



## Comparison of Traditional and Modern Music Therapy and its Impact on Depression and Aggression in Adolescents aged 13 to 18 years old in Isfahan

Mohsen Saeidmanesh, Elham Sharifi

Department of Psychology, Science and Arts University, Yazd, Iran

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### ABSTRACT

Music is an art that is characterized by the setting and composition of well-sounding sounds, and its beauty and charm is measured in terms of the work that is being performed in the soul and mind of the listener. Music rightfully represents the emotions and subtleties of the people, yet they are happy or suffering. Music actually makes emotions and emotions vibrate. Where speech and language are not. Music begins because music is an effective spiritual rhetoric that is totally the language of the human mind. The human brain is diverse and is very broad in terms of the level of thoughts and civilizations and emotions, habits and emotions, hopes, desires and desires of every people. It is different and each has its own color. The purpose of this study was to investigate the effects of traditional and modern music therapy and its effect on depression and aggression among adolescent girls aged 13 to 18 years old in Isfahan. The research is a semi-experimental design with pre-test and post-test design. The population of all adolescent girls aged 13 to 18 years old in Isfahan is randomly multi-stage cluster sampling. Out of high school girls in Isfahan, a school was randomly selected and then 45 individuals were randomly selected and subjected to three groups (15 people), which included two experimental groups, one of which was a group of modern (inactive) Classical pop music was used and the other experimental group was used in traditional music (inactive), which was used by instruments such as Salar Aghili and Ali Zand Vakili, and a control group that did not receive any musical themes. Traditional and modern therapeutic music was performed in 8 sessions of 20 minutes (once a week) and then all three groups were measured in the post-test. Beck Depression Inventory (21 questions form) (1961) and bass and perry (1992) aggression questionnaire were used to collect data. The data were analyzed using SPSS software using covariance analysis. The results of this study showed that modern and traditional music therapy has an effective effect on depression and aggression among adolescent girls aged 13 to 18 years old in Isfahan, with the difference that the confidence level of modern music in reducing aggression is 90% and in reducing society's depression by 20% more than traditional music

**Key words:** Music Therapy, Depression, Aggression, Adolescents

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**Corresponding author:** Mohsen Saeidmanesh  
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### INTRODUCTION

Depression is a very common disease in our age, and it has a growing trend throughout the world. Depression is not a specific disease, but of all ages and all races, both in women and in men. Depression is not a simple disease but a variety of forms, so that in some people it appears in many

ways that depression is generally the number one health problem in the world and has developed to a degree that is called colds called nasal dysfunctions. However, there is a subtle difference between cold and an officer. Depression is a physical-psychological illness that can manifest symptoms in people's psyche. But in everyone, the size and dimensions of these signs differ from one another. Most people develop both physical symptoms and psychological symptoms, but symptoms in people can be severe and weak. Some

people who do not show any sign of depression suddenly find abnormal behavior [1].

Symptoms of adolescent depression: 1. Cheerfulness, anger, hostility, 2. Crying repeatedly 3. Isolation and selection of friends and family 4. No interest in doing activities 5. Sadness and depression 6. Change in the habit of sleeping and feeding. Anxiety restlessness. Signs that are more common in adolescent depression: 1. Irritable or angry mood - as noted above, irritability, not sadness, is often a dominant mood in depressed teens. A depressed teenager may be haphazard, hostile, disappointed, or prepared for nerve-burst reactions. 2. Unexplained pain - Depressed teens often complain about physical illnesses such as headaches or gastrointestinal pain. If the physical examination does not show any medical problem. These pain may indicate depression.

3. Hypersensitivity to criticism - Depressed teenagers are suffering from worthlessness, which makes them vulnerable to criticism, rejection and failure. 4. Removing some people, not all of them - While depressed adults are depressed and depressed, depressed teens keep at least some of their friends. However, adolescents with depression may be less likely to be socialized, stay away from their parents or spend their time with different groups. Depression can affect everyone at any age and in each country and at every stage of life, those who have been diagnosed with depression during the adolescence and youth or during their lifetime are more likely to develop depression To depress. However, during their puberty and adolescence, they have been less attracted to their depression. Depression is often inherited. The reason for this can be physical or sexual misconduct or due to the occurrence of anxiety events such as: 1. significant loss (the grief of the loved ones, emotional and financial failures); 2. the absence of meaningful and healthy personal and social relationships; 3. Yas Vnamadi; 4. Lack Control over the environment 5. Unrealistic expectations and beliefs of your own life. Whatever the cause, depression is a biological disease [2, 3].

Adolescents' depression should not be considered as a breathless, tight mood, transient sadness, a serious problem that affects all aspects of teenage life. Adolescent depression can lead to academic failure, problems in social relationships, drug use, high-risk sexual behavior, increased physical illness and suicide. [4].

Depression in adolescent and young people is often associated with other psychiatric disorders such as anxiety, behavioral misconduct or substance abuse disorders, or physical illness, such as diabetes [5]. In epidemiological studies, Bear Knowler et al. (1996) found that more than 2.5% of children and more than 3.8% of teenagers in the United States suffered from depression. In addition, research suggests that depression begins earlier than decades ago. Recently, a longitudinal study found that the onset of depression continued to persist, recurring, and continues until a young age. The study also found that depression in this age group could predict a more severe disease in adulthood [6].

Depression is usually associated with other illnesses. Such diseases may precede depression, cause depression or result in it. It is likely that the predominance of depression and disease varies for different people, although these illnesses associated with depression must be diagnosed and treated [7].

Many psychiatric clinicians believe that environmental stress and life-threatening events play an important role in the incidence of depression. Some studies have also confirmed the relationship between environmental stressors (such as death and disease) and the onset of depression [8]. Many psychologists believe that adolescence is a physical, psychological, cognitive change, as well as a change in social requirements. From the old age, this period is considered to be far more difficult for adolescents and for elderly parents than childhood. Music therapy can be defined as communication tools and communication networks for communication between the patient and the therapist through music and musical symbols, which makes changes both in patient status and in communication. The therapist uses creative communication Music in the therapeutic setting creates experiences based on music that leads to therapeutic goals [9].

For teenagers, playing music (listening or playing) is an emotional expression or confrontation with environmental stressors and coping with loneliness [10, 11].

The music allows us to go beyond everyday consciousness and travel in different places around the world, either in memory or imagined in our minds. This revelation of worldly actions makes people react when they move to changed states of

consciousness when one uses music to enjoy peace. At a time when he remains the normal awakenings, his unconscious mindset shines, and when listening to music, feelings of stress, worries, fears and sadness diminish [12].

Regarding the mentioned issues regarding the effectiveness of music therapy, the present study seeks to answer the question of whether the comparison between traditional and modern music therapy programs is effective on depression and aggression of adolescent girls?

### MATERIALS AND METHODS

The present study is a quasi-experimental study and pre-test post-test design with a control group and two experimental groups. An independent variable is music therapy which was applied only in experimental groups and its effect on post-test scores was compared to that of the control group in these stages. The sampling method was randomized using a cluster sampling method. A sample size of 45 people (in each group of 15) was determined. In this study, Beck Depression Inventory was used to assess depression and to assess aggression, a standard bass and perry questionnaire that measures the four components of excellence (physical, verbal, anger, hostility). The purpose of this study was to compare the traditional and modern music therapy and its effect on depression and aggression among adolescent girls aged 13 to 18 years old in Isfahan. The research is a semi-experimental design with pre-test and post-test design. The population of all adolescent girls aged 13 to 18 years old in Isfahan is randomly multi-stage cluster sampling. Out of high school girls in Isfahan, a school was randomly selected and then 45 individuals were randomly selected and subjected to three groups (15 people), which included two experimental groups, one of which was a group of modern (inactive) Classical pop music was used and the other experimental group was used in traditional music (inactive), which was used by instruments such as Salar Aghili and Ali Zand Vakili, and a control group that did not receive any musical themes. Traditional and modern therapeutic music was performed in 8 sessions of 20 minutes (once a week) and then all three groups were measured in the post-test. Beck Depression Inventory (21 questions form) (1961) and bass and perry (1992) aggression questionnaire were used to collect data. The data were analyzed using SPSS software using covariance analysis.

### RESULTS

The significance of the cases in the control group, ie, the second and third lines is more than 0.05, suggests that in examining the effect of traditional music on the aggression of teenage girls in Isfahan, except for the type of treatment, there was no other case, and the result was a significant amount of the first line related to the effect Traditional music is pure because, as it is less than 0.05, traditional music has an effect on the aggression of teenage girls in Esfahan, and the hypothesis is confirmed. Also, according to the pre-survey findings that the amount of aggression after the treatment with traditional music is reduced, we understand that music Traditional without any involvement of any factor Reduce the level of aggression are other people's research. The number of declared determinants we find that the result is acceptable for more than 96% of the states, which, given the same result, can be understood that any kind of music significantly reduces the aggression of Esfahani teenage girls.

Source of change	df	Min	Sig.
Music therapy	1	19/33	0/001

### DISCUSSION

As shown in Chapter 4, Traditional Therapeutic Music is effective on the depression of teenage girls in Isfahan, with the difference that the confidence level of modern music in reducing depression is 20% higher. In this field, a research that is completely consistent with this subject was not found by the researcher. The results of this study can be compared with the investigations of Jouriri Fard and Hossein Zare *et al.* (2012), the effect of depression and threatening music themes on the recall and estimation of the frequency of emotional and neutral stimuli in students. The results of the in-person interview with Fellow and colleagues It showed that music is influential in recognizing and recruiting people.

The results of this study indicate that traditional music has an effect on the aggression of teenage girls in Iran. Traditionally, a study of traditional music has not been used to reduce aggression. The results of this study can be compared with Kianipour *et al.* (2012), which investigated the effectiveness and comparison of music therapy based on Iranian music and cognitive therapy on juvenile anger control. The results of Kianipour *et al.* Showed that the use of music in Increased control of anger does not affect.

Also, the results of this research are consistent with Atarzadeh and Zadeh Mohammadi's researches (2009). Atarzadeh and Zadeh Mohammadi's research was conducted to reduce risky behaviors and did not directly target aggression and anger.

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