

Effects of a Music-Creation Programme on the Anxiety, Self-Esteem, and Quality of Life of People with Severe Mental illness

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Abstract:

The present study aimed to inspect the impact of a music-creation program on individuals diagnosed with severe mental disorders, with particular emphasis on its effects on anxiety, self-esteem, and overall quality of life. In recent years, music therapy—especially through active involvement in creating music—has garnered recognition as a promising complementary approach to addressing mental health challenges. A total of 30 individuals with severe mental illness participated in the research and were randomly divided into two groups: one engaged in a music-creation intervention, and the other continued with routine psychiatric care. Over a six-week period, the experimental group took part in activities involving music composition and live performance, whereas the control group received only standard treatment. Quantitative data regarding anxiety, self-esteem, and quality of life were gathered through validated self-report questionnaires at three stages: the beginning of the study, midway, and after completion of the program. Statistical methods such as paired t-tests and ANOVA were utilized to analyze the differences between the groups. The findings revealed a marked reduction in anxiety, a significant boost in self-esteem, and enhanced quality of life in the group participating in music creation compared to those in the control group. These outcomes support the potential effectiveness of musiccreation programs as safe, creative interventions for improving psychological well-being in individuals with serious mental health conditions. The study adds to the expanding literature on the role of music therapy in psychiatric care, emphasizing the value of creative assignation alongside conventional treatments. Nonetheless, the research is limited by its small sample size and brief duration, suggesting a need for extended studies to evaluate the sustained impact and broader utility of such programs in clinical practice.

Keywords:

Music therapy, music creation, severe mental illness, anxiety, self-esteem, quality of life, mental health interventions, therapeutic activities.