caesarean operation between the ages of 20-40; 35 of them were included in experiment group and 35 of them were included in control group. In the experiment group, the patients were made to listen their favourite music for 1 hour by means of earphones after the operation. As a result, therapy with postoperative music has decreased the consumption of analgesic within the first four hours and postoperative pain level during 24 hours. In two different studies, the effect of relaxation exercises and Turkish music on the elimination of pains related to instrument playing in musicians. It has been determined at the end of the studies that such exercises and Turkish music have positive effects on pains (Jelen, 2012 and Uçaner,2010).

Scale

Scale items have been prepared by the researcher by revision of the related literature and reference to expert views. Accordingly, a scale pool consisting of 10 items has been formed and such 10 items have been submitted for the review of 2 experts in assessment and evaluation field. In line with the views of such experts, the number of items has been decreased to 5. One of these items is open-ended question, and the other four are closed-ended questions.

METHODOLOGY

The study is an experimental study. The experiment period has lasted for 3 weeks. The research has been carried out with 43 patients with headache, who

undergo treatment in Algology Department of Medical faculty of Gazi University. The study has been carried once a week within three week-period, accompanied by live music. As it is known, familiar melodies may cause people remember good or bad memories. In order not to confront with such a situation, pentatonic music and modes (vocal and instrumental), supposed not to have been listened by the group before, have been selected¹. In the study, violin, zither, lute, end-blown flute, *baglama*, gurgle and human voice have been used². After such three week-therapy session, a questionnaire related to the therapy process has been conducted to the patients

The study has been planned as active and passive music therapy. Active therapy includes posture and progressive relaxation exercises. In passive therapy, the patients have been made to listen music only, in a comfortable position (lying, sitting, etc.). The therapy is composed of posture exercises accompanied by music first, then passive therapy, progressive relaxation exercises accompanied by music and lastly passive therapy again. Using posture and relaxation exercises together with Turkish music during therapy has been initiated by the researcher in 2010. The method has been applied to various groups since 2010 and it has been observed that it has positive effects on pains (Jelen:2012, Uçaner,2010).

¹ After the first therapy, the patients were asked whether they listened to the music used in therapy before, and all of the patients have stated that they did not listen before.

² I extend my sincere thanks to academicians of Gazi University, Turkish Music State Conservatory, namely İnci Tuyan, Barış Gürkan, Emrah Tuncel, Tolga Oter, Murat Gürel, Serkan Günalçın, Selçuk Öztürk, Serkan Çakır, Barış Yavuz, and academicians of Gazi University, faculty of Medicine, department of Algology, namely Prof. Dr. Avni Babacan and Assoc. Prof. Nurten İnan, for their support during therapy process.

ANALYSIS

The data (questionnaires) have been transferred into electronic media and content analysis method, which is a qualitative research method, has been used in data analysis. The main objective in content analysis method is to obtain concepts and relation that can explain the collected data (Yıldırım and Şimşek, 2005:227). The patients have been coded by letter “H” and numbers have been used to mention the sequences of questionnaires. Hence, the patients have been coded as H34, H41, etc. during the analysis of data form³. The views of patients and their answers to the questions have been included as “quotation” in the section of findings and interpretation. In the analysis of data, expert opinions have been received⁴

Findings and Interpretation

43 people have participated in the study between the ages of 14-81; 39 of which are female and 4 of which are male. Hereinafter, answers given by patients to open-ended questions have been assessed.

Table 1: Views of Patients towards Effect of Music on Their Pains

<i>Theme: Effect of Music on the Pain</i>	<i>Number of People(f)</i>
<i>Sub-theme: Views related to psychological effects</i>	
The music makes me relax.	18
I feel at peace.	3
I am relaxing.	7

³ While analyzing the answers of patients, the replies have been sometimes included in a few sub-themes. Therefore, in some sun-themes, the frequency seems more than the number of participants.

⁴ I extend my sincere thanks to Dr. Süheyla Bozkurt for his/her support during the analysis of data.

I am calming down.	6
I am resting.	4
I feel sleepy.	3
I feel that my brain (head) clears itself.	5
It makes me think positively.	5
Total	51

Sub-theme: Views related to other effect

My pains have decreased.	7
I think that music is effective.	11
Total	18

As seen in Table 1, the patients have stated mostly that “music makes them relax” (*f*:18), “they think that music is effective” (*f*: 11), “they are relaxing” (*f*:7), and “their pains have decreased” (*f*: 7). In addition, “I am calming down, I feel my head clears itself, It makes me feel positively, I am resting, I feel sleepy, I feel at peace” are other views stated by patients. It can be said than the music has really positive effects on patients.

Table 2: Views related to Effect of Exercises on Pains of Patients

<i>Theme: Effect of Exercises on Pain</i>	<i>Number of People(f)</i>
<i>Sub-theme: Views related to psychological effects</i>	

The exercises make me relax.	13
I am relaxing.	7
Total	20

Sub-theme: Views related to other effects

My pains have decreased.	7
It has made me feel my muscles.	9
I think that exercises are effective.	6
Total	22

Table 2 includes views of patients related to the effect of exercises on pains. With respect to the psychological effects of the exercises, the patients have stated mostly that “exercises make them relax” (*f:13*), and with respect to other effects, they have stated mostly that “it has made them feel their muscles” (*f:9*). In addition, “I am relaxing (*f: 7*), my pains have decreased (*f:7*) and I think that exercises are effective (*f:6*)” are other views stated by the patients. It can be seen that the exercises have positive effects on patients, just as music.

Table 3: Views of Patients related to Therapy Process

<i>Theme: Therapy Process</i>	<i>Number of People(f)</i>
<i>Sub-theme: Views related to psychological effects</i>	
Therapy makes me relax.	10

I am relaxing.	3
I feel at peace.	3
I am resting.	5
Total	21
<i>Sub-theme: Positive Views related to Therapy Process</i>	
It is a good practice.	20
I think it will be more beneficial in time.	11
Music is very good.	13
Toplam	
<i>Sub-theme: Negative Views related to Therapy Process</i>	
The hot temperature of the place has made me feel uncomfortable.	1
Total	1

Table 3 includes views of patients related to therapy process. The patients have stated mostly that the practice ($f:20$) and music ($f:13$) are very good, they think it will be more beneficial in time ($f:11$) and therapy makes them relax ($f:10$). On the other hand, “the hot temperature of the place has made me feel uncomfortable” ($f:1$) is the negative view related to the therapy process. It can be thought as a result of all these views that the therapy process has been positive for patients.

Examples selected randomly from the answers given by the patients to the question “do you think that music is effective in the decrease of your pains?”:

H29: *"The rhythm of the music is very relaxing. Gurgle also provides serenity. I felt my body was relaxing".*

H33: *I feel very relaxing and my pain reduced. I think it will be very effective".*

H10: *"I felt that my body was relaxing and my headache reduced".*

Examples selected randomly from the answers given by the patients to the question "do you think that exercises are effective in the decrease of your pains?":

H4: *"Feeling my muscles and relaxing again have made me so relax that I cannot explain by words".*

H15: *"Stretching and relaxing exercises reduces the pain".*

H25: *„I felt comfortable physically and mentally.“*

Examples selected randomly from the views of the patients related to "music therapy process":

H3: *"During listening to the music, I felt that I was in a train travelling along green areas and I was watching the route of train".*

H10: *"It is a beautiful and relaxing music type that I have not listened before. I want to listen to it every week."*

H11: *"I am very pleased to have participated in this therapy. When I attend music therapy sessions, I feel that my body relaxes and I wrap myself up in a totally different body. I feel at peace very much".*

H19: *“I have heard about such kind of therapy before. But I have never thought it would be so effective and enjoyable. I will recommend this therapy to my friends”.*

H43: *“I have undergone this therapy three times. I want to come more often but the hour is a bit early for me because I live in a distant place and it takes too time to arrive. And it may be more relaxing in a green area and by a water source.”*

CONCLUSION

At the end of the research it has been determined that the applied therapy has really positive effects on patients. The patients have stated that it made them think positively, relax, feel at peace, rest, calm down and reduce the pains. Besides positive effects, music therapy is a cost-efficient therapy which is free of side effects, and as stated by the patients it must be popularized. Recently, Ministry of Health has founded a department related to traditional, complementary and alternative medical practices, and a music therapy commission has been formed within such department. The department has initiated active studies in 2013 on subjects such as creation of legislation about practices, certification of practitioners for competency, searching and analyzing studies of domestic and international institutions and agencies, supervising practice centres and practitioner. When we consider the situation in universities, education on music therapy is provided in a few universities in Turkey (Gazi University Turkish Music State Conservatory, İstanbul University Faculty of Medicine, etc.) at graduate and postgraduate levels as compulsory and elective courses. These developments are really positive however music therapy departments should be established in universities in Turkey, graduate and postgraduate education programs should be provided and music therapy should be handled in a scientific manner.

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