



Original Article

# Pilot Study for Perceived Effectiveness of Music Therapy for Pain and Music Preference in Women following Gynecological Surgery in a Local Area\*

Ahn, Sukhee<sup>1)</sup>

1) Assistant Professor, Department of Nursing, College of Medicine, Pusan National University

## 가 : Pilot study\*

1)

1)

### Abstract

**Purpose:** The purposes of this pilot study were to describe the perceived effectiveness of music therapy for pain control and to identify music preference for postoperative pain and anxiety control in Korean women who had a gynecological surgery. **Sample:** A convenience sample of 52 women was recruited from a gynecological unit at P University hospital and they were interviewed to assess their perception of music therapy and music preference using a structured study questionnaire. **Results:** Fifty-six percent of women reported that music therapy would be effective and 96% perceived it would be effective if combined with analgesics. The best music chosen for relieving postoperative pain and anxiety were Korean old pop and ballad song/music followed by Korean religious music, American pop songs, piano music, Korean classic songs, and Orchestra music. **Conclusion:** There was a cultural difference in music preference for the

relief of post-operative pain in this sample. Therefore, effects of music for postoperative pain control need to be determined after considering musical preferences of postoperative women in Korea.

Key words : Women, Surgery, Pain, Music, Preference

(Zeller, McCain, & Swanson, 1996).

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(Good, Stanton-Hicks et al.,

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• Address reprint requests to : Ahn, Sukhee

Assistant Professor at Department of Nursing, College of Medicine, Pusan National University  
1-10 Ami-dong Seo-gu Pusan 602-739 Korea  
Tel: +82-51-240-7755 E-mail: sukheahn@pusan.ac.kr

2000), 31% 4 Pescatori, 2000).  
 (Melzack, Abbott, Zackon, Mulder, & Davis, 가  
 1987) 가 ,  
 가 (Cook, 1981)  
 Moore(1996)가 . Good 가  
 ) ( , , , , (Joung, 1999)  
 (Good, Picot et al., 2000)  
 (distraction) 가 5가  
 ( , , , , )  
 (Park, 2000). 가  
 가 , (music therapy) (Phumdoung & Good, 2003).  
 가  
 (American Music Therapy Association, 2005).  
 가  
 (Hong, 1994) 가  
 (Park & Choi, 1.  
 1997) (Hong, 1989). 가  
 (Kwon & Kim, 2000; Park & Park, 2000; 가  
 Penny & Anthony, 1996). 가  
 2.  
 가 가  
 (Good, Picot et al., 2000)  
 가  
 (Augustin & Hains, 1996; Good et al., 1999, 2001; Hong, 13가 가 가  
 1989; Joung, 1999; Park & Choi, 1997; Renzi, Peticca, &

1.

P 1  
20-70

52

3.

가

가  
가

13가

가

3가

3가

2.

set

1)

(Ahn & Kim, 2004)

10

3

(one-way ANOVA)

t

1)

2)

3)

가

가

1.

1 ‘  
, 3 ‘  
가

가  
, 4 ‘  
, 5

, 2 ‘  
가

가  
, 5 ‘

46 (SD=8.8)

40-49

가 46.1%

가

, 26

66

(92.3%)

2)

(51.9%)

26.9%가

(86.5%)

가

, , ,

13가

가

100-199

30.8%, 200-299

30.7%

, 300

25.0%

가

, 가 ,

, ,

1

46.2%

53.8%

( : ) 23.1%,

48.1%,

가

가

가

3가

28.8%

)

3가

PCA

76.9%

가

PCA 63.5%가,

PCA

13.4%가

23.1%

3)

가

<Table 1>.

<Table 1> Demographic and illness - related characteristics of subjects (N=52)

Item	Category	f	%
Age (years)	29-39	110	21.2
	40-49	24	46.1
	50-59	11	21.2
	≥ 60	6	11.5
Education	≤ Middle School	10	19.2
	High School	27	51.9
	≥ College/University	15	28.8
Religion	Protestant	9	17.3
	Catholic	5	9.6
	Buddhism	27	51.9
	Other	4	7.7
	None	7	13.5
Marital Status	Married	4	7.7
	Never married	48	92.3
Family monthly Income(1,000 Won)	< 1,000	7	13.4
	1,000-1,999	16	30.8
	2,000-2,999	16	30.7
	≥ 3,000	13	25.0
Surgery experience	Yes	30	57.7
	No	22	42.3
Diagnosis	Malignant disease	28	53.8
	Benign disease	24	46.2
Type of operation	Minor surgery than TAH	12	23.1
	TAH + unilateral or both SO	25	48.1
	Radical Hysterectomy	15	28.8
Method for pain control	PCA	40	76.9
	via Epidural	33	63.5
	via IV	7	13.4
	No PCA: IM analgesia	12	23.1

가 , 2.0% 가 , 56% 가 , 51.0% 가 , 45.1% 가 , 96% 가 , <Table 2>. , 가 , , , 가 , t , 3. 가 13가 / 20.8% , (16.8%), 가 / (15.2%), (11.2%), 가 (8.8%), (7.2%), (4.8%), (4.0%) <Table 3>.

<Table 3> Music preference in general (N=52)

Type of Music	f*	%
Korean old pop song/music	26	20.8
American pop song/music	21	16.8
Korean ballad song/music	19	15.2
Korean religious song/music	14	11.2
Korean classic song	11	8.8
Piano	9	7.2
Jazz	6	4.8
Orchestra	5	4.0

\* multiple responses

2. 42.6% 가 , 57.4% 가 , 10.0% 가 가 , 46.0% 가 , 32.5% 가 , 10.0% 가

<Table 2> Perceived effectiveness of music therapy for pain control (N=52)

Methods	Very Effective	Effective	Not sure	Little Effective	Not at all
	f (%)	f (%)	f (%)	f (%)	f (%)
Analgesics alone	22 (42.6)	30 (57.4)	-	-	-
Music therapy alone	5 (10.0)	24 (46.0)	17 (32.0)	5 (10.0)	1 (2.0)
Combination therapy (Analgesics + Music)	27 (51.0)	25 (45.1)	2 ( 3.9)	-	-

가 / (22.1%) 가  
 가 / (17.6%), / (16.2%), (10.3%), 가 가  
 (5.9%), (2.9%)

가 / (21.5%), / (16.9%), / (27.7%),  
 (12.1%)

가 56% 가  
 <Table 4>. 가  
 가 96%

가 가  
 가 (Park, 1999) 가  
 가 Ahn Kim (2004) 가  
 가 (Good & Moore, 1996) 가  
 가 Good Picot (2000)  
 가 가 (McCaffrey  
 & Good, 2000)

<Table 4> Music preference for decreasing pain sensation, pain distress, and anxiety (N=52)

Music	Pain Sensation		Pain Distress		Anxiety	
	f*	%	f*	%	f*	%
Korean old pop song/music	15	22.1	18	27.7	18	27.7
Korean ballad song/music	15	22.1	14	21.5	14	21.5
Korean religious song/music	12	17.6	11	16.9	11	16.9
American pop song/music	11	16.2	8	12.1	8	12.1
Piano	7	10.3	5	7.7	5	7.7
Korean classic song/music	4	5.9	4	6.2	4	6.2
Orchestra	2	2.9	3	4.6	3	4.6

\* multiple responses



가 , 가 , 가  
 가 , 가  
 가 40 70-80 가  
 가

52

가 가 가 , , 56%가 가  
 가 , 96%가 가  
 20% (Good & Chin, 1998; Good, Picot et al.,  
 2000) 가 (Krumhansl  
 et al., 2000) 가 ) 가

13가

10-20 가 , 가

가 가 가 가  
 가 (Park & Choi, 1997) 가  
 가 가 (40%), (30%),  
 (25%), (5%) 가

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