



ABSTRACT

Name of Institution: De La Salle University – Dasmariñas

Place: Dasmariñas, Cavite

Title: “Stimulative Music: As A Tool For Enhanced Work Performance Of The Institutionalized Elderly”

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Objective of the Study

Generally, this study aimed to determine the effects of stimulative music to the institutionalized elders and its implication to their work performance.

Specifically, it attempted to answer the following questions:

1. What is the demographic profile of the elderly in terms of:
 - a. Sex
 - b. Years of stay
2. What is the level of work performance of the elderly before and after the treatment?
3. Is there a significant difference on the performance of the elderly before and after the treatment?



Scope and Limitation

This study determined the effects of stimulative music to the work performance of the elderly. It is the purpose of the study to limit its scope to the institution, "Tahanan ni Maria", which is based within the vicinity of the Province of Cavite.

The focus of the experimental study that was conducted by the researchers was to measure the work performance of the elderly before and after the treatment.

This study attempted to gain information from 21 elderly clients. The researchers set a standard in choosing respondents by having certain criteria such as they must be capable of manual dexterity, they must be 60 years old and above and they could either be male or female. The researchers concentrated on participants' behavior and work performance before and after the treatment. Each treatment was limited to 30 minutes.

The result of the study was based from the behavior elicited by the participants in the behavioral indicator and work performance of the elderly.

Methodology

A one-shot pretest / posttest design was used in this study in order to get the nature of the situation at the time of the study. This design involved observing a sample of participants (O_1), administering some treatment (X), and then observing the same sample of participants afterward (O_2) (Heppner, 1999). The observing samples of participants of the study were the elderly who were living inside the institution. The treatment used for this study was the stimulative music.



The stimulative music was used as the independent variable of the study while the elderly's work performance was used as its dependent variable.

Findings of the Study

Based on the data gathered, the following findings were obtained:

1. The profile of the elderly in terms of sex shows that there were 1 or 4.76% male and 20 or 95.24% females from a total of 21 elderly. They are selected through purposive sampling to meet the objective of the study. Out of 60 elderly, 35% or 21 were skilled to do the task given to them by the researchers. There were 47.62% of 21 who recently entered in the institution. They had stayed more or less one year. The other 28.57 % stayed for two to three years and the remaining 23.81% stayed for more than three years.
2. Before the treatment, the 21 elderly made a total of 57 pieces of Christmas decors. Its mean is 2.71 with a standard deviation of 1.90 while after the treatment; they made a total number of 138 pieces of Christmas decors with a mean of 6.57 and a standard deviation of 3.34. Each treatment lasted for 30 minutes.
3. At .05 level of significance, the obtained computed value for t is 6.72 while the theoretical value for t was 2.086. The computed value for t is greater than the theoretical value for t .

Conclusion

On the basis of the findings, the following conclusions were drawn:

1. There were more female elderly than male elderly. Aside from having the most number of populations in the institution; it is shown in the statistics of



elderly population that female elderly were more than male elderly. It was also cited by Hurlock (1982) that elderly women tend to cultivate a wide range of recreational interests throughout life in contrast with elderly men who tend to limit their recreational interests to sports and may depend only on television. There were more elderly who stayed in the institution for 0 to 1 year. It is because some of the elderly died, as they stay longer inside the institution due to poor living condition.

2. Stimulative music helps to enhance the work performance of elderly. It can activate their body to create movements that initiate work performance. It helps them to increase social involvement and it makes them more interested or motivated to work.
3. With the obtained result, the decision is reject the null hypothesis and accept the alternative hypothesis. Therefore, there is a significant difference between the work performance of the elderly before and after the treatment. Stimulative music has an effect on the work performance of the elderly.

Recommendations

In the light of the findings and conclusions drawn from the study, the following recommendations were made.

For further research:

1. Local studies on the elderly are very limited. Not much has been discovered about the elderly in the Philippine society. As was mentioned, the present study could serve matters concerning the elderly, specifically



on the work performance of the elderly. It is suggested to conduct more studies about the elderly population to gain more knowledge about them.

2. It is recommended that further studies be done and other aspects such as social status (i.e. single, married, widow), other living arrangements (i.e. living alone, living with peers or with family) and the effects of crisis situations (is abandoned, beggars victims of discrimination or stereotyping) that could have an influence on the elderly be focused.
3. Also, it is advised to make use of other variables aside from stimulative music or working with music such as multimedia (i.e. movies) that can help elicit responses.

For the nursing home (Tahanan ni Maria):

1. The administrator should improve the level of care for the elderly by providing them program and activities that would help meet the needs that concern the physical, psychological and emotional aspects.
2. Also, the administrator of such institution should plan nutritionally balanced meals and serve them at the same time each day in a particular room. Reliable schedule of sleeping, waking, bathing, recreation, medication and physical check-ups must be established for them. This will improve the lifestyle of the elderly.
3. The caretakers of the elderly should familiarize themselves more with the sources of problems that affect the elderly's poor living condition and work performance, and heighten their sensitivity by providing reading materials about aging so as to help the elderly avoid its bad effects. Special attention



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should be given to the elderly due to their needs which are not met or satisfied.

4. The elderly should be encouraged to participate in social activities that may include civic or religious organizations. This would help them meet their emotional, psychological and physical needs and other concerns, which are not fully provided by the administrators and caretakers of the said institution.

