CONCLUSION

• Music showed therapeutic effect on depressed patients. The effect of Bhakti-Sangeet was found to be highly therapeutic followed by Hindustani Classical (vocal and instrumental) Music and Film Music on depressed patients.

➢ The patients would get engrossed in the music and would not think about their problems. Music found to reduce their tensions and pacify their emotions. It was found that music helped in giving vent to their innermost feelings.

➢ Hindustani Classical (vocal and instrumental) music found to give happiness and motivation to the patients.

Patients perceived soothing effect from classical music. The swara and laya patterns in the music gave a feeling of ecstasy.

➢ The devotional feelings from Bhakti-Sangeet found to give peace of mind and moral support to the patients. The devotional sentiments evoked, made the patients to feel supported and the feelings of loneliness got reduced.

➢ Film music was not found to be therapeutic for some of the patients. Certain film songs found to evoke painful memories, which would disturb the patients.

• Music rendered in medium laya was found to be most suitable for the patients. Some of the patients found the music irritable when rendered in fast laya.

• Music rendered in upper register was found troublesome for some of the patients.

• During the sessions depressed patients showed gradual increase in the interest towards music. From the results it can be concluded as - music sessions acted as a stimulus for the depressed patients and thus an avenue in improvement of their health conditions.
• Soothing effect of music and increased interest in music during the sessions proves importance of the music in therapeutic intervention for depressed patients.

• Variability in the responses towards Hindustani classical (vocal and instrumental) music, Bhakti-Sangeet and Film music was noticed among the depressed patients and the normal people. The variability in the responses was found to be more in case of normal people than that in the depressed patients. Variability in the responses indicates that one has to study various factors responsible in getting therapeutic effect of music.

• Findings of the research study satisfy the postulation stated in the chapter 'Introduction' of the present thesis. Thus in the application of music as a therapy on depressed patient one must study,

\[ A) \text{Depressed patient;} \]
\[ a) \text{State of mind} \quad b) \text{History of illness} \]

\[ B) \text{The music;} \]
Suitable music depending upon: Types of music, components in music, style of the performer and quality of voice or of the instruments.
Conclusion

Conclusive statements:

a) *The first hypothesis of the study was-*

Music has a soothing effect on people in emotional distress viz. Depression, sadness, despair, worries, tensions, etc.

From the case studies and from the graphical representation it can be concluded that music shows therapeutic effect on depressed patients.

*Thus the results satisfy the first objective of the study.*

b) *The second hypothesis of the study was-*

*Hindustani* Classical (vocal and instrumental) Music may bring about variable effects on mood states of normal people as well as persons in emotional distress.

*The results satisfy the second objective of the study.*

c) *The third hypothesis of the study was-*

*Bhakti-Sangeet* may bring about variable effects on mood states of normal people as well as persons in emotional distress.

*The results satisfy the third objective of the study.*

d) *The fourth objective of the study was-*

*Film music* may bring about variable effects on mood states of normal people as well as persons in emotional distress.

*The results satisfy the fourth objective of the study.*
Investigation of the Comparison Groups provides a useful documentation, which supports the therapeutic aspect of music.

The two Comparison Groups were:

1) Non-depressed Group (Subjects (N=15), were people from Normal Population)
2) Depressed Group (Subjects (N=15), were depressed patients not enrolled for music sessions)

The comparative examination of the Comparison Groups with the Study group present interesting findings and can provide a basis for further research in the field of music therapy in India.