

LIST OF CONTENTS

Declaration	i
Acknowledgement	ii-iii
Abstract	iv
List of Contents	v
Table of Contents	vi-vii
List of Tables	viii
List of Figures and Graphs	ix-x
List of Appendices	x

TABLE OF CONTENTS	PAGE NO.
1. INTRODUCTION	1- 12
Academic rationale of the study	5 - 6
Statement of the problem	6
Objectives of the study	7 - 8
Hypotheses	8
Assumptions	8
Operational definition of terms	8 - 10
Conceptual framework	10 - 11
Summary	12
2. REVIEW OF RELATED LITERATURE	13 - 31
Literature related to music as therapy	13 - 18
Literature related to music therapy and alcoholism	18 - 20
Literature related to music therapy and depression	20 - 24
Literature related to music therapy and anxiety	24 - 26
Literature related to music therapy and stress	26 - 29
Literature related to music therapy and craving for alcohol	29 - 30
Summary	31
3. METHODOLOGY	32 -37
Research Approach	32
Research Design	32 - 34
Setting	34 - 35
Population, sample size and sampling technique	35
Variables	35
Development and description of Tool	35- 36
Description of Intervention	36
Pilot study report	36 - 37
Data collection	37
Delimitations	37
Plan Analysis	37

Summary	37
4. ANALYSIS, INTERPRETATION	38 - 64
Distribution of demographic variables in experimental and control groups.	39 - 48
Distribution of AUDIT variables	49 - 51
Mean and standard deviation of baseline score of control and experimental groups	52 - 54
Mean and standard deviation of baseline and endpoint scores of control and experimental group	55 - 63
Summary	64
5. DISCUSSION	65 - 68
6. SUMMARY, CONCLUSION, LIMITATIONS, IMPLICATIONS, AND RECOMMENDATIONS	69 - 73
Summary	69 - 70
Conclusions	70 - 71
Limitations	71
Implications	71 - 73
Recommendations	73
7. BIBLIOGRAPHY	74 - 86
8. PUBLISHED PAPERS	87-91