

The Positive Impact of African Drumming on Elderly Participants

Alicia Bohn¹, Michael M. Roy¹, and Karendra Devroop²

¹Elizabethtown College; ²University of South Africa

Introduction

We examined the effects that an **African drumming program** had on mood of older individuals in Hong Kong.

- Previous research has indicated the positive effects that **music-making** has on older adult's overall health and well-being (Gómez et al., 2017; Sung et al., 2012).
- Participant's **demeanour** and **mood** was measured through observation and self-rating before and after the drumming session.
- Drumming program involved **physical activity, skill acquisition, reminiscence, joint music-making and social interaction.**

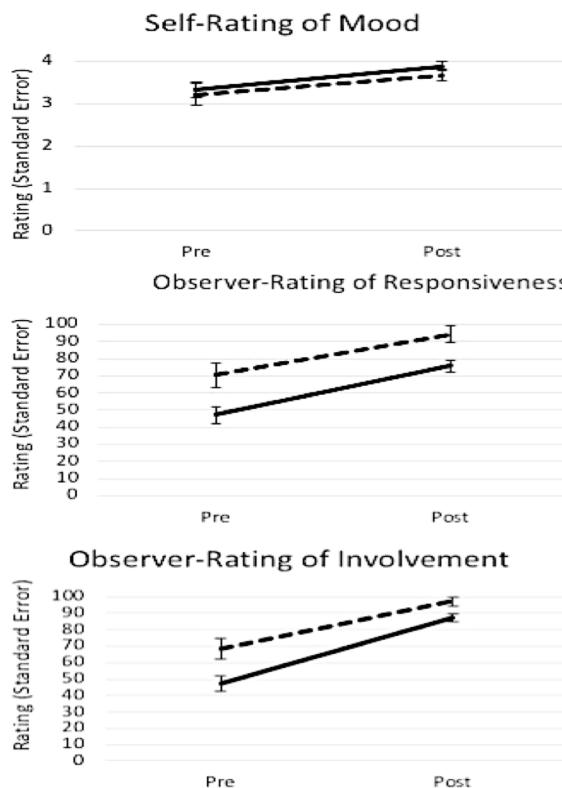


Figure 2.

Method

Participants

• 27 older adults in Hong Kong, 18 with mild dementia (Age $M = 76.2$)

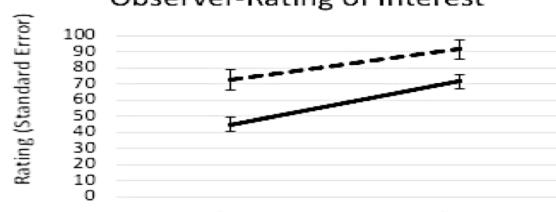
• 6 caregivers of elderly individuals

Measures

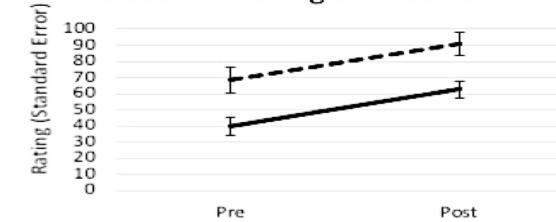
- Demeanor and mood of participants was measured pre- and post- drumming session
- Music in Dementia Assessment Scales (MiDAS) and Visual Analogue Scale



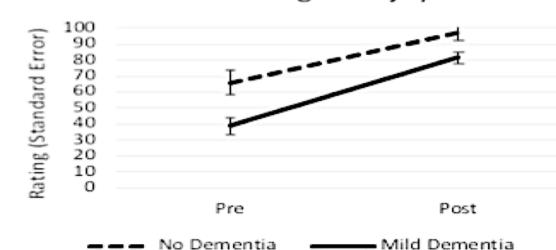
Observer-Rating of Interest



Observer-Rating of Initiation



Observer-Rating of Enjoyment



Results

- There was a significant increase in **self-rating of mood** ($F(1,25) = 14.06, p = .001, \eta^2 = .36$), and **observer ratings of interest** ($F(1,25) = 81.71, p < .001, \eta^2 = .77$), **responsiveness** ($F(1,25) = 68.33, p < .001, \eta^2 = .73$), **initiation** ($F(1,25) = 31.79, p < .001, \eta^2 = .56$), **involvement** ($F(1,25) = 117.42, p < .001, \eta^2 = .82$), and **enjoyment** ($F(1,25) = 110.88, p < .001, \eta^2 = .82$).
- **Participants without dementia** had higher observer ratings on all MiDAS categories ($p < .01, \eta^2 > .25$). Raters blind to diagnosis. No significant interactions.
- For the 6 caregivers for whom self-ratings were available, there was a significant increase in mood from before the session ($M = 3.17, SD = .75$) to after ($M = 3.83, SD = .41; t(5) = -3.16, p = .025, d = 1.29$).

Discussion

- The findings indicated that the drumming session had a large impact on demeanour and happiness for older participants with and without dementia.
- All 5 MiDAS categories of observer ratings exhibited significant increase during drumming program.
- The drumming program provided a boost in mood of the caregivers and an opportunity for a positive interaction between the participant and the caregiver.

References

- Aslida, Sato. "The effect of reminiscence music therapy sessions on changes in depressive symptoms in elderly persons with dementia." *Journal of music therapy* 37, no. 3 (2000): 170-182.
 Gómez, M., & Gómez, García, J. (2017). Music therapy and Alzheimer's disease: Cognitive, psychological, and behavioural effects. *Neurologia* 32(5), 300-308. doi: 10.1016/j.jneurol.2015.12.003
 Navarro, Pedro Luis Matos. "Enhancing software quality and quality of experience through user interfaces." PhD diss., Universidad de Murcia, 2014.
 Sung, Hwei-chuan, Wen-li Lee, Tsai-li Li, and Roger Watson. "A group music intervention using percussion instruments with familiar music to reduce anxiety and agitation of institutionalized older adults with dementia." *International journal of geriatric psychiatry* 27, no. 6 (2012): 621-627.
 Fleming, Cottrell, Rita P., and Kerry A. Gallant. "The elders drum project: enhancing quality of life for long-term care residents." *Physical & Occupational Therapy In Geriatrics* 22, no. 2 (2004): 57-79.
 McDermott, Orlin, Martin Orrell, and Hanne Mette Ridder. "The development of music in dementia assessment scales (MiDAS)." *Nordic journal of music therapy* 24, no. 3 (2015): 232-251.