

# The Effect of Music Therapy and Yoga Exercises on Reducing Symptoms of Psychological Disease MS

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## ABSTRACT

This study examined the effectiveness of music therapy and yoga is focused on reducing psychological symptoms multiple sclerosis. This semi-experimental pretest-posttest control group is. The research study, women who make up the Council of MS patients among three groups of 30 subjects - music, experimentation - yoga and control groups. Simple random sampling. According to the plan, the DASS questionnaire was conducted in experimental and control groups. The experimental group yoga and music therapy have been. After training, the experimental and control groups DASS questionnaire was administered. Then, using ANCOVA after excluding the effect of pretest differences between the control group and the experimental group were examined. Analysis of the data revealed the following findings: yoga exercises to reduce anxiety, depression and stress effected MS patients. Music therapy on anxiety, depression and stress Effected MS patients.

**KEYWORD:** Music therapy, yoga, anxiety, depression, stress

## INTRODUCTION

Multiple sclerosis one of the most dangerous and the most debilitating diseases of autoimmune disease.

MS is caused by damage to the myelin sheath of nerve cells is caused by the immune system are widespread symptoms. 75 percent of people with relapse of the disease - are improving with every attack symptoms generally disappear after they are lost. But within 10 years and within 25 years after the first, 50% to 90% of patients with SPMS caught coming to Essen. In this type of patient that constantly get worse and there is no recovery in between attacks of this type can cause disability and widespread destruction and death (Farhang Abelmanesh, 2012)

Therefore, finding ways to help reduce the symptoms and treatment of this deadly disease from attacking the main concern of the therapist. And because the aggravating symptoms of MS attacks, stress and psychological issues involved as an MS itself. Some problems are caused by psychological knowledge in clinical psychology and other fields related to health and self-involved and help MS patients is created.

Therefore, this study is consistent with other researchers in the field of music therapy and yoga effect on reducing symptoms of MS to investigate. MS is an incurable disease and has a wide and varied effects on different aspects of life that a person with disability to be is located. Multiple sclerosis symptoms Maltpyl cassette. MS is a chronic and progressive neurological disorder that causes disruption to the central nervous system. It is thought that this disease more of 5/2 million people worldwide and now affects approximately 400,000 people. In America are living with the disease (culture and BEHMANESH, 2012).

It is actually one of the most important and most common diseases of the central nervous system (CNS) that result in inflammation and destruction. Nerve sheath "myelin" is created as a result of electrical conductivity in CNS neurons. Aynpals be in trouble. And depending on the patient's clinical symptoms are caused by the conflict (Miller, 2000).

MS in our country has become a widespread disease in Iran, according to the MS Society of There are thousands of patients in 40 countries, 9,000 of whom are registered (Taghizadeh and Asemi, 2006).

Yoga is a term Sansgryt sense of unity and oneness of mind and body-based focus, and attention to breathing motion.

The person doing Hatha yoga exercises in the area of health of body and mind will experience.

Physical exercises and yoga breathing, flexibility and muscle strength, increases circulation, improves oxygen uptake and the hormonal system. In addition to yoga relaxation and release or affects the autonomic system causing the person to feel healthy. About the effectiveness of yoga as a complementary approach to medical. Many investigations have been carried That reduce the cost and complication of treatment for stress intervention.

In a controlled clinical trial, including carpal tunnel syndrome, Multiple sclerosis, asthma, tuberculosis, lung, The irritable bowel syndrome, lymphoma, mild depression, hypertension, drug addiction, chronic pain, osteoarthritis and lumbar has been effective in promoting recovery (Hajji Baba, 2011).

National Association for Music Therapy America (1997) Music therapy uses music therapy includes the renewal of creation and strengthening of physical and mental health is defined.

General methods include music therapy, music therapy, music therapy, active and passive common.

Active music therapy methods include reading, playing, dancing, and discuss music and music therapy consisted of passive listening to music. A major active effect of music therapy on emotional reactions, mental, sensory and cognitive and affective responses in active music therapy and mental stimulation, and is coordinated (Vygram, 1999).

Multiple sclerosis is an incurable disease with a variety of complications One of the main targets of attacks and ways to control and reduce the unpleasant symptoms of the disease.

Because MS is the result of improper functioning of the immune system caused Psychotherapeutic interventions such as yoga and music therapy can be effective in reducing the severity and complications of the disease. (Mirzaei, 2009)

Find treatment strategies to reduce symptoms and improve quality of life for these patients is important. According to what was said is very important that we find ways to reduce the adverse psychological plague Especially the way things should be simple and accessible to everyone, there is the possibility of enjoying them.

## MATERIALS AND METHODS

This semi-experimental pretest-posttest design with a control group and two groups (experimental group and control group) and pre-test and post-test. Independent variable, teaching yoga and music therapy group that has performed only two And its impact on test scores in the experimental group studied And were compared with the control group.

So the method of quasi-experimental study With regard to the control and experimental groups among women 25 to 40 years suffering ms The psychological symptoms are impaired.

The research study, Member of ms patients are women. The experimental part of the study because of sample size  $n = 30$  is That have been assigned to experimental and control groups. In most research projects financial constraints of time and manpower, a sample size that is needed to be studied limits. The quasi-experimental method is proposed that at least 10 people are selected for each group (Delaware, 1994: 131).

A simple random sampling method. This means that the patients who are members of the Association ms , 137 women were selected randomly and the DASS-42 questionnaire was administered.

Tests conducted after 83 patients were screened

Show that the condition of psychological disorders, the test was performed. Then, of whom 30 were randomly selected And randomly divided into three groups - music test - yoga and control groups. Data collected for Depression Anxiety and Stress Scale 42 - DASS is a self report questionnaire of 42 questions about anxiety, depression and stress Which is used by a Levy strap was designed in 1995.

How to respond to the questions as a variable 4 is an option for self-evaluation will be completed.

Responses range from never to always vary, So that people can answer the question in front of their options never bit, sometimes, and always checked to determine.

Is scored from zero to three and zero score for Nettle never score a few options, the option of two to three times, and the score is always considered an option. In order to calculate the DASS test criterion validity scales Correlation coefficient scores of the patients in the Beck Depression Inventory, Sung Anxiety Scale was used to measure students' stress.

The correlation between depression scores and Beck Depression Inventory score of 0/84, Sung Anxiety Scale anxiety scale scores with 0/831 Stress scale with stress scale for students 0/75, All of the /01 significance and the results of Levy and Levy paragraph of clause coordination. The researchers said in the study between 0/74 with the Beck Depression Inventory, 0/8, the Beck Anxiety Inventory anxiety scale and have earned. (Afzali and Hmakaran, 2008)

## RESULTS

**Table 1 Descriptive characteristics of the stress test group and control group**

Significant level.	Kolmogorov	strain	Tilt	SD	View	Middle	Mean	group
0/925	0/548	-1/214	-0/044	2/666	41	41	42	The Yoga Experiment
0/783	0/656	1/140	-1/035	2/936	43	43	42/20	Experiment Music
0/998	0/395	-1/230	0/192	3/42	37	41/50	41/80	Witness

The above table shows the values of the mean and standard deviation of test anxiety in the group Yoga 42 2/66 is the mean pre-test scores of the experimental group Music 40/20 and SD 2/36 is. Pre-test scores in the control group 80/42 and SD 3/42 is. Shows the average values in the two groups, the control group is above average.

**Table 2 summarizes the descriptive indicators related to the stress test group and control group**

Significant level.	Kolmogorov	strain	Tilt	SD	View	Middle	Mean	group
0/990	0/441	-0/459	-0/311	3/359	38	37/50	36/80	The Yoga Experiment
0/897	0/574	-1/013	0/442	2/330	35	38/50	37/10	Experiment Music
0/993	0/426	-0/948	0/312	2/299	40	42	42/20	Witness

The above table shows the mean values of test anxiety in the group Yoga 36/80 and SD 3/95 is the mean posttest scores of the experimental group Music 37/10 and SD 2/33 is. Average post-test control group 42/20 and SD 2/99 is. The values show averages two groups below the average control group Which represents a reduction of anxiety in both groups compared to the control group.

**Table 3 Descriptive indicators related to the pre-test depression test group and control group.**

Significant level.	Kolmogorov	strain	Tilt	SD	View	Middle	Mean	group
0/951	0/518	-1/104	-0/089	2/643	42	42	42/10	The Yoga Experiment
0/356	0/927	-1/005	-0/720	3/169	43	43	41/40	Experiment Music
0/991	0/438	-0/183	0/522	3/093	40	40	40/30	Witness

The above table shows the values of the pre-test scores in the depressed group Yoga 10/42 and SD 2/34 is the mean pre-test scores of the experimental group Music 41/40 and SD 3/96 is. Pre-test scores in the control group 40/30 and SD 093/3. Shows the average values in the two groups, the control group is above average.

**Table (4) descriptive indicators of depression and post-test experimental group and control group**

Significant level.	Kolmogorov	strain	Tilt	SD	View	Middle	Mean	group
0/951	0/518	-1/538	0/067	3/198	33	36/50	36/30	The Yoga Experiment
0/938	0/534	-1/478	0/170	3/128	35	37	37/30	Experiment Music
0/989	0/445	-0/023	0/057	2/674	41	41/50	41/60	Witness

The above table shows the values of posttest depression scores in the experimental group Yoga 36/30 and SD 3/89 is the mean posttest scores of the experimental group Music 37/30 and SD 2/128 is. Average post-test control group 41/60 and SD 2/46 is. The values show Average the two groups is significantly lower than the control group, indicating that depression in two experiments.

**Table (5) descriptive indicators related to the stress tests, the control group and the experimental group**

Significant level.	Kolmogorov	strain	Tilt	SD	View	Middle	Mean	group
0/993	0/428	-0/944	-0/136	2/601	43	42/50	42	The Yoga Experiment
0/989	0/374	-1/375	0/001	3/464	42	42	42	Experiment Music
0/990	0/443	-0/450	0/384	2/788	40	40/50	41	Witness

The above table shows the mean values of the stress test in the group Yoga 42 SD 2/601 is the mean pre-test scores of 42 and standard deviation of the music group 3/164 is. Pre-test scores of 41 and standard deviation of the control group was 2/88 is. Shows the average values in the two groups, the control group is above average.

**Table (6) descriptive indicators related to the stress tests, the control group and the experimental group**

Significant level.	Kolmogorov	strain	Tilt	SD	View	Middle	Mean	group
0/978	0/368	-1/479	0/001	3/496	32	37	37	The Yoga Experiment
0/977	0/477	-1/318	0/107	3/062	36	37	37/40	Experiment Music
0/963	0/502	-0/833	0/282	2/936	40	41	41/20	Witness

The above table shows the mean values of the stress test in the group Yoga 37 and SD 3/96 is the mean posttest scores of the experimental group Music 37/40 and SD 3/62. Average post-test control group 41/20 and SD 2/63 is. The assumption of normal distribution test, Kolmogorov -assessed. Based on the values of the quantities z and significant result is that the normal distribution of all variables in the control group and the test is approved and can be used on the same basis of parametric tests for analysis assumptions used.

## DISCUSSION AND CONCLUSIONS

The purpose of this study effect of yoga and music therapy in reducing the psychological symptoms of MS. Statistical analysis in this field indicates significant differences between anxiety, depression and stress control and experimental groups on the effectiveness of yoga and music therapy on psychological symptoms of MS there. So that the level of anxiety, depression and stress test groups affected by the proposed education has declined substantially.

The main reasons for the positive effects of yoga therapy in this study was consistent with previous research, this is the address of relaxation techniques, to create harmony in the body's nervous system.

Yoga also increases physical strength and physical exercise are; This positive self-concept, the most powerful man of the past in contrast, some movement problems and discomfort and pain caused by the disease, there has been more resilient, Measured brain waves before and after two hours of yoga showed that alpha waves (associated with Relaxation) and beta waves (associated with alertness, sleep, and emotions) has increased by 40 percent.

This means that the brain is extremely comfortable yoga exercise as a result of these exercises can be significantly reduced levels of depression and stress. On the other hand, it can be deduced that the engagement and involvement of patients Why depression is reduced. Overall, the research exercise and yoga as a variable is used to reduce depression. With this in mind, one of the major complications of MS decreased physical ability this issue also has an important role in the development and exacerbation of depression in this population, the person also reduces mental stress the study's findings are consistent with previous studies done.

### Recommendations from research findings

- 1 - Conducting research to encompass wider groups in different regions
- 2 - To generalize the results about the impact of gender is suggested that the effectiveness of this treatment modality for male gender should be studied. Due to the impact therapy and yoga the psychological symptoms ms patients According to the dramatic effect in reducing stress, anxiety and depression, they recommended that training be conducted in a wide range of patients.

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