

**CHAPTER VI**  
**SUMMARY, CONCLUSION, LIMITATIONS, IMPLICATIONS, AND**  
**RECOMMENDATIONS.**

**Summary**

Alcoholism is a universal concern problem, a complex and a challenge to treat. Music therapy is one of the choices of non-pharmacological intervention to reduce depression, anxiety, stress, and craving, as music's calming power are its most noticeable result.

The present study highlights the effectiveness of music therapy in reducing the depression, anxiety, stress, and craving in alcohol dependent clients in Kripa de-addiction cum rehabilitation centre.

**The following objectives were identified:**

1. To assess the baseline depression, anxiety, stress, and craving for alcohol among clients with alcohol dependence.
2. To determine the effectiveness of music therapy in reducing anxiety, stress, and depression among clients with alcohol dependence.
3. To determine the effectiveness of music therapy in reducing craving for alcohol among clients with alcohol dependence.

**The study tested the following hypotheses:**

1. H<sub>1</sub>. The mean anxiety score of the experimental group will be significantly reduced from the mean anxiety score of the control group after the intervention of music therapy.
2. H<sub>2</sub>. The mean depression score of the experimental group will be significantly reduced from the mean depression score of the control group after the intervention of music therapy.
3. H<sub>3</sub>. The mean stress score of the experimental group will be significantly reduced from the mean stress score of the control groups.

4. H<sub>4</sub>- The mean craving score of the experimental group will be significantly reduced from the mean craving score of the control group after the intervention of music therapy.

Ludwig von Bertalanffy, General systems theory (1968) was adopted for the conceptual framework.

A quasi-experimental design was adopted for the study. The sample consisted of 100 clients, 50 in experimental and 50 in control groups from the rehabilitation centre who are alcohol dependent clients. Purposive sampling technique was adopted for the selection of sample.

The tool used for data collection had two parts namely.

Part A: Demographic and Alcohol Use Disorder Identification Test.

Part B: 1. DASS (Depression, Anxiety, Stress scale)

2. AUQ (Alcohol Urge Questionnaire).

Mozart (K 448) music was selected according to the literature review.

Music therapy was provided through head phone to the experimental group for 15 minutes, 3 days in a week for a month. Based on the objectives and hypotheses data were analysed using both descriptive and inferential statistics.

## **Conclusions**

In conclusion of the present study, the classical music intervention of Mozart (Sonata k 448) was found to be effective in reducing anxiety, stress and craving for alcohol based on conceptual framework of Ludwig von Bertalanffy.

The major findings of the present study:

1. The major findings of the present study of the experimental group was significantly reduced where as in the control the anxiety score was slightly

increased. Statistically it revealed that music therapy is effective in reducing anxiety in alcohol dependent clients (.000).

2. Statistically it revealed that there was no significant in reducing the depression in alcohol dependent clients.
3. The stress score in experimental group was significantly reduced compared to control group (.000).
4. Music therapy has a significant in reducing craving for alcohol (.000).

#### **Limitations:**

1. Literature says early morning and before bed time are more advisable to administered music intervention, as it gives better effects than any other time in a day. The investigator had no other choice but to utilize the evening time scheduled by the centre.
2. In Nagaland, Kripa Foundation is the only renowned centre available in Kohima. Therefore, it was convenient for the investigator to take the available sample from the centre.

#### **Implications:**

##### ***Social Science and humanities Implication:***

The investigator has drawn the following implications from the study which is of vital concern to the field of social service, social science education, social administration and social research.

##### ***Social services:***

1. Social workers should assess anxiety, depression, stress, and craving for alcohol using standardized tool because anxiety, depression, stress, and urge for alcohol is the sign of alcohol dependence.
2. Music therapy is one of the demanding complementary therapy played in medical arena and thus, expanding the social worker role in clients' participation and care.

3. Social workers play an important role (pivotal role) in helping the clients by reducing the symptoms and thus helping the client back to normal.
4. Music therapy is one of the non-pharmacological interventions that can be used by social worker which reduce anxiety, depression, stress, and urge for drinks of alcohol dependent clients.

***Social science Education:***

1. Social science curriculum should emphasize on the proper assessment and management of clients with alcohol dependent and theory as well as provide opportunity for students to apply this knowledge in practice.
2. Social science curriculum should provide education about the therapeutic effects of music in clients with alcohol dependent.
3. Provide opportunities for Social science students to practice music therapy and to develop the skills in selecting the right choice of music for the clients.
4. Social science education should give importance for training in alternative therapies such as music, relaxation technique, yoga, and meditation for social personnel.

***Social Research:***

1. Social researchers can encourage social worker to apply the research findings in their daily care activities to reduce anxiety, depression, stress, and craving for drinks in the clients.
2. Social researchers can promote more research with regard to utilization of different non-pharmacological management to reduce, anxiety, depression, stress, and urge for drinks in clinical practice.
3. Dissemination of findings through conference and professional's journals will make the application of research findings to be more effective.

***Social Administration:***

1. Social administrators should organize in-service education programme among social workers to update their knowledge on complementary therapy.
2. The Social administrator should formulate policies to incorporate music intervention in de-addiction centres.
3. Specialization program in music therapy can be arranged to enhance more competent practice of Social workers.
4. Social administrators can encourage to do further studies in all the care units.

**Recommendations:**

The current study recommends the following for the further research-

1. A similar study may be carried in a larger sample for better generalisation.
2. Different choice of classical music may be taken into consideration to draw the effectiveness of music therapy.
3. Similar study may be undertaken to find out the effectiveness, taking into consideration by administering music therapy for more than a month.
4. A study can be conducted to test the effects of classical music on different aspects of health problems.
5. A similar study may be undertaken with the alcoholic anonymous group.