Introduction
CHAPTER 1

INTRODUCTION

This thesis is a feasibility study to test the therapeutic effects of Indian music on cancer related pain and its functional symptoms. The objectives of the study were to scientifically examine the healing Indian musical traditions in an oncology setting, to formulate guidelines for musical selections suitable to Indian context, to conceptualise a complementary treatment approach to cancer related pain by addressing its functional symptoms and Quality of Life (The overall enjoyment of life) (QOL) and to pave a platform by giving recommendations for further music therapy studies. As this researcher is qualified in the areas of Indian music and Applied psychology, she felt inspired to work in an area where music and psychology could be combined and chose oncology setting.

Cancer patients experience a wide range of stressors during the stages from diagnosis to treatment. Cancer not only presents physical challenges but also number of emotional and social needs during the illness. Thus, cancer patient care is a complex area since it has to address a myriad of issues faced by the cancer patients in relation to stressful and painful procedures, the diagnosis, treatment such as radio or chemotherapy, the prognosis etc. There is a need for adopting a holistic treatment approach considering the psycho–oncology (A specialist area concerned with the psychological, social, behavioural and ethical aspects of cancer) issues focusing on patients' perceived unmet psychological, psychosocial and spiritual needs. In this
context, complementary therapies are used in concert with medical treatment to help alleviate stress, reduce pain and anxiety, manage symptoms, and promote a feeling of well-being. The effectiveness of music therapy for cancer patients as a non medical modifier and protector has been experimented and documented in studies abroad to the effect that music therapy can be used to promote relaxation, to reduce anxiety, to supplement other pain control methods, to enhance communication and mood for the better with the cancer patients, as a cognitive behavioural intervention (Cognitive behavioural intervention helps the client to uncover and alter distortions of thought or perceptions which may be causing or prolonging psychological distress) and to alleviate pain and anxiety that noxious medical procedures provoke.

Perhaps, in India no such studies have been taken up so far relating to cancer and so the researcher attempted to explore the effects of Indian music in a systematic way in an oncology setting. The study was carried out at Cancer Institute (WIA), Adyar, Chennai and Dr. R Ravikannan, then Professor and Head, Department of Surgical Oncology, Cancer Institute provided the necessary guidelines to the researcher to carry out this study at the Institute. The study explores by qualitative and quantitative methods, the therapeutic benefits of Indian music on cancer related pain and its functional symptoms like state anxiety (Transitory emotional state of a person characterized by subjective consciously perceived feelings of tension and apprehension), sleep disturbance and cancer related fatigue (A condition marked by extreme tiredness and inability to function due lack of energy in
cancer patients) (CRF) and also tests the effects of Indian music on Quality of Life of cancer patients considering the lack of exploration in this field earlier.

CHAPTER 2 focuses on discussing about how music therapy evolves as a new area of strength as a complementary treatment approach in clinical settings in Indian context and discusses about the issues involved in evolving the new phenomenon. The major focus areas of the study, how the study is scoped and the feasibility issues are discussed. Due to the exploratory and preliminary nature of the study, how suitable research methodology was arrived at, using organization of focus groups and the reflective cycle reports, survey, interviews and case studies are elaborated. The various stages by which the study was conducted like formative studies with focus groups of qualitative design for discussion about feasibility issues, a survey conducted on the music listening pattern, 2 case studies conducted, interview with the oncologists, the guidelines for musical selections formulated., a repeated measures randomized group designed with two experimental groups and a control group conducted and a complementary treatment model for cancer related pain through music conceptualised are discussed.

CHAPTER 3 discusses about the different sources of literature search made relating to music therapy studies in India and abroad. The literature search strategy adopted for the study, the reviews relating to the case studies, quantitative and qualitative studies available on music therapy applied to oncology settings in the West and the literature available in Indian context under various topics like music therapy in India, Gate Control Theory of Pain, cancer pain and its functional symptoms and music therapy studies in
oncology which provided a background and rationale for the study are presented. The chapter also argues on the need to take up this study with the rigorous methodology to develop culturally sensitive approaches, methods or techniques to be adopted in clinical settings specific to Indian context considering the uniqueness of Indian music.

CHAPTER 4 discusses about the development of guidelines for musical selections, which could be adopted in clinical settings. The anecdotal reports (An incomplete description of the medical and treatment history of one or more patients) on musical compositions and their healing effects, how a strong context is firmly laid by Sanskrit treatises for music as a healing medium are dealt with. The need to develop a tool to assess the listening pattern of the patients as a first step towards treatment planning, why music therapy interventions have to take care of cultural differences in music preference and provide culturally specific selections to have a therapeutic effect, how musical selections depended not only on musical preferences but also on factors like treatment goals and approaches are enumerated. The development of a music listening pattern schedule through a survey undertaken by the researcher and how two different approaches that could be used broadly for selecting the musical pieces for its use in a therapeutic approach are discussed through two case studies.

CHAPTER 5 discusses about the research methodology adopted for the repeated measures randomized group designed with two experimental and one control group.
The aims and objectives of the study, the research questions, the hypotheses (A prediction about the relationship between two or more variables) formulated based on the review of literature made for the study, the methods and the procedures adopted are explained. The standardised tools used for quantitative analysis, the qualitative methods used by the researcher, the ethical precautions taken up for conducting the study, the inter-rater reliability tests (This type of reliability is assessed by having two or more independent judges score the test. The scores are then compared to determine the consistency of the raters estimates) and the statistical analysis used for evaluating the effects of music are explained.

CHAPTER 6 describes the results of the study. The demographic details of the sample are discussed. The results of the statistic analysis performed by Independent sampling t tests (The independent samples t test compares the mean scores of two groups on a given variable) and paired sampling t tests (The paired samples t test compares the means of two variables and computes the difference between the two variables for each case, and tests to see if the average difference is significantly different from zero. analysis of variance (An inferential statistical procedure used to test whether or not the means of two or more sets of data are equal to each other. (ANOVA) and multiple step wise linear regression analysis applied are discussed. The results indicating the therapeutic usefulness of music in managing cancer related pain and its functional symptoms is illustrated by tables and graphs and the qualitative reports and interviews conducted during the study.
CHAPTER 7 discusses about the findings of the statistical analysis made, the effectiveness of MT intervention, the possible approaches in musical selections for the therapeutic applications, the development of a complementary treatment approach to manage cancer related pain and its functional symptoms like state anxiety, CRF and sleep quality, to improve QOL and the limitations of the study.

CONCLUSION chapter discusses on where do we stand and provides the implications for integrating music therapy services in oncology settings. It also discusses about how the study paves a platform for future research and recommends on further studies to unravel the mystic healing traditions of India in a scientific manner.