LIMITATIONS OF THE STUDY

The present research design is developed on the basis of the pilot study conducted by the researcher, as existing research work was not available to study the effects of music in depressed patients.

Selection of music pieces is confined to only three types of music. In classical music, for vocal and instrumental music, only two ragas were selected, rendered by select renowned artists. From the vast ocean of Bhaktigeets and film songs, only a few were selected in this research work. Using different music pieces, one can find out the various possibilities of the therapeutic effect of music in depressed patients.

Only certain parameters of Music and Psychology were studied. The effect of different types of music, instruments, and tempos was not studied. In the present research work, ‘Individual’ sessions were conducted and the patients were given pre-recorded cassettes to listen to the music. Methods such as the group therapy method, or improvisation of music were not studied. The effect of live music or the active participation of the patients during the sessions could not be done because of constraints relating to administering and monitoring the same.

Generalization of the results calls for a large sample size. As the drop out number of the patients was 50%, and the design was of follow-ups, sample size studied was small. A larger sample size would provide additional evidence regarding the therapeutic effect of music.

The experimental method can also be used to obtain statistical evidence of the effects of music on depressed patients. The present study is a descriptive study; statistical tests have not been applied to the data.