

**EFFECTIVENESS OF MUSIC AND MEDITATION ON
PSYCHOLOGICAL STATUS OF PREGNANT WOMEN IN
LAKHIMPUR DISTRICT, ASSAM**

By

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Thesis submitted to
Avinashilingam Institute for Home Science and Higher Education
for Women, Coimbatore-641043

In partial fulfilment of the requirement for the Degree of
DOCTOR OF PHILOSOPHY IN HUMAN DEVELOPMENT

APRIL, 2024

80_Recommendations

- Further studies could be done with a larger sample size.
- Mediation and Music can be combined. Hospitals, clinics, and health centres should take initiative to give such programmes for women.
- Follow-ups can be done to see the effectiveness of these interventions in the post-partum period and also on the infant or child.
- Further studies can focus on longitudinal research to see the impact of these interventions on child development.
- A pregnancy user-friendly app can be developed for future research for her wellbeing
- Psychological assessment tools can be developed especially for pregnancy-related issues