

9-1-2016

The Benefits of Music Therapy on Individuals with Communication Apprehension

Melissa Schute
Winona State University

Follow this and additional works at: <https://openriver.winona.edu/studentgrants2017>

Recommended Citation

Schute, Melissa, "The Benefits of Music Therapy on Individuals with Communication Apprehension" (2016). *Student Research and Creative Projects 2016-2017*. 6.
<https://openriver.winona.edu/studentgrants2017/6>

This Grant is brought to you for free and open access by the Grants & Sponsored Projects at OpenRiver. It has been accepted for inclusion in Student Research and Creative Projects 2016-2017 by an authorized administrator of OpenRiver. For more information, please contact klarson@winona.edu.



The Benefits of Music Therapy on Individuals with Communication Apprehension

Melissa Schute

INTRODUCTION

Music is more than a universal language; it is also a universal medicine. Music helps to maintain harmony between the body and soul and is able to relieve stress and anxiety. Many anxiety patients suffer from communication apprehension and while medications do exist for such anxiety disorders, music therapy is a completely natural form of medicine that has proven itself to be effective in treating individuals with anxiety.

H1: Music therapy will benefit individuals with communication apprehension.

LITERATURE REVIEW

- McCroskey's 1977 article reveals that many anxiety patients suffer from communication apprehension and these individuals find that communication apprehension negatively affects their daily lives.
- Ericson & Gardner's 1992 article discusses how students who have high communication apprehension are more likely to drop out of college compared to students with low communication apprehension.
- Comeaux & Steele-Mose's 2013 article examines how music therapy is able to significantly decrease heart rate, blood pressure, and anxiety in individuals suffering from anxiety.

METHODS

Participants

- Ages 18-22
- Current undergraduate students
- 18 participants total

Materials

- McCroskey's PRCA-24 Survey (1982)
- Instrumental music playlist

Procedures

- Pretest-Posttest Quasi Experimental Design
- Sample through communication courses
- PRCA-24 Qualtrics survey (pretest & posttest)
- Instrumental music playlist

ANALYSIS

Analysis

Analysis completed through a paired T-Test

Findings

- Findings were significant
- CA levels dropped for:
 - Group Communication
 - $p = 0.0005$, $df = 12$
 - Meeting Communication
 - $p = 0.0215$; $df = 10$
 - Overall PRCA-24 Score
 - $p = 0.0495$; $df = 10$
- CA levels did not drop for:
 - Interpersonal Communication
 - $p = 0.251$; $df = 12$
 - Public Speaking
 - $p = 0.269$; $df = 12$

DISCUSSION

- Findings indicate that music therapy can be a beneficial form of therapy for CA
- CA was measured but could have been measured more effectively with a speech portion
- At least 100 participants would have been ideal for generalization

RECOMMENDATIONS FOR FUTURE RESEARCH

- Recruit participants from undergraduate speech courses
- Incorporate a speech portion into the experiment where participants give a speech
- Have students listen to music before and after their speech in the same session
- Examine different subtypes of communication apprehension

ABOUT ME

Melissa is attaining her Bachelor of Arts degree in Communication Studies. She is determined to pursue a profession that involves music (and she may even end up as a music therapist)! Melissa is passionate about music and loves how universal it is in its ability to heal.

