

The effect of Music Therapy on a person with an Intellectual Disability

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Abstract

This thesis will look at the effects that music therapy has on autistic individuals. People with intellectual disability frequently experience communication difficulties and behavioural issues. This study was carried out with the use of Qualitative Analysis. It involved interviews with care assistants obtaining their views on music therapy. The study investigates the different effects that music therapy has on a person. The themes examined were Emotions expressed by the clients, Communication, Effects and Benefits of Music Therapy.

Introduction

Many people with intellectual disability have problems in communicating with others. Music Therapy is one of many therapies that have been introduced to deal with communication needs. Other examples are speech and language therapy and family therapy (Fidell 2000). Numerous studies will be discussed in the course of this literature review. Aldridge (1996) says that music engages the central coordination of body movement by mimicking its dynamics. Intellectual Disability will be described and classified. Intellectual Disability can be related with a number of genetic or inherited conditions. Such conditions include Autism, Down syndrome and Prader Willi syndrome.



Method

"Qualitative research involves broadly stated questions about human experiences and realities, studied through sustained contact with people in their natural environments, generating rich, descriptive data that helps us to understand their experiences and attitudes" (Rees, 1996, P375 & Dingwall et al, 1998).

The type of design used within this research is Qualitative Approach, which it is felt to be most suited to this Research. Qualitative research often considers the perception and outlook of individuals participating in a study. Thematic analysis is used to analyse and identify patterns within the data obtained. The researcher conducts interviews to seek answers to a question and gathers evidence which will back up the research question. Qualitative research is quite useful in getting information about values, behaviours and opinions of particular populations. The interviewer is an integral part of the investigation (Jacob, 1988)

Results

In this section the results from the study will be analysed that was obtained from the interviews. There were six semi-structured interviews that were coded through thematic analysis. This is done through Nvivo. The aim within this research was to understand if there is a relationship between Music Therapy and if it has a positive impact on a person with an Intellectual Disability. A few of the participants claimed that the clients may enjoy it one week and the next they may not want to attend. The core themes that were established throughout the interviews were as follows: Emotions expressed by the clients, Communication, Effects on the clients and Benefits of Music Therapy

Discussion

"The effect of Music Therapy on an Individual with an intellectual disability" was the goal of this study. The researcher wished to establish if there is a relationship between Music Therapy and Autism. This part of the study will observe and examine the findings of the study

References

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