

SPECIMEN FORMAT FOR THESES OF MONTH

Faculty : Science

Department : Psychology

Branch/ Area: : Counselling Psychology

Sub Subject Heading: : Counselling Psychology

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Title of the thesis : **Effiicacy of Carnatic Music Therapy and Pranayama
for Managing Depression**

(i) In Roman Script *Effiicacy of Carnatic Music Therapy and Pranayama for*
(ii) In roman Script *Managing Depression*

Nomenclature of Degree: : PhD

Month & Year of Enrolment: : March, 2013

Month & Year of Registration: : March, 2013

Month &Year of Submission: : August, 2016

Month &Year of Award : October, 2017

Name of Supervisor : Dr. N.S.Rohini

Designation of Supervisor : Professor in Psychology

**Centre/department/school in
which research was conducted** : Department of Psychology,
Innervision Counselling Centre

University's Name & Address : Avinashilingam Institute for Home Science and Higher
Education for Women, Coimbatore

Abstract within 300 words:

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i) Major Objectives :

The present study was formulated with the following objectives:

- To find out the relationship between depression, resilience and self-esteem in people with mild level of depression.
- To identify the effectiveness of Carnatic music therapy and Pranayama in managing depression.
- To identify the effectiveness of Carnatic music therapy and Pranayama (combined) in enhancing resilience and self-esteem among people with mild level of depression

ii) Hypothesis:

- There will be a significant relationship between depression, resilience and self-esteem in people with mild level of depression.
- There will be a significant reduction in the level of depression after the intervention of Carnatic music therapy among people with mild level of depression.
- There will be a significant improvement in the level of resilience after the intervention of Carnatic music therapy among people with mild level of depression.

iii) Methodology:

Pre-test, Post-test with wait list control design was used in the study. The data were collected from Innervision counseling Centre, Thrissur, Kerala. The sample included 120 people with mild level of depression. The data collection tools used were Beck's Depression Inventory(Beck,1961), Rosenberg's Self-esteem Scale (Rosenberg, 1965) and Bharathiar University Resilience Scale (BURS) (Form A). (Annalakshmi, 2009) for Depression, Self-esteem and Resilience respectively. Four different therapy groups were 1)Carnatic Music Therapy plus standard care 2) Pranayama plus Standard care 3) Carnatic Music Therapy and Pranayama combined with Standard care and 4) Standard care alone (Control Group). The data were analysed using Pearson's Correlation,One-way ANOVA and Post-hoc analysis.

iv) Findings :

- The Carnatic Music Therapy and Pranayama was found to be effective in making a reduction in the level of depression in the sample.
- Pranayama intervention showed no significant effect in improving the resilience and self-esteem of the sample.
- Carnatic Music Therapy and Pranayama (combined) intervention showed significant effect in improving the resilience and Self-esteem of the sample.

Examiners

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