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CHAYANON AWIKUNPRASERT: THERAPEUTIC USE OF MUSIC AND EXERCISE ON THE QUALITY OF LIFE IN CANCER PATIENT. ADVISORIES COMMITTEE: NARUEPON VONGJATURAPAT, Ph.D., WICHAIN SITTIPRAPAPORN, Ph.D., FUZHONG LI, Ph.D., SIRIROTE KITTISARAPONG, M.D. 115 P. 2012.

Cancer is a chronic disease. Many previous publications, including the WHO have estimated that there are an increase number of deaths from cancer in the near future. Cancer has become one of the recognized topics to discuss and one of the most discussed. In this study, the focus was on the quality of life and health status of the cancer patients, by using music and exercise therapies. This was done by observing the difference between pre-test and post-test results after music and exercise treatment. The objectives of this study were divided into two parts; the first included validating and establishing the reliability of the Hospice Quality of Life Index-Revised questionnaire in Thai and, in the second part was to examine the music and physical activity therapy to cancer patients. The results of Thai Hospice Quality of Life Index (T-HQOLI) were collected from 40 cancer patients from the Chonburi Cancer Center for test reliability after utilizing the back-translation method. After analysis via Cronbach's alpha coefficients and receive the appropriated value ($\alpha=.92$), the T-HQOLI and Palliative Performance Scale (PPS) were distributed to another group of cancer patients from the Arokhayasala Foundation prior to music and exercise treatment. The 21 cancer patients were divided into four different groups; the control group who followed their routine schedules; the music group who received additional music therapy with a music leader; the exercise group who had an additional exercise program with a professional trainer; the music and exercise group, who combined both treatments, music and exercise, on the same day. The results of both the T-HQOLI and PPS were collected every 4th, 8th and 12th week during the experiment to observe the efficiency of the alternative therapies. According to the statistical analysis, the music and exercise group showed the most significant improvement compared to the other three groups, suggesting the combination of music and exercise has the most potential to increase the self-confidence and interaction with surroundings for the cancer patients. In addition, salivary cortisol was also collected from individual participants. Although the results of the questionnaire and cortisol level were not correlated, it can be concluded that the music and exercise treatment can be a good model to improve the emotional condition of cancer patients and, additionally, it can help for the social interaction with their family and friends. The treatment can also be used in general clinics or hospitals as an alternative treatment for cancer patients.