

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.**

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

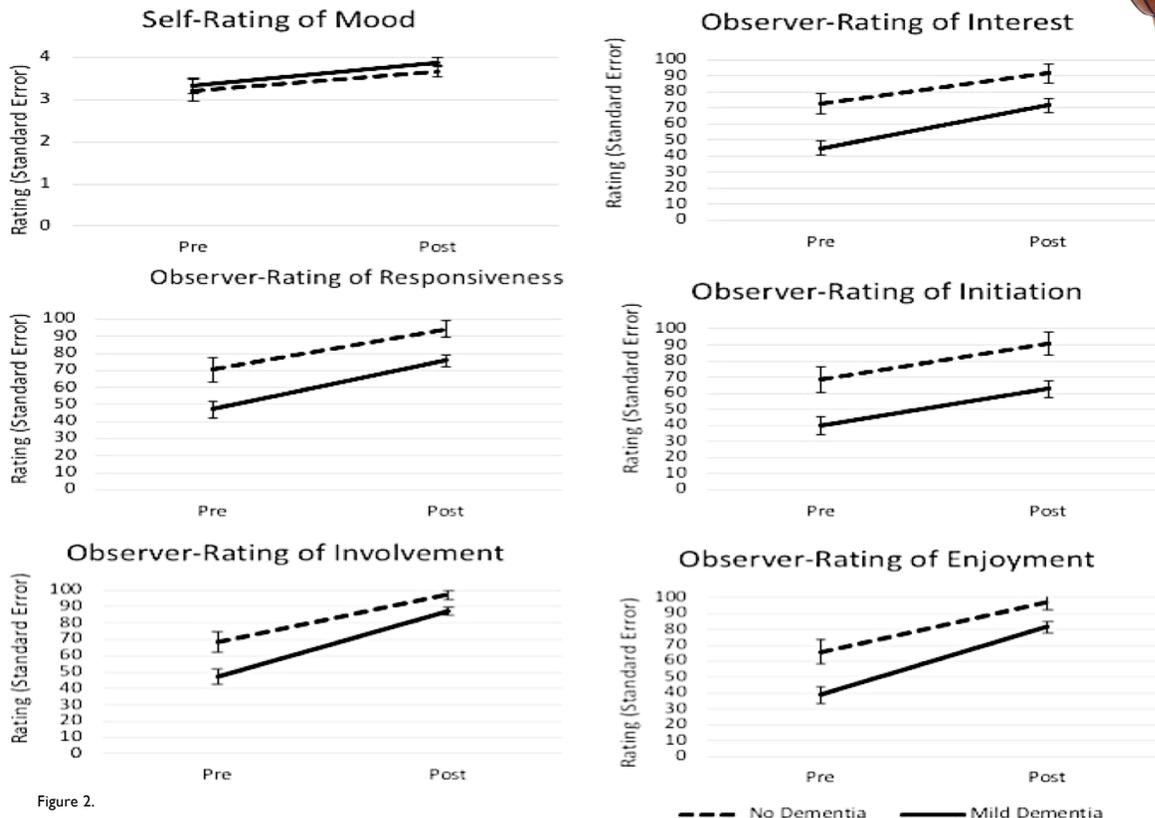


Figure 2.

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 ($ps < .01, \eta^2s > .25$). 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

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