



Original Articles/บทความต้นฉบับ

Feasibility of Musical Prayer to Enhance the Quality of Sleep in Persons with Ovarian Cancer.

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Abstract

This quasi-experimental research study contained a one group pretest posttest design and was carried out to investigate the feasibility of musical prayer to enhance the quality of sleep in persons with ovarian cancer. The purposive sample was selected using inclusion criteria of 10 ovarian cancer patients treated with chemotherapy at the Gynecologic Oncology Unit of Ramathibodi Hospital in Bangkok, Thailand. Participants were assigned to listen to musical prayers approximately 45 minutes before sleeping for 27 days. Before and after intervention they were completed the Thai Depression Inventory, the Pittsburgh Sleep Quality Index (Thai version), and a semi-structured interview on the quality of sleep. Data were analyzed using descriptive statistics, Paired t-test and Wilcoxon Signed-rank Test.

The results revealed that after listening to musical prayer, participants showed significant increase in global sleep quality and perceived sleep quality compared to before intervention. Sleep latency, sleep duration, habitual sleep efficiency, sleep disturbance, use of sleeping medication and daytime dysfunction also improved within period of musical prayers, but without statistical significance. The participants were satisfied with musical prayers at the highest level. They also suggested applying this modality with other cancer persons to improve their quality of sleep. The study suggests that the application of musical prayers to enhance the quality of sleep in persons with ovarian cancer should take into account the personal characteristics of each individual. Further study related to the most effective means of using musical prayers on persons with ovarian cancer at the hospital and at home should be conducted.

Keywords: Musical prayer, quality of sleep, persons with ovarian cancer

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