

Effect of music Relieving Stress among the Hostellers of Dental Students

Nurulafiqah Amani Bintizaaba, Dr.S.Preeetha

*Saveetha Dental College and Hospital,
162, Poonamalle High Road,
Velappanchavadi, Chennai*

Abstract:- Listening to music has been widely used for many purpose and it gives beneficial impact on health, in reducing the impact of stress on body. It help to give relaxation on minds and also bodies. Based on physiological functions, music helps in slowing the pulse and heart rate, lowering the blood pressure and decreasing the level of stress hormone, regarding on the type of music the students listen to. In fact, music also helps to explore the emotions and it is one of a good source of meditations.

I. INTRODUCTION

As a caterpillar grow older and transform into a beautiful butterfly, likewise a baby transform into adult. A lot of challenges and difficulties is experienced by individuals through this transformation process, especially after secondary school we go into college and transformed into someone that related with our profession like dentists and lawyer. Generally, in medical field it is known as the toughest and stressful field among the others. Students tend to have stress, because in this course, the entrance exam itself is hard, including staying in hostel, apart from the family and need to have full concentration in studies along with skills.

In fact, stress environment that created in the medical school also tend to give negative impact on the academic performance, physical health, along with physiological wellbeing of the students [1]. Therefore, through the observation, it can be seen that the academic, physical, emotional and also social are the greater factors that contribute to stress in these students [2], especially for students who live in hostel. This is because when they live in hostel, other than difficulties in studies, they also may have problems with friends or roommate, feeling of uncomfortable, hard to adapt in the lifestyle of hostel and also lack of facilities. Homesickness also lead for stress in students.

Generally, stress is defined as “pressure or worry caused by problems in somebody’s life” [3]. The World Health Organization described the terms of mental health as a state of wellbeing of individual that realize about their capabilities, and able to cope with the normal stress of life. In fact, they able to work efficiently and also give contribution to their community [4]. Basically, stress is known as external demands that can be either physical or mental demands, that affect the individual’s physical along with psychological wellbeing. In dentistry, the time and scheduling pressures, managing of the uncooperative patients along with working under the highly technical and intensive nature [3, 5-7] are the stress that will be experienced by most of the dental students. As a result of this kind of pressures, the individuals will develop negative feedback such as depression, anxiety, absenteeism, reduction of doing work efficiently and burnout [3, 6, 8-10].

Therefore to reduce stress on the individual, most students live in hostel choose to listen music to calm their mind and also sources of meditation. Different students will listen to sorts of types of different music to help them reduced their stress. Based on many researches, they found music has become a good source of therapy through various process of psychological in controlling the psychological stress. The controlling of stress including reduction in tension [11], anxiety [12, 13], negative effect [14] and also blood pressure, heart rate and also skin conductance [15, 16]. Besides, music also help to increase the immune response [17] inside of the body.

In an observation, it is proven that dental patients who listen to music while having the treatment will possesses less pain and stress, thus the specialist dentist will feel less stress while performing a correct technical treatment procedure on the patients [18]. In a researches, instead of

reducing physiological stress, listening to music in a stressful environment also have other functions. They are increased in coping abilities or altered of levels of relaxation [19, 20] inside of body.

Thus the study was conducted with the aim to know the effect of music on stress among the hostellers and how the music reduce the stress.

II. MATERIALS AND METHODS

A proper cross-sectional questionnaire was designed, in order to collect information regarding how music able to reduce the stress among the hostellers. This questionnaire was given randomly to the Bachelor of Dental Surgery (BDS) students at the Saveetha Dental College in Tamil Nadu, Chennai, India. Saveetha Dental College is one of the best dental college in India and this college give a lot of good practical experience for their students. This study was carried out within the period of October 2015 till March 2016 with the dental students that are living in the college's hostel. The age of students were in range of 17 to 25 years old and there are about 96 of them. The questionnaire was drafted carefully by emphasizing on the stress among the hostellers and also based on the relation of stress and music. The goal of this study was to know how music help in stress. The complete questionnaire was given to the students. Before completing it, students were given a brief explanation regarding the purpose of the study and its goal. In this questionnaire, the students were asked to choose from the given option and scored them from 0 to 5 respectively, 0 – Did not apply to me at all, 1 – Applied to me on some degree, or some time, 2 – Applied to me in a considerable degree, or a good time and 3 – Applied to me very much, most of the time. This option was made based on Likert's scale [21]. After completing the questionnaire, they were asked to return back the form. Any information that been collected during this study will be kept as a confidential information. Then, the scores obtained from the questionnaire were collected and the data was analyze by using Likert's scale [21]. The results was tabulated in a form of percentage.

III. RESULTS

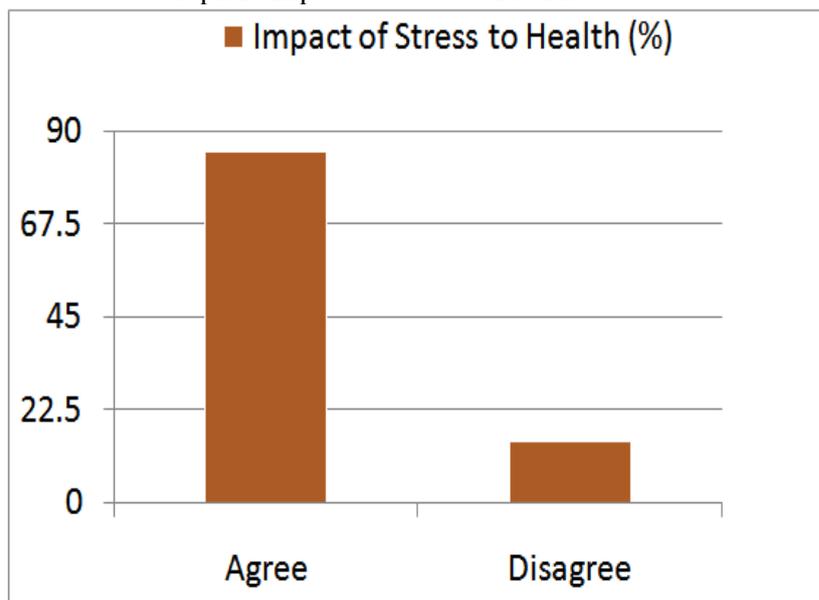
The questionnaire was given randomly to 96 students of Saveetha Dental College that live in hostels. In the questionnaire, few questions were asked related to the hostel stressors. Those questions act as scale, to measure the level of stress among the dental students whom live in the hostel. Table 1 below, show the responds and results of the students regarding on the hostel stressors.

Hostel Stressors	Average
Feeling comfortable living in hostel	39 (40.6%)
Problems with roommates	40 (41.76%)
Homesickness and loneliness	61 (63.5%)
Difficulty to focus in class	31 (32.3%)
Financial issues	25 (26.0%)

Table 1: Hostel Stressors

Next, Graph 1 shows students respond regarding on either stress give negative impact to the health or not. Based on this graph, most of students agree that stress give negative impact to their health, with percentage of 85%. This shows that stress is not good for health. In order to release the tension, there are various ways to release the stress. In this study, music was chosen as the best tool or method to help in relieving the stress.

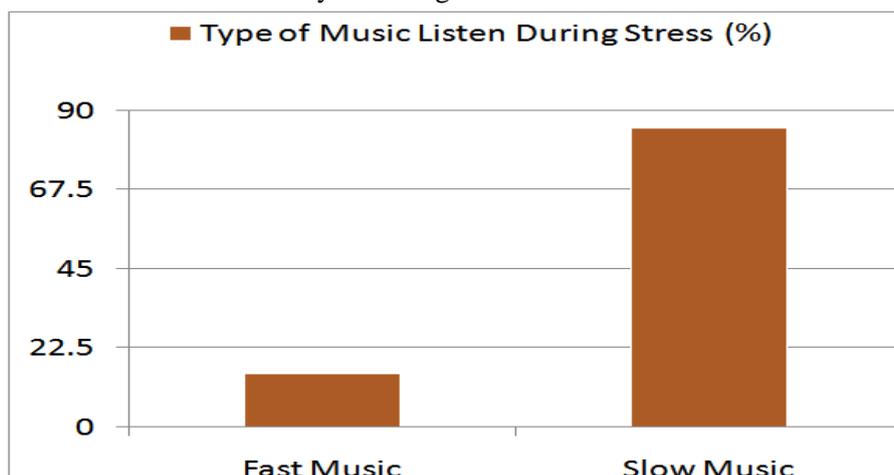
Graph 1: Impact of Stress to Health.



Most of the respondents of this research, love to listen to music. The respondents which are the students tend to listen to music based on a particular conditions. The result was analyze and being tabulated in the Table 3. About 85% of them love to hear to slow music compare to fast music, when they are stress. This result is displayed on the Graph 2. In addition, this study also was conducted to measure the effectiveness of music upon stress as demonstrated in Table 4.

Number (%)	Average
Love listen to music	87 (90.6%)
Frequently listen to music	83 (86.5%)
Listen to music when study	33 (34.4%)
Listening to music when stress	84 (87.5%)

Table 2: Tendency Listening to Music Based on Situations



Graph 2: Types of Music Listen During Stress.

Number (%)	Average
Listening to musing during stress	84 (87.5%)
Music help in releasing stress	75 (78.1%)
Effectiveness of music towards stress	76 (79.2%)
Listening to music is the best way of releasing stress	76 (79.2%)

Table 3: Effect of Music on Stress.

IV. DISCUSSIONS

This study was done with the aim to know the effect of music on stress, among the hostellers. These dental students are living in the hostel when the study was conducted and the factor of their stress were identified. The significant stress causing factors are mainly comfortability living in hostel, problems with roommates, feeling homesick and lonely, difficulty to focus in class as well as financial issues.

About 40.6% of students feeling uncomfortable living in the hostels. This may related to feeling incompatibility with the roommates, as 41.7% of the hostellers, having this problem. The accommodation of the hostels also may lead to this. Besides, the students also may not used to the lifestyle of hostel, as they need to live independently without their parents and family in managing themselves.

In addition to this, approximately 63.5% of the students were feeling homesick and lonely, and mostly among the first year students. Some of them need to adapt to a different climate, new language, behavior and also change of customs [22]. This transition and changes also contribute to their stress, as they were being apart from family, and begin to have long distance relationships. Friends might be there for them in hostel, but family is more closer to them in person. That is why, they will have this kind of feelings, especially when they are busy doing works or having problems. This also result increase to stress levels. Therefore, it is important to provide instrumental and emotional social support to the students when they are stress, especially from their family members and close friends [23]. Financial issues also one of the contribution to stress. However, only 26.0% of students, experiencing stress due to their financial issues.

These five major factors are the most common contributors to stress, especially for students whom living in the hostel. Stress can give negative impact to health, psychology and personal judgement. As stress will affect their emotions and their life. When people having stress, they tend to be depressed and lose their confidence to confront with people. They are more filled with anger, sadness, loneliness and etc. This kind of mix emotions not good for health. Most of the students agree, that stress will give impact to health as indicated in the Graph 1, in which more than 70%. Therefore, they used various method to relieve their stress.

In this study, music was used as the indicator to help in relieving stress. There are different types of music such as jazz, hard rock, contemporary, instrumental and etc. Generally, many people love to listen to music. Usually, they tend to listen to the music based on their mood, occasions or favorites. However, in some circumstances for example during study, these students would not listen to the music. This is because, during study they want to give a full concentration without no interruption. They may find listening to music during study, may disrupt their concentration. Thus, by

not listening to it, they able to focus and perform well. However, there is still few of students who still listen to it, during study.

Based on this study, approximately 90.6% of the students love to listen music and about 86.5% among them frequently listening to it. This prove that music is very important to human, as it is part of life. Therefore, music can be tool to relieve stress, as it have a good connections with people. About 87.5% of the students tend to listen to the music when they are stress. Although there are others method, they still choose music as it is more easier to hear and also convenient.

The choices of music for relieving stress are dependent upon individuals. About 85% of the students love to listen to slow music when they are stress, whereas only 15% were listening to the fast music when they are stress. This result is represented in Graph 2. The result in the table 4, indicate the effect of music towards stress. About 78.1% find music, help to relieve their stress and about 79.2% find it is effective to them. There were about 79.2% of the students chose music as the best method for relieving their stress. They believe that the power of music help them in reliving their tensions, and lead to a healthy normal lifestyle.

When they hear to the music, they feel calm, relax and joy. The burden of the tensions on their shoulders are removed. It is like they gain back their happiness and confidence. This shown that music is an effective way to relieve stress. Although music is the most preferable method to relieve stress, supports from family and friends also play an important role along with it.

V. CONCLUSION

It is clear from this finding, that music has an effective effect on relieving the stress. As this study is focusing on the hostellers among the dental students, it prove that they tend to listen to music when they are stress. Although they are living away from the family and having more stress compare to day scholars, they able to encounter their problems and stressor factors in a proper way, which is by listen to music. This prove that music have positive effect on human beings, especially in dealing with their stress. Hence, it is proven that music help to relieve stress among the hostellers of dental students.

REFERENCES

- [1] Mosley, TH, Perrin SG, Niral SM, Dubbert PM, Grothues CA, Pinto BM; Stress, coping and well being among third-year medical students. *Acad Med.*, 1994;69(9); 765-767.
- [2] Supe AN; A study of stress in medical students at Seth G.S. Medical College. *J Postgrad Med.*, 1998; 44(1): 1-6.
- [3] Westerman GH, Grandy TG, Ocanto RA, Erskine CG (1993) Percieved sources of stress in dental school environment. *J Den Educ* 57: 225-231.
- [4] World Health Organization; Promoting mental health: concepts, emerging evidence, practice: a report of the World Health Organization, Department of Mental Health and Substance Abuse in collaboration with the Victoria Health Promotion Foundation and the University of Melbourne. Geneva, 2005.
- [5] Acharya S (2003) Factors affecting stress among Indian dental students. *J Dent Educ* 67: 1140-114.
- [6] Health JR, Macfarlane TV, Umar MS (1999) Perceived sources of stress in dental students. *Dent Update* 26: 94-98, 100.
- [7] Rajab LD (2001) Perceived sources of stress among dental students at the University of Jordan. *J Dent Educ* 65: 232-241.
- [8] Freeman R, Main JR, Burke FJ (1995) Occupational stress and dentistry: theory and practice. Part 1. Recognition. *Br Dent J* 178: 214-217.
- [9] Naidu RS, Adams JS, Simeon D, Persad S (2002) Sources of stress and psychological disturbance among dental students is West Indies. *J Dent Educ* 66: 1021-1030.
- [10] Newton JT, Baghaienaini F, Goodwin SR, Invest J, Lubbock M, et al. (1994) Stess in dental school: a survey of students. *Dent Update* 21: 162-164.
- [11] Holland, P. (1995). The role of music in the effective use of stress. In T. Wigram, B. Saperston, & R. West (Eds.), *The art and science of music therapy: A handbook* (pp. 406-432). Longshore, PA: Hardwood Academic Press.

- [12] Hammer, S.E. (1996). The effects of guided imagery through music on state and trait anxiety. *Journal of Music Therapy*, 33, 47-70.
- [13] Parente, A. B. (1989). Musica as a therapeutic tool in treating anorexia nervosa. In L. M. Hornyak & E. K. Baker (Eds.), *Experiential therapies for eating disorders* (pp. 305-328). New York, NY: Guilford.
- [14] Hanser, S. B., & Thompson, L. W. (1994). Effects of a music therapy on depressed older adults. *Journal of Gerontology*, 49, 265-269.
- [15] Aldridge, D. (1993). The music of the body. Music therapy in medical settings. *Advances*, 9, 17-35.
- [16] Allen, K. Blascovich, J. (1994). Effects of musics on cardiovascular reactivity among surgeons. *Journal of the American Medical Association*, 272. 882-884.
- [17] Bartlett, D., Kaufman, D., & Smeltekop, R. (1993). The effects of music listening and perceived sensory experiences on the immune system as measured by interleukin-A and cortisol. *Journal of Music Therapy*, 30, 193-209.
- [18] Anderson, R. A., Baron, R. S., & Logan, H. (1991). Stress management techniques: Anxiety reduction, appeal, and individual differences. *Imagination, Cognition, and Personality*, 10, 3-23.
- [19] Burns JL, Labbé E, Wiliams K, McCall J (1999) Perceived and physiological indicators of relaxation: as different as Mozart and Alice in chains. *ApplPsychophysiol Biofeedback* 24: 197-202.
- [20] Allen K, Golden LH, Izzo JL Jr., Vhing MI, Forest A et al. (2001) Normalization of hypertensive responses during ambulatory surgical stress by perioperative music. *Psychosom Med* 63: 487-492.
- [21] Likert RA; Technique for the measurement of attitudes. *Archives of Psychology*, 1932; 22(140): 55.
- [22] Denise Pteiffer (2001). *Academic And Environmental Stress Among Undergraduate And Graduate ColleGe Students: A Literature Review*. The Graduate School University of Wisconsin-Stout.
- [23] Brougham, R. R., Zail, C. M., Mendoza, C. M., & Miller, J. R. (2009). Stress, sex differences and coping strategies among college students. *Current Psychology*, 28, 85 – 97.