

ABSTRACT

Dilek Horuz, Hospitalized in the Chest Diseases Department of Music Therapy in Patients With COPD Anxiety and Its Effects on Some Clinical Physical Findings. Bülent Ecevit University Institute of Health Sciences Department of Public Health, Master of Science Thes is Zonguldak, 2014.

Some physiological symptoms, such as agitation, anxiety, depression, disorientation and delirium, appear in hospitalized patients related to the factors as little information about health and application, limited movement that monitorization, infusion sets, urine scrotum form, isolation, painful enterprise, unusual place and people, illnesses. In this study, observing the effects of musical therapy to the anxiety and some physical findings on patients of Chronic Obstructive Pulmonary Disease (COPD).

The patients with COPD staying in Bülent Ecevit University (BEU) Health Application and research center of Chest Disease Clinic have formed the universe of the research. 114 patients who applied between 10th of November, 2013 and 10th of March, 2014 of these patients have formed the sample of the research. Two experimental group of 32 people and one control group form the design of the research. Bach compositions for the one group and some chosen Turkish Art Music compositions of Farabi to the other group have been listened by Mp3 player every morning totally for one hour. Also, a questionnaire, developed by researchers, including sociodemographic characteristics and the clinical features of patients was carried out on the first day of the study. Beck anxiety scale was repeated on the 0-5th and 10th day of the musical therapy.

SPSS 11.5 was used to analyse the obtained data. $p < 0.05$ was accepted as meaningfulness level in statistical evaluations. Abnormal dispersions were determined by Kolmogorov Smirnov test. for the reason Kruskal-Wallis test was used to show the difference between the group median.

Keywords : COPD, anxiety, music therapy.