

“THE RESULTS OF MUSIC ACTIVITIES ON THE EMOTION OF THE ELDERLY IN VISITING OUTPATIENT DIVISION”

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ABSTRACT:

The objective of this research was to study the effect of music activities on the emotion of the elderly in outpatient division. The sample group was the elderly aged 60 years and over in the outpatient division of HRH Princess Maha Chakri Sirindhorn Medical Center Hospital totaling 33 persons. The research tool was 8 music therapy activity arrangement plans, general health questionnaires, and interview form for the elderly. The research results revealed that when the elderly have participated in music activities, they feel better than usual in terms of physical health, emotion, and feeling. They had some hope for their future more than usual and they did not feel that they were not worth living or considered anything seriously. The elderly like listening to music the most. The device they liked most was the note bell. The results of the interview on the feelings of the elderly could be grouped in 3 areas; 1) emotional aspect with the feelings of fun, enjoyment, relaxation, refreshment, not lonely, positive thinking, cool mood, 2) health aspect in movement, doing light exercise for specific parts, stretching activities, exercising the wrists and arms with the note bell and egg shaking activities. They also practiced meditation and memory training in singing activities and Body Percussion activities, 3) social aspect in having the interactivity with friends, having more sympathy and better view with friends.

Keywords:

Music activities, Emotion, Elderly

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INTRODUCTION

Nowadays our world is entering an aging society with 12.5 percent of the population aged 60 years and over. Thailand is currently in an aging society. According to the statistics in 2016, 16.5 percent of the population was the elderly. The aging society is the society having more than 10% of the total population aged 60 years and over. It is expected that Thailand will enter a full aging society in 2021. The full aging society means the society with population aged 60 years old or more for more than 20% of the total population (Foundation of Thai Gerontology Research and Development Institute, 2017; United Nations, 2017).

The impact of Thailand entering the aging society results in the encountering of physical illnesses, the loss of the beloved ones, the demotion problems with insufficient income, etc. This crisis causes the elderly to feel stressed, anxious, and lose their power. They feel of being the burden of

their children. They feel of having lower self-esteem, loneliness, sadness, and hurt. The elderly are people with lower mental health levels compared with the general people (Banthako, Trongkon, Musika, Wongwai, Kamonlert, 2018). The low self-esteem is a common problem found in the elderly. A sense of dignity and self-esteem is something that all older people need. They grow in age while their work potential decreases. This is because of physical limitations. Some seniors have to take a break due to retirement. Moreover, as technology in various fields has developed rapidly, the elderly cannot adapt well causing them to be reduced from their roles in work and decision making. These traits affect the value and dignity of the elderly (Uairat & Laiheem, 2017). The elderly feel that they can work and benefit their family or the organizations as same as young people (Nanasilp, 2015). However, such feeling is overpowered by society with the word “aging”. They are considered persons who lack work

potential and wait for help from others (Sangtong, 2017). In addition, the changing family system in structure and relationships result in the elderly being left alone and not receiving care they should receive. It causes the elderly to feel no self-worth (Gadudom, Apinyalungkon, Janjaroen & Wae, 2018) affecting their well-being and happiness in life (Chettha Kaewphrom et al., 2020).

Music activity is another popular activity for the elderly that can reach the elderly easily such as playing Thai and international music, singing, dancing or listening to music. This is because music is like a wonderful thing that can make most people happy. It can treat some symptoms that the elderly face. Listening to music and doing music activities are expressions of social presence and emotional wellness of the elderly. It is a medium that allows the elderly to express themselves and to meet with others. Music knowledge and background are not important to the elderly in music activities because music is a living thing in the daily life of human beings whether they are inexperienced in music, amateur musicians, or professional musicians (Hays & Minichiello, 2005). That the elderly listen or play songs that are familiar to them makes the elderly remember the impressive moments of the past strengthening their self-confidence. This is very important for the elderly who often face with the loss on their own talent (Schönherr, 2013).

Based on relevant research studies both domestic and abroad, Boonrod's research (2017) has organized music activities for the elderly by using innovative instruments for the elderly developed by the researcher as well as studying the effects of the elderly participation in music activities. The results revealed that music helped the elderly to interact more with society. Music can reduce the feeling of loneliness, stress, and enhance the ability to play music. It makes the elderly proud of their potential and able to have a better quality of life. The study of Soontornvijit (2017) found that therapeutic music was beneficial for body healing. The human mind, emotions and soul can be balanced resulting in depressed individuals to

have a sense of self-esteem. They are mindful to emotions and behaviors. They can understand the world and life more. Importantly, musical knowledge and background are not obstacles to older adults' musical activities. The elderly are familiar with the music because music is a living thing in daily life. The development on musical activity design is an essential element of music that can help creating a sense of self-worth in the elderly.

From the mentioned background and significance, the researcher saw the importance of music activities affecting the feeling of the elderly in the outpatient division. The researcher aimed to study the effect of music activities on the emotion of the elderly in outpatient division and to use the research results in promoting and restoring the health of the elderly. It is also a guideline for the development on music programs for the elderly.

RESEARCH METHODOLOGY

The researcher organized music activities with the elderly in HRH Princess Maha Chakri Sirindhorn Medical Center Hospital. The samples were selected from the recruitment announcement for the elderly aged 60 years and over in the outpatient division, HRH Princess Maha Chakri Sirindhorn Medical Center Hospital, totaling 33 persons. Before the music event, data were collected from the general health questionnaire of 40 items. The music activities were arranged 8 times based on the music activity plan developed by the researcher. After the 8 activities, the researcher collected data from the general health questionnaires again to compare the feelings of the elderly before and after music activities. 12 elderly persons were interviewed to examine the reliability of the music activities and expand the feelings of the elderly participating in music activities. The results were presented in descriptive writing.

DATA COLLECTION

The researcher requested the documents for permission to conduct experiments and collect

data with the sample group from Srinakharinwirot University.

(2) The researcher coordinated with the caretakers of the elderly people at HRH Princess Maha Chakri Sirindhorn Medical Center Hospital.

(3) The researcher determined the time for data collection to suit the schedule of care for the elderly of HRH Princess Maha Chakri Sirindhorn Medical Center Hospital which was scheduled from 9 February, 2019, to 30th March, 2019.

(4) The researcher was allowed to use the place at Ban Suthawat Chalermprakiat, Ongkharak District, Nakhon Nayok Province, by organizing activities on every Saturday of the week for 8 weeks.

(5) Before organizing music activities, the researcher collected data on the elderly by using the general health questionnaire of 40 questions. For the general health questionnaire, the researcher had the following steps to develop the tool:

(5.1) The researcher created a general health questionnaire from the General Health Questionnaire or Thai GHQ of the Department of Mental Health, Ministry of Public Health, to be used in this research. The properties of the aforementioned questionnaire were found in the reliability test and the accuracy of the tool for screening mental health problems. When compared with the diagnosis of psychiatrists, it was found that all Thai GHQs, both the full Thai GHQ 60 and the other excerpts from the full version including Thai GHQ - 30, Thai GHQ - 28 and Thai GHQ - 12, had the reliability and accuracy at the good level. The internal consistency of the question had the Cronbach's alpha coefficient ranging from 0.84 to 0.94 and the sensitivity from 78.1% to 85.3% and specificity ranging from 84.4% to 89.7%. These could be used as screening test for mental health problems in Thai population (Department of Mental Health, 2017: online).

(5.2) The questionnaires were selected from the Thai GHQ questionnaire consisting of 4 groups; Somatic Symptoms, Anxiety and Insomnia, Social

Dysfunction, and Severe Depression. The researcher chose 40 questions related to the research objective.

(5.3) The general health questionnaire developed by the researcher was used and presented to the project advisors, Associate Professor Dr. Kovit Khantasiri, Lecturer of the Master's Degree in Music Program, Bansomdejchaopraya Rajabhat University, and Mrs. Nongnooch Yaemwong, Head of the Special Care Nursing Unit, HRH Princess Maha Chakri Sirindhorn Medical Center Hospital, to verify the accuracy and consistency of the research objective. The suggestions were used for improvement.

(5.4) The corrections and improvement were made as suggested by the project advisors. Finally, 40 general health questionnaires for the elderly were obtained. The questions were presented with 4 choices.

(6) The music activities were conducted. The researcher led the team to organize activities every Saturday for 8 consecutive weeks in accordance with the 1st to the 8th Music Therapy Plans. Each activity plan took approximately 2 hours. Each plan consisted of objectives and equipment. The activities were operated in the activity leading stage and the summary stage. The researcher developed an activity plan for each week to be consistent and suitable for the elderly in physical aspect, emotion, pain, or limitations including living conditions, daily routine, relationship between friends, etc.

Organizing music activities focuses on fun, relaxation, stress, anxiety to reduce pain and depression in the elderly as well as creating good interactions among the elderly and an event organizer with the elderly. The focus was on improving the motor skills of the elderly, eye-hand coordination to strengthen thinking skills, brain development, the process of training, the right hemisphere to control the body and train the left hemisphere in thinking and imagination for the elderly. This could also give the opportunities for the elderly to socialize and use life or work with others. The songs used in the event would be

the songs that the elderly were familiar with or were the songs that interest them such as the songs named “Phromlikit”, “Suk Kan Ther Rao”, Nang Fa Jomlaeng”, “Cheun Chiwit”, “Rerng Leelat”, “Num Nakao Sao Na Kleua” which were the songs of Suntharaporn Band and the country music, etc. The rhythm used to practice activities was characterized by a 4/4 rhythm. The songs used to accompany the movement would focus on the music with a steady rhythm, slow to medium tempo, approximately 70-80 times / minute for the elderly to clap their hands rhythmically. They could do gestures to accompany the rhythm. The activity would use the music from the record to play live music and karaoke. The equipment used as rhythmic device was such as the shaking egg, the note bell, the rhythmic equipment such as elastic bands, colors, or symbols, etc. The activity format was to group the elderly into groups of 4-5 people allowing the elderly to play a role in creativity, posture, rhythm, making the Body Percussion as a singing leader. They could help their friends while doing activities altogether. In addition, sometimes before the start or at the end of each activity, the researcher had used natural melodies for relaxation of the elderly.

(7) At the end of all 8 activities, the researcher collected data on the elderly after participating in music activities using the same general health questionnaire. 12 elderly people were interviewed to expand their feelings on music activities. The questionnaires of the Elderly General Health Questionnaire were adapted and presented in an open-ended manner for 10 questions. The questions were on the feelings of each musical activity, the used equipment, and the benefits gained after participating in music activities. For this interview form, the psychology specialists and caregivers of the elderly were provided to check the appropriateness of the questions, the messages possibly affecting the feelings of the elderly, and the improvement before use.

(8) The data from both general health questionnaires and interview forms would be used

in statistical data analysis and to transcribe as the descriptive tape.

RESEARCH RESULTS

For the 33 seniors, before participating in music activities, most of them felt passive, not so fresh, not awake, not energetic, and happy at normal levels on a daily basis as before. In terms of health, they felt that they were well, not in pain or suffering. They had normal health without being tired or weak. They were able to go to bed normally without restless or sleepless. In terms of physical health, the elderly received regular care from the Foundation. In terms of society, the elderly people felt like they were being watched by their peers rather than usual. They had time to talk to friends normally. They felt the love and warmth towards close people or friends.

In organizing music therapy activities, the researcher developed 8 music therapy plans and spent 8 weeks for the activities, one hour per week. The activities were divided into 3 stages; 10 minutes for leading step, 40 minutes for practice, and 10 minutes for conclusion. The activities would vary in equipment, sound, music, and rhythms. The elderly participated in the 8 sessions of music therapy. The 1st music therapy was a singing activity. The elderly could clap their hands to make up the rhythm and to sit with their eyes closed and listen to the natural sound. The 2nd music therapy activity was a singing activity. The symbols were used for clapping in rhythm such as the apple symbol for hand clapping, the flower symbol for the lap clapping, and the leaf symbol to open both hands and closed the eyes listening to the natural sound of music. The 3rd music therapy activity was an activity to shakes the eggs following the rhythm of music. The chosen songs were upbeat and fun. The rubber band stretching activities let the elderly stretch rubber bands in different positions in the rhythm of the music slowly for relaxation and stretching. The 4th music therapy activity was Body Percussions activity for the elderly to clap their organs on the body instead of the notes such as lap clapping, shoulder

clapping, hand clapping, foot clapping following the rhythm as well as relaxing by stretching the rubber band to the slow music rhythm. The 5th Music Therapy session was an activity that combined all the previous sessions but allowed the elderly to be involved in choosing their favorite songs. They would want to sing and make different Body Percussions following the rhythm of the music that they chose to sing. The 6th Music Therapy Activity was the music activity for singing by allowing the elderly to practice singing music notes to remember the melody. The colored labels were used as the symbols in the notes. The team played the song at slow to medium level and had the elderly shake the bell following the symbolic color seen on the signboard in front of the stage. The 7th music therapy activity was the Cup Song activity having the glass as rhythmic instrument. The elders would count the rhythms 1-8 following the music. When the rhythm 1-2 occurred, they would clap their right hand down the table 3-4 rhythm, clap their hand down the table 5-6 rhythm, turn their hand over and hold the upturned glass for 7-8 rhythm. Turn the glass up. Do this continuously following the music rhythm having the team leader to perform the demonstration and play. The 8th music therapy activity gathered all activities together. It emphasized the elderly to join the song and dance, use the bell to shake the eggs following the music rhythm and stretch the rubber band to relax and close their eyes listening to instrumental music.

In the emotional aspect, most elderly people were comfortable, were happier than usual, concentrated better on what they were doing, had more self-confidence to help promoting happiness in daily activities than usual. They would rarely frustrated or in a bad mood. They hardly felt because when participating in music activities for the second time or more, the elderly people had a feeling of fun, enjoyment, and relaxation. They felt more refreshed than before, had positive mindset and cool mood especially by closing their eyes and listening to instrumental music. The elderly felt relaxed. They could rest their eyes and

emotion. The activities that encouraged the elderly to have hope in life was listening to the song "Rangwan Dae Kon Chang Fun". The elderly had joined to sing. They reminded of lyrics that helped building good spirits. They felt more hopeful in life. Many elderly had the same opinion in the same direction. They said, "Listening to the music was so comfortable. The slow tempo made me feel relaxed and feel happy. It made me want to continue my life." "The music activities helped reassuring in having more encouragement in life." "The joy in listening to instrumental music and expressing through music, excitement, developed auditory nerve." "I had fun. My stress relieved. I would be happier than usual." "The feeling before playing music was that there was an instrumental music of the Suntharaporn Band but I just listened to the music. I did not have a feeling as same as our activities. I loved the activities we organized because I was involved and moved around. I liked all the equipment that was brought" said one grandmother of how she felt about organizing music activities. She said, "I look forward to the return of the team. I feel like they are my descendants. Some people having an illness can be helped to forget the illness for a while. Listening to music makes us feel that we are not stressed or anxious."

Regarding health, most elderly people feel healthier than normal. They relieve anxiety, could sleep soundly, sleep well, had no symptoms of fatigue or lack of energy. The elderly people had participated in activities with various equipment to practice while conducting singing or music activities. Therefore, the elderly could exercise their muscles, moved their hands and arms. The meditation practice was done in many activities including singing, thinking of lyrics, glass activities. They could listen and follow in practice to make them more concentrate. Sometimes they could not keep up and felt some stiffness or stress. Some of them felt noisy and could not hear the beat. Some of them were sick and bedridden so they could not participate. But they could sing along. The rubber band stretching activity allow

the elderly to exercise the muscles of their arms and hands. However, some rubber bands were too thick for the weak elderly making it difficult to perform activities. Some people feel with pain or chronic illness. When doing activities, the elderly could forget about their suffering or pain for a while. A grandmother suggested, "I want to bring an elastic band, a glass, and a shaking egg for everyday use because we can use it with only one hand and foot." Many people enjoy the note bell and egg shake activity. For note bell activity, the team would give the elderly various colored bells and the elderly would ring the bell following the music notes transformed into different colors. In this activity, the elderly could train her eyesight and exercise her wrists. The grandmother liked such activities quite a lot. She was able to ring the bell following the note until composing a beautiful melody. In an interview, a grandmother said, "I like ringing the bell because it fits the music with different sounds."

In terms of society, 33 elderly persons participated in the activities. All of them attended the activities every week and could interact more. The elderly would feel more than usual that they could be helpful in various matters. They felt that they worth living. They felt love and warmth towards people close to them. The feeling of having someone around them watching them would reduce. The elderly felt more empathetic having better perspective with friends more. When they saw their friends enjoy the activities, the elderly was delighted with their friends as well. One elder said, "There was a very good interaction. New friend has cerebrovascular disease but we can join to sing altogether. It made me feel good and happy." "I felt happy to join the activities with friends in order to be happy altogether. I do not feel lonely." At the end of the activity, more grandmothers came out to participate in the middle stage activities. Many of them who had never come out to dance came out to join more. More importantly, the grandmothers persuaded their friends to take part in the middle stage activities. It showed that the relationship between

the grandmother's friends increased. One grandmother said, "The more I interact with the friends, the more activities we get together. We could have fun altogether. If I invite my friends but they do not come out, I will feel alright. I can enjoy myself and I wish we can be happy altogether." Many of the elderly wanted to see their friends do the activities altogether. Even though their bodies did not facilitate, they wanted to see their friends dance and sing altogether so that they would not be lonely and could have fun. Some of the elderly talked more with friends than before. They did not dare to talk because they thought by themselves that the friend was probably like that. However, when they joined a music activity, they could be seen from another view that they could talk more.

CONCLUSION OF RESULTS

The effects of music therapy activities on the emotion of the elderly in outpatient division were the activities in maintaining mental balance of the elderly with stressful emotional states, depression, and easily bored feeling. Music played a role in relieving symptoms whether the feelings, emotions, illnesses and society faced by the elderly. The difference of music composed of melody, pitch, rhythm affected the feelings of the elderly in different ways. As an interview with one grandmother, she said organizing music activities made her feel happiness, touched by the music, forget the suffering, love the music, remind her of the past. Music therapy activities should consist of singing activities with the songs that the elderly like in consistent and stable rhythm, smooth melodies, easy to understand, medium to low volume. The music activities must be easy-to-understand activities such as using colors for notes, hand clapping, shoulder clapping, bells, or shaking an egg to the rhythm. The equipment should be easy to handle, lightweight and compact because the rhythm will motivate the elderly to move, to shake the eggs, and to ring the bell. This participation made the elderly proud, appreciate themselves and be happy to be able to do just like

their friends. Some activities were not available, such as the Cup Song event that had a lot of problems due to the need for tables, the rhythm of the practice which was too complex. Some elderly people were in wheelchairs or were bedridden. They could not do this activity smoothly. From the interview, 2-3 grandmothers said, "The glass activity is noisy because it is like a kid knocking. Knocking the glass is annoying." "I could not catch up. I was unable to catch the rhythm and knock the glass in time." "I do not like knocking the glass because the sound is not good. I could not listen to the music and did not know what rhythm was. Rubber stretching was one of the activities that some elderly found it difficult. They felt it was not fun because the elderly had no strength. They lacked arm strength and had to force the body. Some of the elderly could not catch the rhythm.

The researcher can conclude the results of this study that music therapy has had a considerable effect on the feelings of the elderly. With the state of daily life in the same environment of 30 elderly people or more, the elderly's emotional state is not refreshed. They are indifferent but not depressed or desperate in life. When they had attended a music activity and they could join singing the songs that they loved which were the songs in the same era, the elderly could feel fun, enjoy, fresh, and not lonely. They smiled and also listened to music with musical instruments, natural sound to help them relax, feel comfortable as if they were close to nature. Some elderly people were also interested in bringing natural music to play before bedtime. For the health condition, some elderly people had weak body and limbs. They were unable to move limbs. When participating in music activities, each elderly person tried to perform the activity mainly by using the arm or hand that he or she could perform. Sometimes there was an attempt to use the other arm or hand to help. It was considered another physical therapy that they do not have to force with fear or pressure. In the social conditions having the elderly to come together to sing, shake the eggs,

and ring the note bell to the rhythm of the music, the interaction could be created among them. Some elders did not have any expressions, but when a friend persuaded them to join in the song by offering a microphone to sing together or persuaded them to dance together, many of them were also smiling and also came out to join in dancing. Some of the elderly could help a friend ringing the note bell by telling or nudging that friend when the note arrives in their group. It could be said that Music therapy had a mostly positive effect on the elderly. The music event organizer must know the social basics of the elderly group, assess the potential of the elderly, develop a flexible occupational therapy plan that can be adjusted according to the situation, pay attention to help while doing activities, and provide the right equipment easily to understand and promoting the participation and expressions in the elderly significantly.

DISCUSSION AND CONCLUSION

Organizing music activities must importantly consider the elderly by bringing various information related to the elderly to be used in planning music activities such as the social background of the elderly group in the age ranges, occupations, culture, social culture, etc. The current potential of the elderly as a whole should be considered on the readiness and obstacles, problems that are expected to occur, goals for each activity, physical and mental readiness of the elderly for exposure to activities. All kinds of music can be used in therapy. It is the fundamental and preferences of music in different forms such as classical music, folk music, jazz music, etc. (Wattanawut Chang Chana.2020: 124). These will affect the feeling of the elderly when participating in music activities and can provide opportunities for the elderly to have good interactions with their friends due to participating in activities with similar preferences or a familiar past from the experience of songs and lyrics. In the research of Boonrod (2017), the music event was organized for the elderly by using an innovative instrument

for the elderly developed by the researcher to study the effects of the elderly participation in music activities. It was found that music helped the elderly to interact more with society. It could reduce the feeling of loneliness and reduce stress. The elderly could be enhanced with the ability to play music making them proud of their potential and able to have a better quality of life. This is correspondent with the research of VanderArk, Newman and Bell (1983) studying the effects of music on changing the concept and attitude of elderly life in nursing homes. The participants were seniors aged 60 to 95, who were assigned to music sessions twice a week for five consecutive weeks. They would have to sing and perform familiar songs with simple instruments such as percussion instruments such as bongo drums. The results of the activities received great satisfaction from the participants and found that the elders who participated in the activities had better ideas and attitudes towards music. It could also reduce isolation, create interactions, and add value to the elderly.

The style of music activity affected the feelings of the elderly positively or negatively. The activities should not have a fixed format but should have specific goals for each activity. Methods, music, equipment, duration, and procedures possibly needed to be adjusted or flexible based on the context at the moment. Some activities that were too complex possibly needed to be avoided or replaced immediately such as the Cup Song activity that confused or stresses older people who worried that they did not keep up with friends. They could not knock at the right time or were unable to perform each knock. The operator needed to adjust the tempo of knocking glasses more easily. The posture of the elderly could be strengthened. The elderly caregivers should be prepared to be more skilled. The right place should be prepared or it was possibly adjusted from a glass device to be something else that was easy to exercise the hand muscles. For example, from this music activity, it was found that "The equipment or activity that should be used for the

event is the note bell. For the glass, it needed more space. Some patients' bodies were not ready. Some people were in wheelchairs and could not do the activities conveniently. They could use the method of knocking glasses on the patient's lap causing the timing of the use of glass very problematic. The atmosphere was quiet and confused. Many grandmothers did not see a sample image that had to be followed." According to the idea of Wattanawut Changchana (2020: 124-126), music had an effect on a person's body and mind which could be either negative or positive depending on the type of music the person was exposed to. Because the mind would scrutinize the sound heard that satisfied or dissatisfied with a particular sound, satisfaction with the sound of the soul heard through the ear was melodious both musical and non-musical. When people heard the music, the left hemisphere recognized simple rhythms while the right hemisphere recognized melodies, pitch or more complex rhythms. Then, it would be kept as a memory to learn and practice next time. Thus, when listening to music, both the left and right brain will work at the same time. As the music is beautiful, the elderly can feel comfortable. The function of the right brain can be stimulated. The individual notes and percussion similarly to reading can stimulate the activity of the left hemisphere in relation to reason and language. Kajonsak Konkhao (2017) concluded that the program was carefully planned with regard to preferences, physical abilities, and limitations including the emotional maturity of the patients in behavioral therapy. Playing music or listening to music will help creating the positive conditions. Music therapy is also a reward that patients receive for enjoying the music they sing or perform.

In developing the plans for music activities, when knowing the context of the elderly, the introduction of music activities must take into account the elements of the music that are relevant to the elderly group such as the rhythm, song, lyrics, melody, and activity props. The important

thing is the style of music that the elderly group has familiar with or fond of. It can motivate the elderly to participate and express. They will have good feeling and self-esteem. The composition of the music affects the body and mind including the rhythm that helps strengthening the concentration and helps relaxing the pitch at low and medium levels. It also helps to feel calm and loud Volume at a soft level causing happiness, peace and comfort. Melody helps releasing the deep feelings of the mind to generate the creativity and relaxation. Harmony helps measuring the level of emotion by looking at the symptoms expressed when listening to various harmonies (Praornpit Katchwattana. 2019: Online). As a result of this study, it appeared that the elderly liked the listening activities the most, followed by the note bell activities and egg shaking. The equipment used in the activity had the right size and weight. There were adjustments to suit the physical of the elderly. In addition, the songs used for the activities would be asked by the elderly before the next activities making the elders happy to listen to the music they like. The elderly could remember the old days and old story from the past that motivated the elderly to recall their memory.

The evaluation of all music activities and the revision on the results of the activities upon completion of every activity enabled the music organizers to edit, change the format or select a subsequent music activity to run smoothly and appropriately. The evaluation can be assessed by behaviors of the elderly while doing activities, facial expressions, eyesight, participation, enthusiastic feedback or cooperation from caretakers. The elderly could ask, talk, exchange ideas and the feeling with the event organizer, the caretakers, or directly ask the elderly as well. The research results revealed that, "Sometimes it seemed like we are having fun but the grandmothers did not respond to. Even though it happened sometimes, we had to fix it by adjusting the songs that are sung and the activities that the elderly engaged such as shaking eggs and ringing the bells. At the same time, the team had fun.

They had cheerful smile before being able to deliver this feeling to the audience or the elderly. The grandmothers will perceive that feeling and remember the joyful feeling. However, if any grandmother has remained silent, we will take action to stimulate the interest of that person." "Sometimes the songs were too long making the grandmothers feel sleepy. The atmosphere was quiet. Sometimes there were too many fast songs. The grandmothers became tired. We had to change into 2 slow songs and 2 fast songs." "In organizing music activities, it should begin with instrumental music, slow vocals, fast singing, music activities, dancing, listening to music, listening to natural instrumental music (gradually reducing the tempo) closing the eyes to be relaxed. Bruscia (2014) mentioned that the music therapy process could be divided into 6 steps; 1) Assessment, 2) Treatment Plan, 3) Implementation, 4) Documentation of Progress, 5) Evaluation, and 6) Termination of treatment. This was similar to Taweesak Sirirakreka (2006: 3) saying that in making music therapy, it consisted of 4 main steps; 1) patient evaluation, 2) treatment planning, 3) treatment implementation, and 4) treatment evaluation. It could be said that the evaluation of each activity would help reducing problems possibly arising in subsequent activities helping the elderly to be more involved in the activity. The elderly was provided with the opportunities or situations to play a role while conducting activities. This would affect the feelings of the elderly positively. It created a feeling of fun, happiness, smile, self-esteem. They could see self-worth and would feel meaningful to friends and society.

When considering the results of music activities affecting the feelings of the elderly using indicators of feeling of the elderly before and after the music activities, it was found that the feeling of the elderly positively increased. It could be considered from the percentage of feeling of the elderly. The elderly felt well and were healthy after participating in activities. The value was 80.00% higher than before participating in the

activity at 30.3%. The elderly were happy as appropriate. Overall, after participating in the activity, it was at a higher level than normal with the value of 57.1% which was 24.2% higher than before participating in the activity. The elderly had hope for their future. They were in the higher level than normal with the value of 42.9%. This was higher than before participating in the activities with the value of 12.1%. The elderly feeling of not worthy to live anymore at the level of not at all was 91.4% which was 60.6 percent higher than before participating in the activities.

GENERAL RECOMMENDATIONS

(1) In grouping the elderly in each activity, each elderly person has different availability and disabilities. Grouping should be made for the members of the group to help one another. It will greatly affect the feelings of the elderly. They will feel their self-worth and will be proud to help their friends. The friends who are helped will feel that they are meaningful to others and be a part of the society. They will see others more positively. It can create good feelings for one another. Giving the elderly the opportunity to participate in group activities is an advantage that helps the elderly have a good relationship with their fellow members. They will feel that they have friends. It can increase social ability, confidence, reduce anxiety and depression, reduce frustration and annoyance from changes in physical, mental, emotional and social conditions that change with age. The elderly will feel that they are capable of coping with problems and managing their emotions accordingly. They will know themselves and others better as well as increasing the self-esteem (Uthaiwan Kaewphichit.2017: 74 and Dileo.2016)

(2) Granting the opportunity for the elderly to play a good or interested instrument to exercise various muscles can help stimulating the nerves and practice reviewing memory or concentration. The study results of Supaporn Kitila (2017: 78) revealed that listening to live music could stimulate listener's participation more than

listening to music from a player as the live music could help bringing enjoyment and the participation of music listeners was greater than the music that came from recording. For playing the instrument, in most cases, it is not a practice to be able to play a particular instrument. It is rather to use easy-to-play instruments such as drums, shakers, to accompany other musical activities.

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