

An Action Research on the Effect of Classical Music Healing Teaching Program on Sleep Disorders in Older Adults: A Case Study of Mozart's Piano Sonatas

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ABSTRACT

Classical music therapy serves as a non-pharmacological modality that has garnered increased recognition for its efficacy in enhancing sleep quality among individuals. With the acceleration of demographic aging in China and the burgeoning of senior universities, the older adults are increasingly open to classical music healing as an instrument for ameliorating their sleep quality. This study endeavors to meticulously investigate how an educational program on classical music healing can bolster the sleep health of the elderly and enhance their sleep conditions, as well as to elucidate its underlying mechanisms. This study conducted a comprehensive literature review and analysis to design a music healing course suitable for the older adults, including the selection of musical genres, the organization form of music activities, and the evaluation method of therapeutic effects. It established Mozart's piano sonatas as the music healing intervention tool and conducted a convenience sampling survey to select the older adults with sleep disorders in X community in B City. The positive impact of music healing on the sleep health of the older adults can be attributed to two main reasons. Firstly, through emotional transmission and rhythm, music can evoke positive emotions in the older adults, thereby aiding in sleep. Secondly, music healing can help the older adults establish good living habits, leading to improved sleep quality. Classical music healing, as an effective non-pharmacological intervention, holds significant importance in enhancing the sleep health of the older adults. Further research into the mechanisms and effects of music healing should be conducted in the future to provide more scientific and effective intervention methods for the sleep health of the older adults.

Keywords: sleep quality; musical genres; music healing

How to Cite

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