CHAPTER 6

RESULTS

Perceived bhava towards music

1. Perceived bhava towards music in the Study group

Perceived bhava towards Classical Music

Graph 1.1 shows responses of depressed patients in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 82% of the patients perceived desirable bhava, 2% neutral bhava and 16% undesirable bhava. No responses were indicated for favourable bhava.

Perceived bhava towards Bhakti-Sangeet:

Graph 1.2 indicates responses of depressed patients to Bhakti Sangeet in 4 sessions. An average of the responses over the 4 sessions indicates that for Bhakti Sangeet, 91% of the patients perceived desirable bhava and 9% neutral bhava, with no responses for either the undesirable or favourable categories.

Perceived bhava towards Film Music:

Graph 1.3 indicates responses of depressed patients to film music in 4 sessions. An average of the responses over the 4 sessions indicates that for film music, 57% of the patients perceived desirable bhava, 11% neutral bhava, 30% undesirable bhava and 2% favourable bhava.
Perceived *bhava* towards music in the Study Group

**Graph 1.1**

Perceived *bhava* for Classical Music

**Graph 1.2**

Perceived *bhava* for Bhakti-Sangeet

**Graph 1.3**

Perceived *bhava* for Film Music
Conclusion:

The % of depressed patients perceiving desirable bhava of music during the sessions was found to be high for all the three types of music. Desirable bhava indicates the perception of happy or soothing bhava.

The % of depressed patients perceiving desirable bhava for Bhakti-Sangeet was highest followed by classical music and film music.

The % of depressed patients perceiving undesirable bhava for film music was higher than for classical music. None of the patient perceived undesirable bhava for Bhakti-Sangeet.
2. Perceived Bhava towards music in the Non-depressed group

*Perceived Bhava towards Classical Music:*

Graph 2.1 shows responses of normal persons in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 76% of the normal persons perceived desirable bhava, 12% neutral bhava, 9% undesirable bhava and 3% favourable bhava.

*Perceived Bhava towards Bhakti-Sangeet:*

Graph 2.2 indicates responses of normal persons to Bhakti Sangeet in 4 sessions. An average of the responses over the 4 sessions indicates that for Bhakti Sangeet, 76% of the normal persons perceived desirable bhava and 14% neutral bhava, 8% undesirable bhava and 2% favourable bhava.

*Perceived bhava towards film music:*

Graph 2.3 indicates responses of normal persons to film music in 4 sessions. An average of the responses over the 4 sessions indicates that for film music, 64% of the normal persons perceived desirable bhava, 3% neutral bhava, 9% undesirable bhava and 24% favourable bhava.

**Conclusion:**

The % of normal persons perceiving desirable and favourable bhava for film music was found to be highest followed by classical music and Bhakti-Sangeet. The % of normal persons perceiving undesirable bhava was found to be same for all the three types of music.
Perceived bhava towards music in the Non-depressed Group

Graph 2.1
Classical Music - Perceived bhava - Non-depressed Group

Graph 2.2
Bhakti Sangeet - Perceived bhava - Non-depressed Group

Graph 2.3
Film Music - Perceived bhava - Non-depressed Group
Comparison of the responses of the subjects to perceived bhava in the Study group and the Non-depressed group:

a) The variability in the responses was found to be high in the Non-depressed group than in the Study group when the responses were compared among the subjects within a group and between the two groups.

b) *Bhakti-Sangeet* was found to be highly therapeutic for depressed patients subsequent to classical and film music.

c) Subjects from the Non-depressed group preferred listening to the film music than *Bhakti-Sangeet* and classical music.

d) Film songs, evoking sad *bhava* were appreciated by majority of the subjects from the Non-depressed group. While the depressed patients did not like listening to film music which evoked sad *bhava* with the exception of a single patient.
3. Interest towards music in Study group:

*Interest in classical music from day 0 till the end of the 4th session:*

Graph 3.1 shows responses of depressed patients to classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 33% of the patients showed low interest, 60% medium interest and 7% high interest.

*Interest in Bhakti-Sangeet from day 0 till the end of the 4th session:*

Graph 3.2 shows responses of depressed patients to Bhakti-Sangeet in 4 sessions. An average of the responses over the 4 sessions indicates that for Bhakti-Sangeet, 21% of the patients showed low interest, 55% medium interest and 24% high interest.

*Interest in film music from day 0 till the end of the 4th session:*

Graph 3.3 shows responses of depressed patients to film music in 4 sessions. An average of the responses over the 4 sessions indicates that for film music, 38% of the patients showed low interest, 59% medium interest and 3% high interest.

**Conclusion:**

From the graphs 3.1, 3.2 and 3.3, interest of depressed patients in all the three types of music was found to increase from day 0 till the end of the 4th session. Interest of the depressed patients in Bhakti-Sangeet was found to increase profoundly, followed by interest in classical music and film music.

It was observed that prior to the music sessions the patients showed decreased or no interest in music. The results of the thesis indicate that during the sessions the % of depressed patients showing medium and high interest towards music was high.
Interest towards music in Study Group

**Graph 3.1**

Interest in Classical Music

**Graph 3.2**

Interest Towards Bhakti-Sangeet

**Graph 3.3**

Interest in Film Music
Effect of laya of music:

4. Effect of laya of classical music on Study group:

Effect of slow laya:
Graph 4.1 shows responses of depressed patients to slow laya in classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 86% of the patients showed slow laya desirable, 5% neutral and 9% undesirable.

Effect of medium laya:
Graph 4.2 shows responses of depressed patients to medium laya in classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 88% of the patients showed medium laya desirable, 5% neutral and 7% undesirable.

Effect of fast laya:
Graph 4.3 shows responses of depressed patients to fast laya in classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 73% of the patients showed fast laya desirable, 5% neutral and 22% undesirable.

Conclusion:
1. Medium laya was found to be the most suitable laya followed by slow laya for depressed patients.

2. For classical music, undesirability was found to be higher for fast laya than medium and slow laya. Some of the patients could not tolerate the fast laya of the music especially the tannas in vocal classical and zalo of the sitar.
Effect of *laya* of Classical music on Study Group

Graph 4.1

**Effect of Slow *laya* - Classical Music - Study Group**

Desirable Neutral Undesirable

Graph 4.2

**Effect of Medium *laya* - Classical Music - Study Group**

Desirable Neutral Undesirable

Graph 4.3

**Effect of Fast *laya* - Classical Music - Study Group**

Desirable Neutral Undesirable
5. Effect of *laya* of classical music on Non-depressed group:

*Effect of slow laya:*

Graph 5.1 shows responses of normal persons to slow *laya* in classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 72% of the normal persons showed slow *laya* desirable, 12% neutral and 16% undesirable.

*Effect of medium laya:*

Graph 5.2 shows responses of normal persons to medium *laya* in classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 86% of the normal persons showed medium *laya* desirable, 7% neutral and 7% undesirable.

*Effect of fast laya:*

Graph 5.3 shows responses of normal persons to fast *laya* in classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music, 79% of the normal persons showed fast *laya* desirable, 7% neutral and 14% undesirable.

**Conclusion:**

1. Medium *laya* was found to be more suitable than slow and fast *laya* for the subjects of the Non-depressed group.

2. Undesirability for slow *laya* was found to be high in case of Non-depressed group than in the Study group, whereas undesirability for fast *laya* was found to be high in case of Study group than in the Non-depressed group.
Effect of *laya* of Classical music on Non-depressed Group

**Graph 5.1**

**Effect of slow *laya* - Classical Music - Non-depressed Group**

<table>
<thead>
<tr>
<th>Session</th>
<th>Desirable</th>
<th>Neutral</th>
<th>Undesirable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 4</td>
<td>5</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Session 3</td>
<td>12</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>11</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Session 1</td>
<td>14</td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

**Graph 5.2**

**Effect of medium *laya* - Classical Music - Non-depressed Group**

<table>
<thead>
<tr>
<th>Session</th>
<th>Desirable</th>
<th>Neutral</th>
<th>Undesirable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 4</td>
<td>12</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Session 3</td>
<td>12</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>12</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Session 1</td>
<td>14</td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

**Graph 5.3**

**Effect of fast *laya* - Classical Music - Non-depressed Group**

<table>
<thead>
<tr>
<th>Session</th>
<th>Desirable</th>
<th>Neutral</th>
<th>Undesirable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 4</td>
<td>11</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Session 3</td>
<td>10</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Session 2</td>
<td>11</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Session 1</td>
<td>14</td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>
6. Effect of *laya* of Bhakti-Sangeet on Study group:

Graph 6 shows responses of depressed patients to *laya* of Bhakti-Sangeet in 4 sessions. An average of the responses over the 4 sessions indicates that for Bhakti-Sangeet 86% of the patients showed *laya* desirable, 3% neutral and 11% undesirable.

7. Effect of *laya* of film music on Study group:

Graph 7 shows responses of depressed patients to *laya* of film music in 4 sessions. An average of the responses over the 4 sessions indicates that for film music 52% of the patients showed *laya* desirable, 23% neutral and 25% undesirable.

Conclusion:

1. Results showed variability in the responses to *laya* of Bhakti-Sangeet and film music.
2. Variability in the responses of depressed patients was higher to *laya* of film music as compared to classical music and Bhakti-Sangeet.
3. Undesirability in the responses of depressed patients was found more to *laya* of film music as compared to Bhakti-Sangeet.
Effect of *laya* - Study Group

**Graph 6**

**Graph 7**
Effect of laya on Non-depressed Group

Graph 8

Graph 9
Effect of Lyrics on Memory

Graph 10

Effect of Lyrics on Memories - Study group

Graph 11

Effect of Lyrics on Memories - Non-depressed Group
Effect of music on visualization

Graph 12

Effect of Music on Visualization - Study Group

<table>
<thead>
<tr>
<th>Type of Music</th>
<th>Classical</th>
<th>Bhatki</th>
<th>Film</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>52</td>
<td>52</td>
<td>55</td>
</tr>
<tr>
<td>No</td>
<td>4</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

Graph 13

Effect of Music on Visualization - Non-depressed Group

<table>
<thead>
<tr>
<th>Type of Music</th>
<th>Classical</th>
<th>Bhatki</th>
<th>Film</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>17</td>
<td>32</td>
<td>29</td>
</tr>
<tr>
<td>No</td>
<td>41</td>
<td>26</td>
<td>29</td>
</tr>
</tbody>
</table>
Effect of Lyrics on Memory

Graph 10

Graph 11
Conclusion:

a) Lyrics of Bhakti-Sangeet were found to evoke happy memories in both, Study and Non-depressed groups.

b) Lyrics of Bhakti-Sangeet did not evoke sad memories in case of depressed patients; for the Non-depressed group evokation of sad memories was found to be negligible.

c) The % of evokation of sad memories was found to be higher for film music in depressed patients than in the normal persons. Also the % of evokation of happy memories was found to be low than the % evokation of sad memories for film music in depressed patients.
Effect of music on visualization:

During the music sessions, it was observed that some of the subjects visualized images while listening to music. The subjects were found to get pleasure on visualization. The subjects were found to visualize on the basis of the past experiences and the associations of the subjects with the music.

12. Effect of music on visualization in Study group:

Effect of classical music on visualization:

Graph 12 shows responses of depressed patients on visualization during listening to classical music in 4 sessions. An average of the responses in 4 sessions indicates that for classical music 7% of the depressed patients got visualization and 93% did not get visualization.

Effect of Bhakti-Sangeet on visualization:

Graph 2 shows responses of depressed patients on visualization during listening to Bhakti-Sangeet in 4 sessions. An average of the responses in 4 sessions indicates that for Bhakti-Sangeet 7% of the depressed patients got visualization and 93% did not get visualization.

Effect of film music on visualization:

Graph 12 shows responses of depressed patients on visualization during listening to film music in 4 sessions. An average of the responses in 4 sessions indicates that for film music 2% of the depressed patients got visualization and 98% did not get visualization.

The patients were found to visualize when they perceived happy or soothing bhava. The patients did not get any visualizations when they perceived sad or depressed bhava.

The patients visualized listening to classical music and Bhakti-Sangeet and in rare cases, for film music.
Effect of music on visualization

**Graph 12**

**Effect of Music on Visualization - Study Group**

<table>
<thead>
<tr>
<th>Type of Music</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classical</td>
<td>52</td>
<td>4</td>
</tr>
<tr>
<td>Bhatki</td>
<td>52</td>
<td>4</td>
</tr>
<tr>
<td>Film</td>
<td>55</td>
<td>1</td>
</tr>
</tbody>
</table>

**Graph 13**

**Effect of Music on Visualization - Non-depressed Group**

<table>
<thead>
<tr>
<th>Type of Music</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classical</td>
<td>41</td>
<td>17</td>
</tr>
<tr>
<td>Bhatki</td>
<td>32</td>
<td>26</td>
</tr>
<tr>
<td>Film</td>
<td>29</td>
<td>20</td>
</tr>
</tbody>
</table>
13. Effect of music on visualization in Non-depressed group:

**Effect of classical music on visualization:**

Graph 13 shows responses of normal persons on visualization during listening to classical music in 4 sessions. An average of the responses in 4 sessions indicates that for classical music 29% of the normal persons got visualization and 71% did not get visualization.

**Effect of Bhakti-Sangeet on visualization:**

Graph 13 shows responses of normal persons on visualization during listening to Bhakti-Sangeet in 4 sessions. An average of the responses in 4 sessions indicates that for Bhakti-Sangeet 55% of the normal persons got visualization and 45% did not get visualization.

**Effect of film music on visualization:**

Graph 13 shows responses of normal persons on visualization during listening to film music in 4 sessions. An average of the responses in 4 sessions indicates that for film music 50% of the normal persons got visualization and 50% did not get visualization.

Conclusion:

a) The % of subjects who visualized images was higher in case of normal persons as compared to depressed patients.

b) Depressed patients were found to visualize more for classical music and Bhakti-Sangeet than for film music.

c) Normal persons were found to visualize more for Bhakti-Sangeet and film music than for classical music.
Effect of pitch on Study group:

Significant responses were not obtained for the pitch of music during the sessions. It was observed that most of the depressed patients did not respond specifically to the pitch of music. Some of the patients responded towards the pitch for certain music pieces during the sessions, from which most of the patients found the pitch desirable but few of them found the pitch undesirable. Specifically, 4 depressed patients found the music undesirable when rendered in upper register (Tara-Saptak) for 4 different music pieces.

Effect of pitch on Non-depressed group:

Effect of pitch of classical music:

Effect of low pitch:

Table No. 6 shows responses of normal persons to low pitch (rendition of swara in Mandra-Saptak) of classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music 74% of the normal persons showed low pitch desirable, 19% neutral and 7% undesirable.

Effect of middle pitch:

Table No. 6 shows responses of normal persons to middle pitch (rendition of swara in Madhya-Saptak) of classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music 76% of the normal persons showed middle pitch desirable, 19% neutral and 5% undesirable.

Effect of high pitch:

Table No. 6 shows responses of normal persons to high pitch (rendition of swara in Tara-Saptak) of classical music in 4 sessions. An average of the responses over the 4 sessions indicates that for classical music 71% of the normal persons showed high pitch desirable, 17% neutral and 12% undesirable.
<table>
<thead>
<tr>
<th></th>
<th>Desirable</th>
<th>Neutral</th>
<th>Undesirable</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low</strong></td>
<td>13</td>
<td>1</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td><strong>Middle</strong></td>
<td>13</td>
<td>2</td>
<td>0</td>
<td>15</td>
</tr>
<tr>
<td><strong>High</strong></td>
<td>12</td>
<td>1</td>
<td>2</td>
<td>15</td>
</tr>
</tbody>
</table>

**Session 2**

<table>
<thead>
<tr>
<th></th>
<th>Desirable</th>
<th>Neutral</th>
<th>Undesirable</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low</strong></td>
<td>10</td>
<td>5</td>
<td>0</td>
<td>15</td>
</tr>
<tr>
<td><strong>Middle</strong></td>
<td>11</td>
<td>4</td>
<td>0</td>
<td>15</td>
</tr>
<tr>
<td><strong>High</strong></td>
<td>9</td>
<td>4</td>
<td>2</td>
<td>15</td>
</tr>
</tbody>
</table>

**Session 3**

<table>
<thead>
<tr>
<th></th>
<th>Desirable</th>
<th>Neutral</th>
<th>Undesirable</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low</strong></td>
<td>11</td>
<td>1</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td><strong>Middle</strong></td>
<td>11</td>
<td>1</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td><strong>High</strong></td>
<td>11</td>
<td>1</td>
<td>2</td>
<td>14</td>
</tr>
</tbody>
</table>

**Session 4**

<table>
<thead>
<tr>
<th></th>
<th>Desirable</th>
<th>Neutral</th>
<th>Undesirable</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low</strong></td>
<td>9</td>
<td>4</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td><strong>Middle</strong></td>
<td>9</td>
<td>4</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td><strong>High</strong></td>
<td>9</td>
<td>4</td>
<td>1</td>
<td>14</td>
</tr>
</tbody>
</table>
Effect of pitch of Bhakti-Sangeet on Non-depressed group:

Effect of low pitch:

Table No. 7 shows responses of normal persons to low pitch (rendition of swara in Mandra-Saptak) of Bhakti-Sangeet in 4 sessions. An average of the responses over the 4 sessions indicates that for Bhakti-Sangeet 76% of the normal persons showed low pitch desirable, 21% neutral and 3% undesirable.

Effect of middle pitch:

Table No. 7 shows responses of normal persons to middle pitch (rendition of swara in Madhya-Saptak) of Bhakti-Sangeet in 4 sessions. An average of the responses over the 4 sessions indicates that for Bhakti-Sangeet 76% of the normal persons showed middle pitch desirable, 21% neutral and 3% undesirable.

Effect of high pitch:

Table No. 7 shows responses of normal persons to high pitch (rendition of swara in Tara-Saptak) of Bhakti-Sangeet in 4 sessions. An average of the responses over the 4 sessions indicates that for Bhakti-Sangeet 76% of the persons showed high pitch desirable, 15% neutral and 9% undesirable.
<table>
<thead>
<tr>
<th></th>
<th>Session 1</th>
<th></th>
<th>Session 2</th>
<th></th>
<th>Session 3</th>
<th></th>
<th>Session 4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Desirable</td>
<td>Neutral</td>
<td>Undesirable</td>
<td>Total</td>
<td>Desirable</td>
<td>Neutral</td>
<td>Undesirable</td>
</tr>
<tr>
<td>Low</td>
<td>11</td>
<td>4</td>
<td>0</td>
<td>15</td>
<td>Low</td>
<td>11</td>
<td>2</td>
</tr>
<tr>
<td>Middle</td>
<td>11</td>
<td>4</td>
<td>0</td>
<td>15</td>
<td>Middle</td>
<td>11</td>
<td>2</td>
</tr>
<tr>
<td>High</td>
<td>11</td>
<td>3</td>
<td>1</td>
<td>15</td>
<td>High</td>
<td>11</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>13</td>
<td>1</td>
<td>0</td>
<td>14</td>
<td>9</td>
<td>5</td>
<td>0</td>
</tr>
</tbody>
</table>
Effect of pitch of film music on Non-depressed group:

Effect of low pitch:
Table No. 8 shows responses of normal persons to low pitch (rendition of swara in Mandra-Saptak) of film music in 4 sessions. An average of the responses over the 4 sessions indicates that for film music 79% of the normal persons showed low pitch desirable, 17% neutral and 4% undesirable.

Effect of middle pitch:
Table No. 8 shows responses of normal persons to middle pitch (rendition of swara in Madhya-Saptak) of film music in 4 sessions. An average of the responses over the 4 sessions indicates that for film music 79% of the normal persons showed middle pitch desirable, 17% neutral and 4% undesirable.

Effect of high pitch:
Table No. 8 shows responses of normal persons to high pitch, (rendition of swara in Tara-Saptak) of film music in 4 sessions. An average of the responses over the 4 sessions indicates that for film music 72% of the normal persons showed high pitch desirable, 12% neutral and 16% undesirable.

Conclusion:
Undesirability was found for high pitch (rendition of swara in upper register or in Tara-Saptak) for classical music, Bhakti-Sangeet and film music as compared to low and middle pitch (rendition of swara in lower and middle register or Mandra and Madya-Saptak) of these three types.

Volume of the music:
It was observed that depressed patients insisted on keeping the volume of the music low during the sessions. The patients could not tolerate high volume for any kind of sound. The patients would get irritable even if the volume increased marginally.
Table No. 8  
Effect of Pitch-Film Music-Non-depressed Group

<table>
<thead>
<tr>
<th></th>
<th>Session 1</th>
<th></th>
<th></th>
<th></th>
<th>Session 2</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Desireable</td>
<td>Neutral</td>
<td>Undesirable</td>
<td>Total</td>
<td>Desireable</td>
<td>Neutral</td>
<td>Undesirable</td>
<td>Total</td>
<td>Desireable</td>
</tr>
<tr>
<td>Low</td>
<td>14</td>
<td>1</td>
<td>0</td>
<td>15</td>
<td>Low</td>
<td>11</td>
<td>4</td>
<td>0</td>
<td>15</td>
</tr>
<tr>
<td>Middle</td>
<td>14</td>
<td>1</td>
<td>0</td>
<td>15</td>
<td>Middle</td>
<td>11</td>
<td>4</td>
<td>0</td>
<td>15</td>
</tr>
<tr>
<td>High</td>
<td>13</td>
<td>1</td>
<td>1</td>
<td>15</td>
<td>High</td>
<td>10</td>
<td>3</td>
<td>2</td>
<td>15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Session 3</th>
<th></th>
<th></th>
<th></th>
<th>Session 4</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Desireable</td>
<td>Neutral</td>
<td>Undesirable</td>
<td>Total</td>
<td>Desireable</td>
<td>Neutral</td>
<td>Undesirable</td>
<td>Total</td>
<td>Desireable</td>
</tr>
<tr>
<td>Low</td>
<td>11</td>
<td>2</td>
<td>1</td>
<td>14</td>
<td>Low</td>
<td>10</td>
<td>3</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td>Middle</td>
<td>11</td>
<td>2</td>
<td>1</td>
<td>14</td>
<td>Middle</td>
<td>10</td>
<td>3</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td>High</td>
<td>10</td>
<td>1</td>
<td>3</td>
<td>14</td>
<td>High</td>
<td>9</td>
<td>2</td>
<td>3</td>
<td>14</td>
</tr>
</tbody>
</table>
Results

Documentation on basis of the responses of the subjects from Depressed group; one of the Comparison group:

The depressed patients, who were on antidepressants and not on any supportive therapy, were included in the Depressed group. The subjects were not called for music sessions.

The subjects for the Study group and for Depressed group could not be enrolled simultaneously. Also the subjects from the Depressed group did not maintain regular follow-ups, hence the two groups could not be compared. The subjects were interviewed and asked about their quality of life. Only documentation of the responses was done and no conclusive findings were obtained from the study of the Depressed group.

From the responses of the subjects from Depressed group following points can be documented -

a) The subjects from the Depressed group were on antidepressants for the period of one month. The medication was an essential part of the treatment for the subjects to control and to cure the illness but certain aspects were found left untreated.

b) The subjects reported that they could not enjoy life, they did not feel to listen to music and they did not get pleasure at work. Such responses indicated that though bio- medicines treated the depressive features certain aspects essential to improve quality of life and also for early recovery were left untreated.

Hence it can be suggested that the use of supportive therapy such as Counselling, Psychotherapy, Music Therapy, Relaxation techniques are essential in the treatment for depressed patients.