

***29th International HPH Conference on Health Promoting
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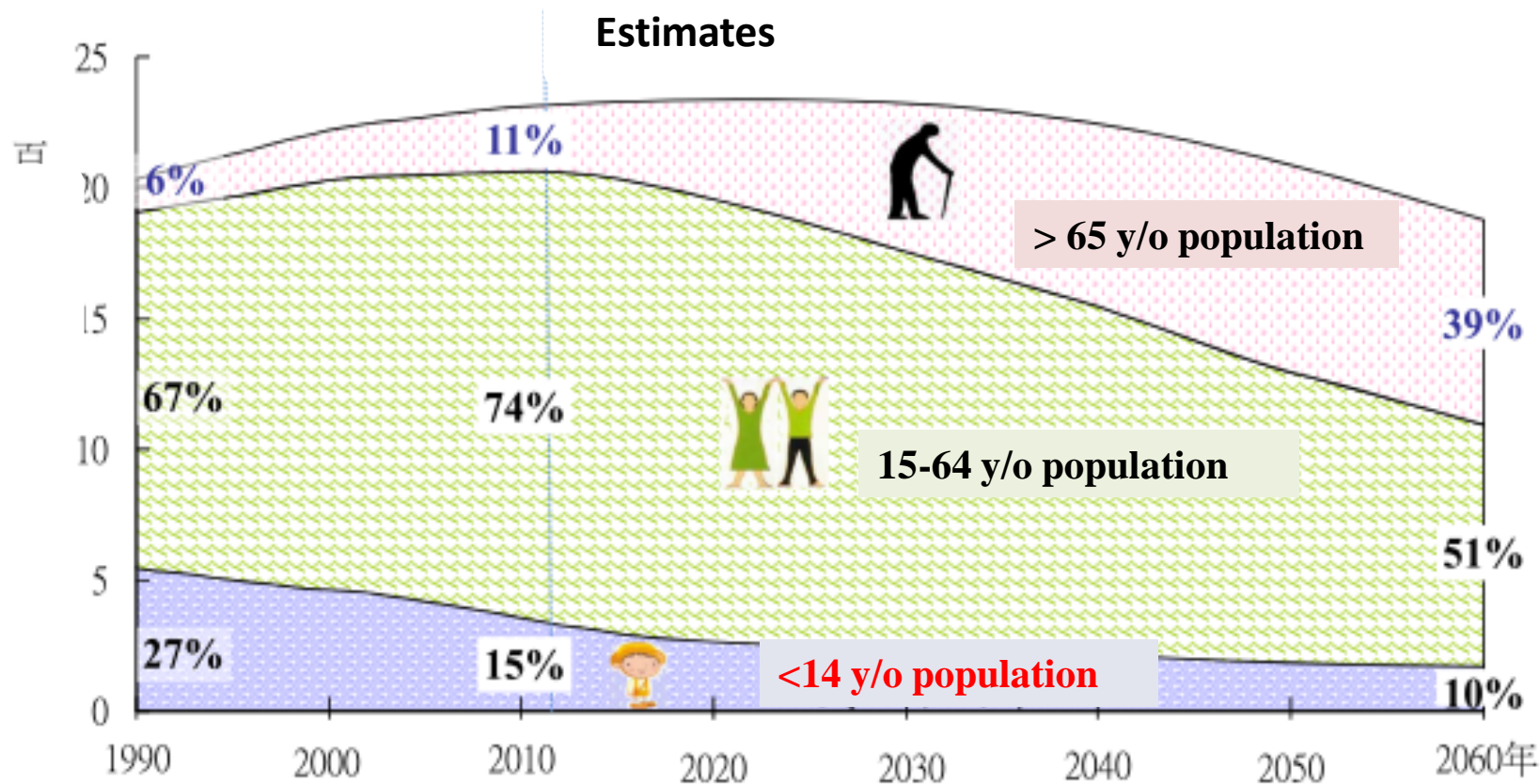
**Group Music Activity Experiences of
Community-Dwelling Older Adults: A
Focus Group Analysis**

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Feng-Ching Sun

**Director of the Nursing Department of Kaohsiung
Municipal United Hospital, Taiwan
Taiwan Fooyin University ,Taiwan (R.O.C.)**

From Aging to Aged in Taiwan



aging society
7% in 1993

aged society
14% in 2018

Super-aged society
20% in 2025

Currently >17.5% in 2022

(Council for Economic Planning and Development, 2022)

- ◆ The Ministry of Health and Welfare has solicited solutions and plans to slow down disability and dementia among Taiwanese elderly.
- ◆ Group music activity (GMA) has been widely implemented to delay dementia and improve depression among the elders in recent years.
- ◆ GMA is a simple and economical intervention in the health welfare of community dwelling elderly.

Music Therapy for Elderly

Disabilities and
Weakness

Nursing Home Residents

Patients of
Geriatric Ward

Demented Elderly

Community
Elderly



↓Anxiety

↓Depression

Interpersonal
Interaction↑

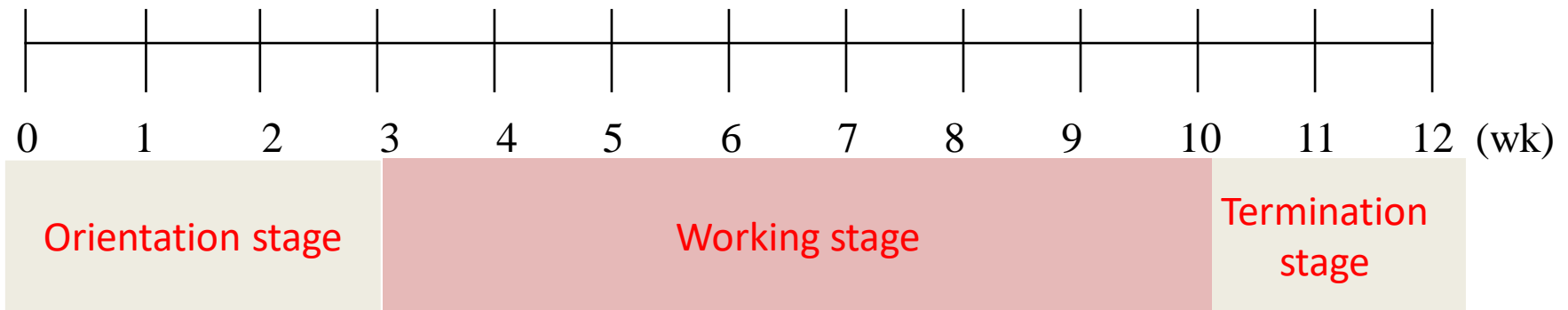
Cognition↑

Attention↑

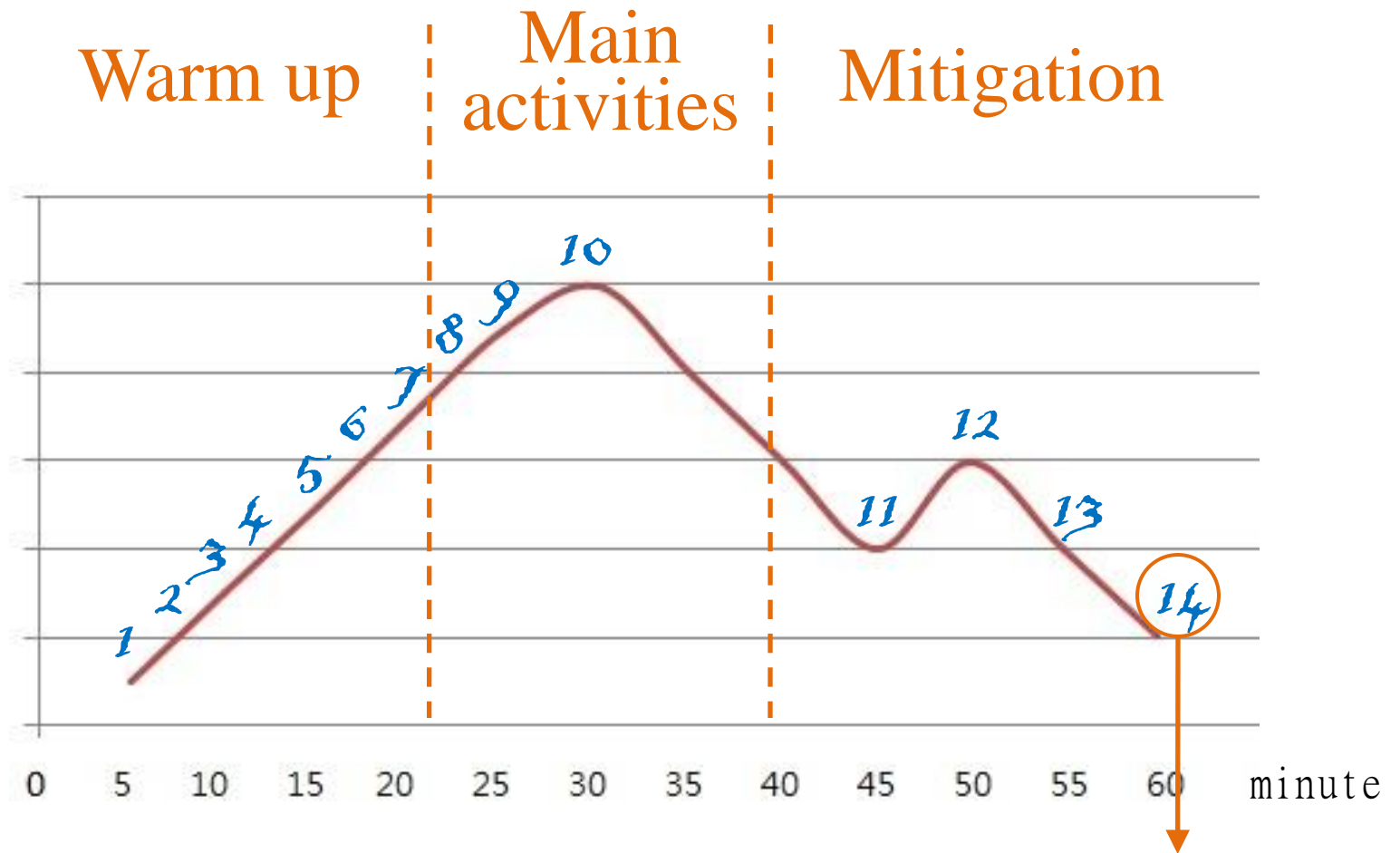
Physical
Fitness↑

Intervention

- GMA is through purposeful movements designed based on different musical characteristics. These activities are led by trained and certified instructors.
- The course design is as follows:
 - once a week / 2 hours per session
- The course is divided into 12 weeks:



Each session





Purpose

This research probes into the experience of elders in local communities who participate in group music activities through focus groups. For this purpose, three levels of experience are discussed separately:

1. **The experience** of the elders participating in group music activities.
2. **The motivations and obstacles** of elders participating in community group activities and music activities.
3. **The perceived benefits and health improvement** of the elders participating in group music activities.

Methods

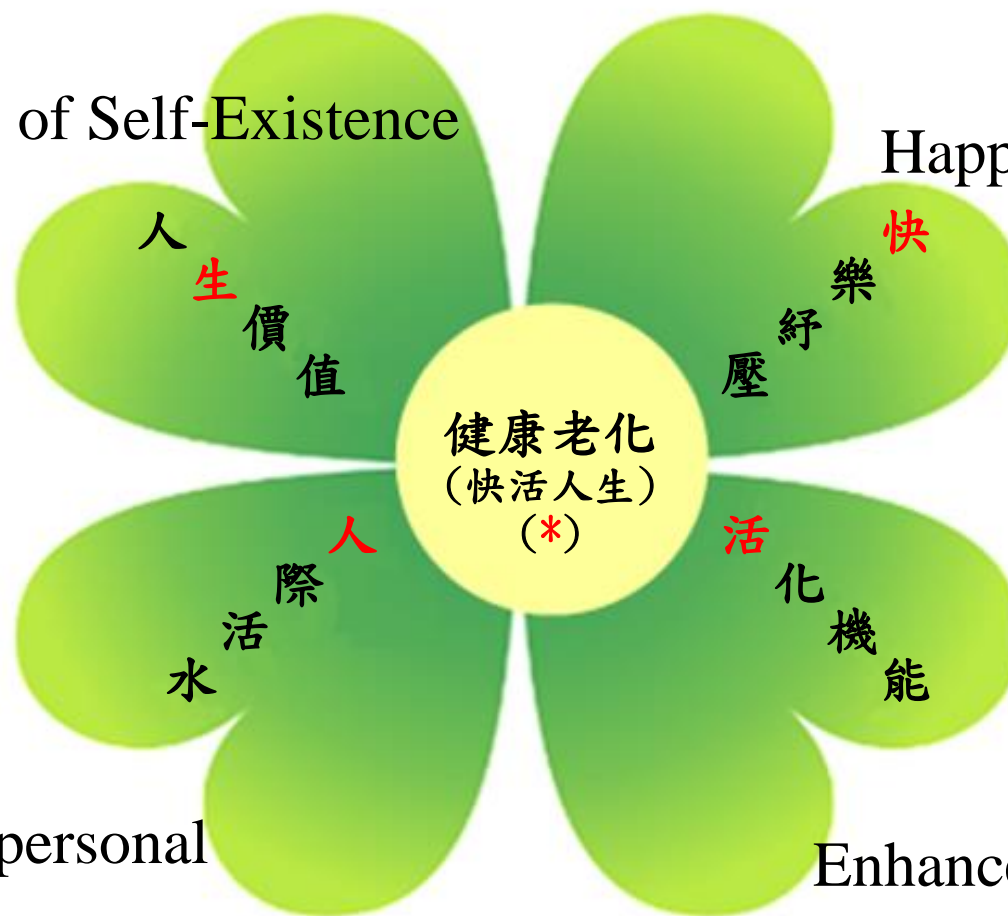
- The participants of this study were seniors **over 65 years old** who took part in **group music activities** in Kaohsiung city and who were chosen by a purposive sampling method.
- A total of **22** elders were recruited and divided into **two focus groups**.
- A series of **semi-structured** guidelines were implemented for data collection as tools in this student.
- Data were analyzed by **content analysis**.

Results

- In this study, four themes were analyzed and summarized:
 1. Happiness, Stress relief
 2. Enhance body functionality,
 3. Improve Interpersonal Relationship
 4. Stronger Sense of Self-Existence

Stronger Sense of Self-Existence

Happiness, Stress Relief



Improve Interpersonal
relationship

Enhance body functionality

Group Music Activity Participants Experiences

Conclusions

- The finding of this study may help caregivers and allied healthcare professionals to understand the experience of group music activities, views and life course of the community elders.
- The findings also can provide a reference for the design of music activity modules that conform to the community elders to activate their bodily functions.

Thank you for your attention

