

ABSTRACT

The title of the study is "*The impact of music on alcoholdependent clients in reducing depression, anxiety, stress, and alcohol craving: A study in de-addiction centre of Kohima, Nagaland*". The present study conducted a Quasi- experimental to assess the effectiveness of music therapy among alcohol dependence clients based on Ludwig von Bertalanffy (1968). The objectives of the study were (1) To assess the depression, anxiety, stress and craving for alcohol among clients with alcohol dependence. (2) To determine the effectiveness of music therapy in reducing depression, anxiety, and stress among alcohol dependent clients. (3) To identify the reduction of craving for alcohol among clients with alcohol dependence.

The sample comprised clients of 100 alcohol dependence, 50 each in experimental and control groups admitted in Kripa de-addiction centre. Purposive sampling technique was adopted. Data were collected through a structured questionnaire on AUDIT, DASS and AUQ. The said questionnaire was administered before and after the intervention of Music therapy. Classical music was provided through headphone to the experimental group for 15 minutes 3 days in a week for a month. The data obtained were computed by Analysis Descriptive and inferential statistics.

The study results indicate the significant improvements in Anxiety (.000), Stress (.000), and Craving for alcohol (.000). There was no significant (.347) improvement in level of depression after the intervention of music therapy. The study concluded that Music therapy is a promising approach of intervention for reducing anxiety, stress, and craving for clients with alcohol dependence.