

METHODOLOGY

Research methodology is a systematic way to solve the research problem. It may be understood as a scientific way of doing research.

The schematic representation of research plan is shown in fig 2.

Research Approach: An experimental approach was applied to find out the effectiveness of Music therapy on alcohol dependent clients. An experimental research approach was considered the best to assess the depression, anxiety, stress, and craving in alcoholism.

Research Design: The schematic representation of the research design is presented in fig 3. A quasi- experimental design (non-equivalent control group) was adopted for the study. The schematic of quasi- experimental design is presented in fig 4.

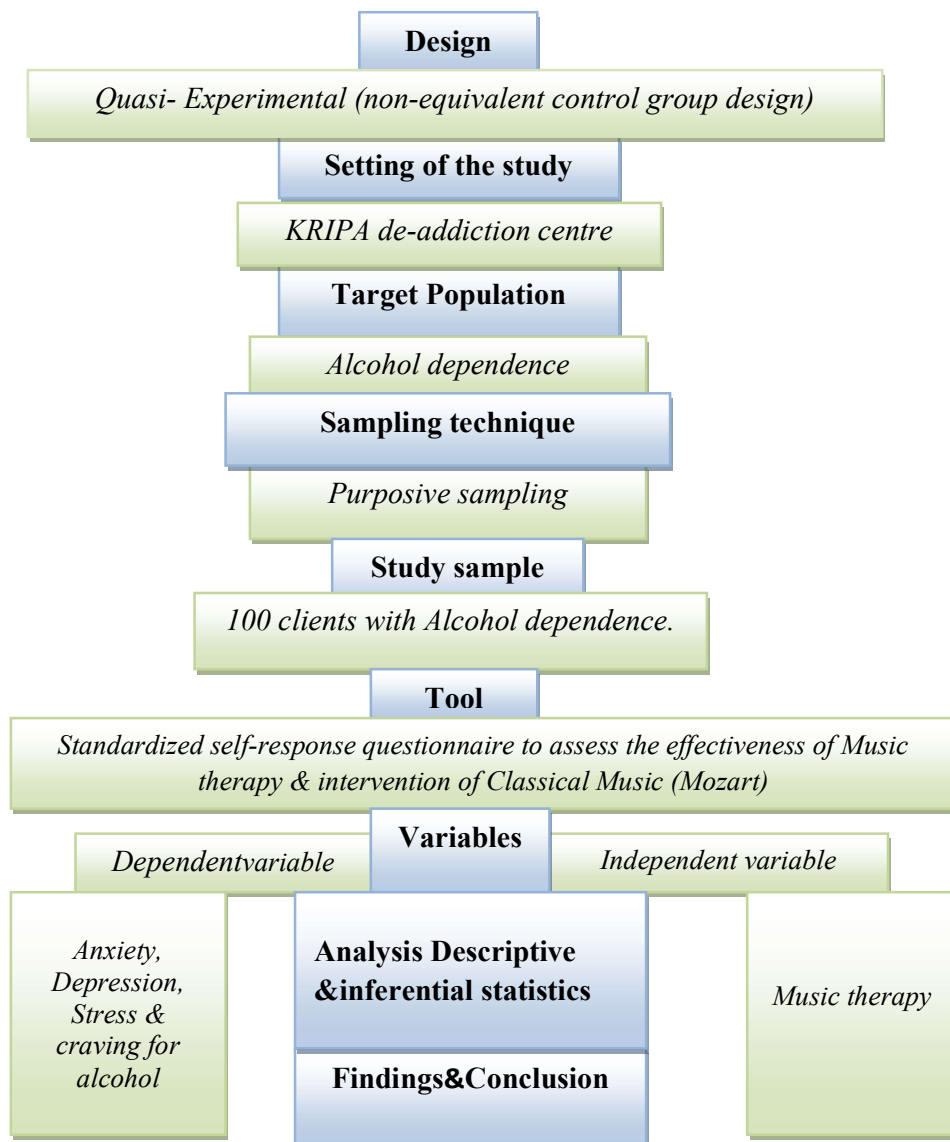


Figure 2: Schematic Representation of Research plan.


Research group	Intervention by the researcher	Data collection pre- test and post- test	
		Pre test	Post test
Control group 50 clients	NO Music therapy	Demographic, AUDIT variables, DASS&AUQ	DASS&AUQ
Experimental group 50 clients	 Music therapy	Demographic, AUDIT variables, DASS & AUQ	DASS & AUQ

Fig 3: Schematic representation of research design.

Group	O ₁ (Pre- test)	X (Intervention)	O ₂ (Post- test)
Experimental	Pre-test (demographic & AUDIT variables, DASS & AUQ)	Music therapy	Post-test (DASS & AUQ)
Control	Pre-test (demographic & AUDIT variables, DASS & AUQ)	No Music therapy	Post-test (DASS & AUQ)

Fig4: Schematic representation of quasi-experimental design.

Setting: The study was conducted in Kripa de-addiction cum rehabilitation centre Nagaland, Kohima. The Kripa foundation was established in Bandra in 1981. It has the privilege of being the largest Non-Governmental Organization in India, affiliated with the Union Ministry of Social Justice and Empowerment, working among people afflicted with chemical dependency. The Kripa Foundation is one of the renowned centres in Nagaland started in 1989. The clients with substance abuse are treated with

pharmacological treatment and rehabilitation as well as targeted intervention for Intravenous drug users. The rationale for selection of KRIPA de-addiction centre is that, the one and only de-addiction centre in Kohima, located where the investigator stays, and convenient of frequent approach. This study was placed before the ethical clearance committee.

Population, sample size and sampling technique: Population of the study comprises alcohol dependence clients from the KRIPA rehabilitation centre. The total annual intake clients in KRIPA de-addiction centre is approximately 150.

Sample size was calculated based on pilot study results, under the guidance of the supervisors. 100 samples were taken for the main study.

Purposive sampling technique was used for this study as it is found to be most suitable for collecting data from a limited number of sources and as availability of alcohol dependent clients are compatible with the study.

Variables: Independent variables: Music therapy

Dependent variables: Depression, anxiety, stress and craving for alcohol

Development of Tool: The tools that were examined and consulted were the standardized tool:

1. AUDIT (Alcohol Use Disorders Identification Test) developed by Saunders, J.B, et al., (1993).
2. DASS (Depression, Anxiety and Stress Scale) developed by Lovibond, P.F, et al., (1995).
3. AUQ (Alcohol Urge questionnaire) developed by Micheal, J. Bohn, et al., (1995).

Description of Tool: AUDIT contains 10-items of multiple choice questions, scores for each question range from 0 to 4. A score of 8 or more is associated with harmful or

hazardous drinking, a score of 15 or more in men, is likely to indicate alcohol dependence.

DASS of 42- item self-report instrument designed to measure the depression, anxiety and tension/ Stress. The rating scale are 0=did not apply to me at all, 1= Applied to me some degree, or some of the time, 2=Applied to me a considerable degree, or a good part of time, 3= Applied to me very much, or more of the time.

AUQ contain 8-item of Likert scale (Strongly disagree, disagree somewhat, uncertain, agree somewhat, strongly agree) use to assess the craving for alcohol.

Description of Intervention: Mozart (Sonata K 448) classical instrumental music was selected for intervention.

“Music even in situations of the greatest horror, should never be painful to the ear but should flatter and charm it, and thereby always remain music”.– Mozart

Wolfgang Amadeus Mozart (1756- 1791), was a prolific and influential composer of the classical era. He is among the most enduringly popular of classical composers. Mozart composed hundreds of beautiful and unique music works which include over 20 operas, about 14-15 Masses, about 30-40 concerts (piano and violin), about 50-60 symphonies, about 20 sonata etc. Even after his death, Mozart remained and will remain one of the most favourite musicians for millions of people because his music is use as a therapy till today. Mozart is recognized as one of the greatest composers in the field of music. Dr. Alfred A. Thomas believed that listening to Mozart promote healing and the development of the brain,**Thompson,et al., (2000)**.

In the present study, music therapy was provided through head phone after the pre-test of data collection to the experimental group for 15 minutes, 3 days in a week for a month. Post-test assessment was done after 4 weeks of music therapy.

Pilot study Report: Pilot study was conducted in Kripa de-addiction centre Kohima Nagaland in the month of November 2014. Twenty (20) samples were selected, ten (10) each in experimental and control groups. The study was first

conducted in the control group to avoid contamination. Classical music therapy was provided through head phones to the experimental group for 15 minutes, 3 days in a week for a month. Assessment of effectiveness of music therapy was done after 4 weeks of intervention.

Data Collection: The data were collected in the year 2015. Clients admitted in Kripa de-addiction cum rehabilitation centre were selected. Demographic data were collected using self-response questionnaire. The pre-test depressions, anxiety, stress, and craving for alcohol was assessed prior to the intervention of music therapy and at the end of the intervention the post-test were collected. Data collection was done first in the control group then in the experimental group to avoid contamination.

Delimitations: The study includes:

1. The clients who are admitted in de-addiction centre only during the study period.
2. Male clients between the ages of 18 to 60 years.
3. Clients who are willing to listen to music.
4. Clients who can read and write English.

Plan Analysis: The statistical methods applied for analysis were:

1. Number and percentage
2. Mean and Standard Deviation
3. Independent t-test
4. Chi- square
5. Paired t- test
6. ANOVA repeated measures were used to test the hypothesis.

Summary

This chapter explained the research methodology adopted for the study which highlighted the research approach, research design, schematic design, development and description of tool, setting, population, sampling technique, data collection, delimitation, problems faced during data collection and the analysis plan.