

Music Therapy Program for the Psychological Well-Being of Women Victims of Violence

Fernández Mantilla *, Mirtha Mercedes, Velia Graciela Vera Calmet, Idana Beroska Rincon Soto

Doctor in Psychology, César Vallejo University.

*Corresponding Author: Fernández Mantilla, Doctor in Psychology, César Vallejo University.

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Abstract

Objective: to determine the effects of a music therapy program on the psychological well-being of women victims of violence in El Milagro populated center of Trujillo.

Materials and methods: this research had a pre-experimental design, for this we worked with a sample of 21 women victims of violence belonging of the El Milagro populated of Trujillo. The information was collected through the Carol Ryff Psychological Well-Being Scale, and the Music Therapy Program.

Results: The findings of this study indicate that the music therapy program significantly impacted the psychological well-being of women victims of violence. Additionally, statistically significant differences were found between the pre and post-test, of the Self-concept dimension.

Conclusions: The music therapy program has a positive and significant impact on the psychological well-being of women victims of violence in the El Milagro populated center of Trujillo.

Keywords: music therapy, psychological well-being, victims of violence.

Introduction

November 25 is the International Day for the Elimination of Violence against Women, a day of protest and commemoration against gender violence (Nieto, 2019). In just 6 years, the numbers have managed to double, with a significant 68% of Peruvian women still claiming to have been attacked in some way by their partner, father, brother, or any other close family member (INEI, 2019). It is also worrying that the cost of violence against women is not only focused on women, but affects all family members equally. (Vargas, 2017). Of the total number of women residing in the department of La Libertad, until 2016 (INEI, 2019), 20.9% confessed to having been physically violated by their partners, 54.7% to having been verbally violated, and 5% to having been sexually assaulted by a member of his family circle. To this, only 8,128 complaints related to domestic violence would have reached different police stations of the department in the same year, while 2,412 would have reached the Ministry of Women and Vulnerable Populations. Likewise, 53% (the majority) of raped women were divorced, separated or widowed. 33.9% (the majority) had completed their secondary education. And, on average, the violated Peruvian woman only comes forward to report when she is 45 or 49 years old, after many failed attempts to achieve well-being with her abused partner.

And, despite not being an exclusive topic of mental health, psychology in the Latin American region has proposed many advances, regarding the need to reduce these figures, and find a way to prevent it. (Silva, Lisboa, Cruz and Becker, 2019). From this, the need arose to see violence against women from more than theoretical points, studying it from totally pragmatic clinical fields, accessible to any mental health professional, concerned with collaborating in the task of eradicating this psychophysical phenomenon (Lago, 2020). Thus increasing the quantity and diversity of approaches, which have not only concentrated on primary care, but have seen countless tasks in the various psychosocial areas of the people affected by said problem, and their loved ones (Guerrero and Cruces, 2019).

In this sense, and despite the analysis of the effectiveness of the various intervention approaches still being insufficient, the tendency to do science to test these benefits and disadvantages has grown, through controlled programs and approaches in populations affected by violence. against women (Andrade, Pereira, Pérez and Cantera (2019). This appears advantageous, to the extent that increasingly effective prevention and intervention measures can be achieved, with faster results, and durability

over time; allowing mental health professionals, to be more prepared, and victims and affected people, to quickly resolve their needs (Curtis, 2016).

What is known about the effects of violence against women is vast, from moderate physical damage to serious psychopathological conditions; which could often be summed up as well-being (Camargo, Panúncio, Severi and Meloni 2019). Theories affirm that this study variable aims to describe the state of health in which the body and mind of the victims are. (Guerrero and Cruces, 2019) In this sense, it is important to highlight that psychological well-being must continue to be a focus of interest for those who aim to address violence against women. The present research places emphasis on this, since it is a variable that allows the effects of violence to be addressed in a generic way, aiming mainly to measure the mental state of the person with respect to their affected situation; However, the need to also study the specific symptoms developed from an episode of violence against women does not detract, since it could also offer satisfactory results for the objective of eradicating this phenomenon from modern societies.

Thus, from the innumerable list of intervention models, those with alternatives that are a little outside the environment of the therapist's red chair stand out as very attractive to the consulting population and their needs. (Gasco, 2020). In these years of many technological advances, it is unthinkable that psychology has treatment alternatives such as logotherapy, biodance and music therapy; intervention programs or approaches potentially different from classic psychotherapy. Alternatives that not only have evidence in their favor, but also have very good expectations from the scientific community (Kusy, 2019).

The present study has a theoretical justification, because it provides empirical data for the formulation of future theories that study body percussion and its benefits as a tool of psychology; It has practical justification, since it represents a guiding precedent for future programs that seek to conduct research in music therapy; and social justification, since it addresses an urgent problem of attention, both in Peru and in the world. Thus, the general objective of the research is to demonstrate the effects of a body percussion program (music therapy) on the psychological well-being of women victims of violence.

There are many studies that describe the positive and beneficial effects of music therapy on various reasons for consultation: cancer patients (Kievisiene, Jautakyte, Rauckiene, Fatkulina and Agostinis, 2019), with severe and moderate stress problems, in patients with serious mental diagnoses such as psychosis (Castilla, 2019). Similarly, music therapy has proven to be effective in addictions Cañabate, Diez, Rodríguez and Zagalaz, 2017), in academic and social adaptation problems (Fernández and Cardoso, 2016).

The same happens in patients who are victims of violence. For example, the work of Fernández (2015), a pilot study in which the variables Self-esteem, Stress and Depression were measured, finding significant improvements, as well as differences between the pre- and post-test measurements, demonstrating that a music therapy program is effective in violated women. Later, Fernandez (2016) with a systematic review in which they found evidence of improvements in various variables such as well-being, self-esteem, satisfaction, quality of life, among others, from the application of music therapy as the main approach tool. Furthermore, Annesley's qualitative work (2018) which mentions the benefits for professionals and women victims of violence that come with the use of this type of programs. Finally, Warrior (2019), who demonstrates that music therapy contributes to increasing various levels of the variables affected by violence against women.

Methodology

Kind of investigation

A pre-experimental investigation is carried out, taking information on the dependent variables before and after the music therapy program is applied. This research, taking into account the design, did not use a control group. The objective was to demonstrate the effectiveness of the Music Therapy Program on the psychological well-being of women victims of violence. The model used was the following

G: O1 – X – O2

O1: observation before the implementation of the music therapy program.

X: Music Therapy Program

O2: observation after the implementation of the music therapy program

Description of variables

It is important to keep in mind that in this research the variables taken into account were the following:

VI: Music Therapy Program; VD: psychological well-being.

Population

The population was made up of women victims of violence belonging to the El Milagro town center, in the city of Trujillo in Peru.

The sample was made up of 21 violated women, the type of sampling was non-probabilistic consecutive, receiving the cases that reported violence to the institution that provided its support to be able to work with said women, consecutively, until obtaining the expected total.

The age range of these women was 25 and 60 years old, with complete primary education, victims of violence affected in the last year prior to the program. For this reason, women who were raped with serious or moderate injuries or who had some disability or difficulty that prevented them from carrying out the work carried out in the session were excluded; Likewise, patients with any psychotherapeutic treatment or those attending a program with a similar orientation were excluded.

Instruments

program :

The program used in this research was built by Grados and Paiva (2019) in the Spanish language, and is made up of 12 sessions with a time limit of 2.5 hours. This program has evidence of content-based validity through expert judgment with an Aiken V score of 1.90. This program has the characteristic that its application is collective.

Carol Ryff Psychological Well-being Scale

Scale developed by Ryff and Keyes (1995) this scale aims to determine the level of psychological well-being. This scale has 35 items and requires that subjects have a primary education level. The form of administration is individual or group. In the standardization processes of the González, Quintero, Veray and Rosario test (2016) show that the test has an average reliability level of .80 for the subscales, and .94 for the general scale. The scale has very good confirmatory factor analysis, so it also coincides with the evidence of validity based on the internal structure.

Data analysis method

To present the results, the descriptive statistics are described using measures of central tendency and dispersion, in which the results and comparisons of the results of the pre- and post-tests are shown. Then, the Shapiro-Wilk normality test was performed, due to its suitability in samples of less than 50 people. Taking the results into account, Student's "t" coefficient was used to identify the variation of the two measures in a parametric group of data (Flores, Miranda and Villasís, 2017).

Ethical aspects

To carry out this research, all the universal principles established in ethical and deontological codes that are considered when conducting research on human beings were followed. Taking into account what Hunger establishes (2000), fundamental aspects such as voluntary participation, confidentiality of information and respect for the integrity of the participant were met. In this study, informed consent was used in which the participants stated in writing that they knew the scope of the research and their voluntary participation in the research process.

Results

The following section describes the results. For this, first an analysis was carried out of the descriptive results of the pre- and post-tests of the Psychological Well-being Scale in the sample, which are shown in Table 1.

Levels	Psychological well-being			
	Pretest		Posttest	
	Amount	Percentage	Amount	Percentage
Low	0	0%	0	0%
Half	10	48%	3	14%
High	eleven	52%	18	80%
Total	twenty-one	100%	twenty-one	100%
Levels	Selfconcept			
Low	0	0%	0	0%
Half	10	48%	5	24%
High	eleven	52%	16	76%
Total	twenty-one	100%	twenty-one	100%
Levels	Positive relationships			
Low	3	14%	2	10%
Half	10	48%	7	33%
High	8	38%	12	57%
Total	twenty-one	100%	twenty-one	100%
Levels	Autonomy			
Low	3	14%	1	5 %
Half	10	48%	8	38%
High	8	38%	12	57%
Total	twenty-one	100%	twenty-one	100%
Levels	Environment domain			
Low	1	5 %	0	0%
Half	6	29%	6	29%
High	14	67%	fifteen	71%
Total	twenty-one	100%	twenty-one	100%
Levels	Purpose of life			
Low	0	0%	0	0%
Half	12	57%	2	10%
High	9	42%	19	90%
Total	twenty-one	100%	twenty-one	100%
Levels	Personal growth			
Low	0	0%	0	0%
Half	3	14%	2	10%
High	18	86%	19	90%
Total	twenty-one	100%	twenty-one	100%

Note. Source: Excel database of data collection.

Table 1: Pre and posttest by dimensions of the Psychological Wellbeing Scale .

Whatever can be seen in Table 1, it is the difference between the measurements before and after the music therapy program was applied. Regarding the General Scale, a change of 28% can be observed between the two measures, which represents an increase in the level of psychological well-being in women victims of violence, after the application of the program. The same happens with the dimensions, in which there were significant percentage changes between the pre- and post-test, which means that the program significantly improved all the

dimensions of the participants' psychological well-being. The dimensions in which the greatest impact was observed were Self-concept and Purpose in life, with 24 and 48% extra score at the end of the program.

By determining the levels scored in the pre- and post-test, the normality of the data was determined, with the objective of choosing the appropriate test, and thus finding the measure of the effect. What can be seen in table 2.

Measures	Kolmogorov-Smirnov			Shapiro-Wilk		
	Statistical	gl	Next.	Statistical	gl	Next.
Pretest - posttest	.135	twenty-one	.200	.957	twenty-one	.465

Note. Source: SPSS-25 statistical program.

Table 2: Normality test.

What is observed in table 2 is consistent with (Flores, Miranda and Villasís, 2017) who suggest that normality must be verified, to be able to choose between a parametric or non-parametric test. This, considering that the most appropriate test for small samples ($n < 35$) is the Shapiro-Wilk test. So:

If $P\text{-value} \geq \alpha$, H_0 is accepted : the data coincide with a normal distribution.

Measures	Paired differences						
	95% confidence interval of the difference						
	Half	Deviation	lower	Superior	t	gl	Sig. (bilateral)
Prestes – posttest of the general Psychological Well-being Scale	-7,190	14,851	-13,951	-.430	-2,219	twenty	.038

Note. Source: SPSS-25 statistical program.

Table 3: t test for differences in measurements.

The parametric Student's t test was applied to determine the effects of the music therapy program on the psychological well-being of women victims of violence in Trujillo. For this reason, in Table 3 you can see the value for the differences between the pre- and post-test of the general scale: $t(20) = -2.219$; $p < 0.05$. With this, sufficient evidence is found to reject the null hypothesis, accepting the hypothesis proposed in this research:

H_1 : The music therapy program significantly improves the psychological well-being of women victims of violence in the city of Trujillo

H_0 is accepted : the data do not coincide with a normal distribution.

In that sense, the results show that $P > 0.05$, therefore, the null hypothesis is accepted, accepting that the data coincide with a normal distribution. Thus, the parametric Student's t test was used (Table 3).

However, an additional analysis is carried out regarding the differences between dimensions of the pre- and post-test measurements, which can be seen in Table 4.

Unlike what was mentioned above, Table 4 demonstrates that, in a more specific analysis, the dimensions involved in psychological well-being only denote differences in the pre- and post-test in Self-concept ($t(20) = -2.573$; $p < 0.05$). In the rest of the dimensions, the differences were observable in percentage terms, but a statistically significant difference could not be determined. That is, in all dimensions differences were found between the pre- and post-test, but only in the Self-concept dimension could a significant difference be demonstrated.

Measures	Paired differences						
	95% confidence interval of the difference						
	Half	Deviation	lower	Superior	T	gl	Sig. (bilateral)
Prestes - posttest of the Self-concept dimension	-2,238	3,986	-4,053	-.424	-2,573	twenty	.018
Prestes - posttest of the Positive Relationships dimension	-.762	4,312	-2,725	1,201	-.810	twenty	.428
Prestes - posttest of the Autonomy dimension	-1,000	3,209	-2,461	.461	-1,428	twenty	.169
Prestes - posttest of the Environmental Mastery dimension	-1,333	3,651	-2,995	.329	-1,673	twenty	.110
Prestes - posttest of the Life Purpose dimension	-1,524	3,868	-3,285	.237	-1,805	twenty	.086
Prestes - posttest of the Personal Growth dimension	-.333	1,880	-1,189	.522	-.813	twenty	.426

Note. Source: SPSS-25 statistical program.

Table 4: Student's t test for differences in measurements

Discussion

Then, following the general objective of this study, it was determined, through statistical analysis, that the Music Therapy Program significantly increases the psychological well-being of women victims of violence. This, as we observed in the previous studies by Fernández (2015), Fernández (2016), Annesley (2018), and Guerrero (2019). Likewise, the findings coincide with the assumptions reviewed in the theoretical framework, from works such as that of Gasco (2020), Fernández and Cardoso (2016) who supported the effectiveness of music therapy and body percussion programs in variables such as well-being and the improvement of areas related to it.

The Music Therapy Program significantly improves the psychological well-being of women victims of violence in the Poblado El Milagro center in the city of Trujillo. However, the dimensions of psychological well-being did not have significant differences by themselves, except for Self-concept ($t(20) = -2.573$; $p < 0.05$). In that sense. It is recommended to carry out specific studies on the other variables, as well as reinforce them, and study the possibility of using the program with objectives related to self-esteem and self-concept.

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