

# EFFECTIVENESS OF MUSIC THERAPY ON OCCUPATIONAL STRESS AMONG WORKING IN WOMEN IN SMALL SCALE INDUSTRIES

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## ABSTRACT

*“Effectiveness of Music Therapy on Occupational Stress Among Working Women in Selected Shoe Company At Vellore” Occupational stress is a common work place problem experienced by all professionals, irrespective of their nature of work. Occupation stress can be defined as the harmful physical and emotional responses that occur when the requirement of the job does not match the capabilities, resources or need of the worker. The job stress can leads to poor health and even injury. Generally symptoms for occupational stress are categorized into three. They are psychological, emotional as well as physical symptoms. Psychological symptoms are emotional as well as cognitive problems, which would affect self -esteem and self-confidence. Some of the psychological symptoms are depression, anxiety, boredom, frustration, isolation etc. Other physical symptoms include allergies, skin disease, head ache, sleep disturbances etc. The behavioural symptoms are increased snapping at others, withdrawing from contact with others and alcoholism. This study is an effort to assess the occupational stress and music therapy*

## INTRODUCTION

Stress refers to the individual reaction to disturbing factor in the environment. Stress is defined as an adaptive response as behavior that maintains the integrity of the individual. Adaptation is viewed as positive and is correlated with healthy responses. When behaviour disrupts the integrity of the individual, it is perceived as mal adaptive.

Mal adaptive responses by the individual are considered to be negative and unhealthy

Women are the back bone of any economy primarily shaping future of the Country. She who earlier stayed at home to attend her domestic duties is now maintaining work and home simultaneously. Although women work for longer hours and contribute substantially to family income, they are not perceived as workers by either the women themselves or data collecting agencies and the Government, to understand the occupational problem of women it is necessary to make a detailed study of the women in terms of the actual activity undertaken, the hours of work and the extent of remuneration received.

## OBJECTIVES

- To assess the level of occupational stress before and after music therapy among working women
- To assess the effectiveness of music therapy on occupational stress among working women
- To find out the association between effectiveness of music therapy.

## REVIEW OF LITERATURE

A review of literature involves a systemic identification, location, securitization and summary of written materials that contains information on a research problem conducted the study on the women operators suffer elevated health risk and striking levels of absenteeism and medical disability that may be related to occupational stress. This article provides a critical overview of findings on urban factories' health status, paying particular attention to aspects of the physical and psychological job environment that may cause ill health. conducted the study on documented associations between work stress and elevated morbidity of workers. Fifty-four highly stressed working women were recruited to participate ) conducted a study to evaluate working women' on job stress during work and in the course of recovery from work by measurement of urinary and cortisol. The urinary excretion rate of adrenaline, noradrenaline, and cortisol of 10 working women was studied during three days and two consecutive days off. Each worker was asked to provide seven urine samples on the working days and six urine samples on the days off. The second day off was considered as the baseline. An occupationally induced disturbance of the circadian rhythm city was found for adrenaline and noradrenalin but not for cortisol. A backward shift in peak concentrations was found for adrenaline an noradrenalin on the second working day, as was a forward shift in peak concentration of cortisol on both days off. It is 17 recommended that longer resting times in shuttle bus trips and fixed days off after these kinds of trips should be planned. to examines the relation between stress and illness among women worker in a large American city. Several factors are identified that predict stress-related ill health for this occupational group. Canonical correlation techniques are used to combine daily work stress and recent stressful life events into a single life/work stress variety. Likewise, somatic symptoms and serious illness reports are combined into a single canonical illness therefore 18 deactivation is a signal or precursor to the onset of fatigue in physiological adjustment mechanisms. ) conducted study about music therapy, which is a unique method for balancing the autonomic nervous system and influencing psychological and stress related disorders. They proved that combination of music therapy and meditation can be used as beneficial, low-risk, low-cost adjunct to the treatment of stress, anxiety, Post-Traumatic Stress Disorder (PTSD), depression, stress related medical illnesses, substance abuse, and rehabilitation of criminal offenders. Music therapy enhances wellbeing, mood, attention, mental focus, and stress tolerance. Proper training by a skilled teacher and a 30- minute practice every day will maximize the benefits. music therapy creates balance, physically and emotionally, by using posture, or asana, combined with music therapy This not only supports

the physical and emotional work being done , but they open the door of self-actualization to create the perfect union of mind , body, and spirit .the report discuss the definition of music therapy, meditation and imagery and their clinical application. Summary: The literature reviewed above has provided a better understanding and also broadened the investigator's outlook which is a prerequisite for the research study. It has also helped the researcher to establish the need for the study, the conceptual framework, research design, development of the tool and analysis

## WHAT ABOUT THAT SMALL SKILL INDUSTRIES?

Small scale industries are those industries in which the manufacturing industries in which the manufacturing production and rendering of services production and rendering of services are done on a small or micro scale. These industries make a one-time investment in machinery, plant and equipment, but it does not exceed Rs. 10 crore and annual turnover does not exceed Rs. 50 crores.

Small scale industries are divided into three parts.

1. Manufacturing/Production
2. Ancillary industries
3. Service industries

1. **Manufacturing industries:** - These are the industries engaged in the production of finished goods in either for processing or consumption. These types of businesses are mostly available. For e.g. Some of the examples of small business under are engineering industries, power looms, food processing etc.

2. **Ancillary industries:** - Most MNCs or big companies manufacture finished goods. However, these parts use to manufacture these finished goods are supplied by ancillary industries. These types of small business can also include the ones that manufacture machines for medium sized industries or MNCs

3. **Service industries:** - This industry includes repair shops businesses engaged with maintenance

## WHAT ARE THE CHARACTERISTICS OF SMALL-SCALE INDUSTRIES ARE AS FOLLOWS?

In accordance with the small-scale business meaning such industries are characterized by the following features.

1. **Ownership:** - Generally such businesses are sole properties or in some cases, partnership. It means that the ownership of the business rests on a single individual, in most cases.

2. **Labouré requirement:** - Such industries are comparatively lower than that of the large-scale ones these mostly rely on manpower, to carry out production activities.

3. **Management:** - One of the most significant characteristics of small-scale industries is that both the control and management of such business lie with owners. The owner this participates actively in the day-to-day business conduction.
4. **Flexible:** - They operate on a smaller scale; these industries are privier to sudden and unforeseen developments on the business front. They are more adaptable to changes in the business environment.
5. **Optimal usage of Resources:** - They do not have excess resources at their disposal, small scale industries make optical usage of the available resources without wastage.
6. **Operation restrictions:** - Most small- scale businesses are limited in their area of operation as a result, they only operate either locally or regionally. These are a few of the characteristics of small business that helps to effectively gauge its operation, administration & scope.

## **EFFECTIVENESS OF MUSIC THERAPY ON OCCUPATIONAL STRESS AMONG WORKING WOMEN IN SMALL-SCALE INDUSTRIES.**

Effectiveness of music therapy on occupational stress among working women in selected “small-scale industries”

1. Occupational stress is a common work place problem experienced by all professionals, irrespective of their nature of work.
2. Occupation stress can be simply defined as the harmful physical and emotional response that occur when the requirement of the job does not match the capabilities, resources or need of the worker.
3. The job stress can lead to poor health and even injury. Generally, symptoms for occupational stress are categorized into three types.
4. Types are psychological, emotional as well as physical symptoms, Psychological symptoms are emotional as well as cognitive problems. Which would affect self-esteem and self-confidence. Some of the psychological symptoms are depression anxiety, boredom, frustration, isolation etc. other physical symptoms include allergies, skin disease, head ache, sleep disturbances etc.
5. This study is an effect to asses the occupational stress and music therapy employed by the small-scale industries to cope with stress.

## **RELEASING STRESS THROUGH THE POWER OF MUSIC**

In Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert & concentrate better upbeat music can make you feel more optimistic & positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day music is effective for relaxation and stress management.

1. Research confirms these personal experiences with music. Current findings indicate that music around 60 beats per minute can cause the brain to synchronize with the beat causing alpha brainwaves. This alpha brainwave is what is present when we are relaxed & conscious. To induce sleep, a person may need to devote at least 45 minutes in a relaxed position, listening to calming music.
2. Researchers have said that “listening to music seems to be able to change brain functioning to the same extent as medication”. They noted that music is something that almost anybody can access and makes it an easy stress reduction tool.
3. Sound healing therapy uses aspects of music to improve physical and emotional health & wellbeing. The person being treated partakes in the experience with a trained practitioner. Music therapy may involve
  - a) Listening to music
  - b) Singing along to music
  - c) Moving to the beat of the music
  - d) Mediating
  - e) Playing an instrument

When music was used in an attempt to cure mental disorders, music has been used to boost morale in military troops, help people work faster & more productively and even ward off evil spirits by chanting.

## UNAIDED MEDITATION

Unaided meditation is a form of sound healing in which you meditate to a voiced instruction either in a session or class or using a video or app. Meditation can involve chanting or repeating mantras or prayers.

Meditation offers a number of health benefits including

1. Stress reduction
2. Decreased anxiety & depression
3. Improved memory
4. Reduced blood pressure
5. Pain reduction
6. Lower cholesterol
7. Decrease risk of heart disease & stroke

Some of the supposed benefits of music therapy include

- 1) Lower stress
- 2) Decrease mood swings
- 3) Lower blood pressure
- 4) Lower cholesterol level
- 5) Teaches pain management
- 6) Lower risk for coronary artery disease and stroke
- 7) Improve sleep

Music therapy uses different aspect of sound to improve your emotional & physical well being it works depends on the method being used. Most music therapy sessions are experienced one-on-one with a specially trained practitioner.

## CONCLUSION

Music therapy is a healing force for the disease of the mind. It affect the emotion and character of the individual. In recent days as the technology is increasing in the medical profession so the music therapy are using is wide way as the technique for curing mental disorder. Music is used within a therapeutic relationship to address physical, psychological, cognitive and social needs of the individuals. It is clinical and evidence based use of music intervention to accomplish individualized goals. Working women had moderate and severe level of occupational stress by the per-test, so the investigator selected music therapy as a tool to promote ,maintain and restore mental , physical, emotional, spiritual health and to reduce the occupational stress of working women

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