

放鬆音樂聆聽對高中生情緒相關指標的影響

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摘要

本研究採實驗性研究設計評估放鬆音樂聆聽對高中生情緒相關指標之影響，以立意取樣選取某高中學生為研究個案，40 位符合收案條件之研究個案隨機分派至實驗組及對照組，每位研究個案個別於健康中心一安靜的房間，以情境焦慮量表評估其前測焦慮程度及測量血壓，採躺臥放鬆的姿勢，實驗組個案經由耳機聆聽 30 分鐘放鬆音樂，對照組則未接受任何音樂聆聽措施，於房間內靜躺休息，使用藍芽無線生理監測儀共持續監測心率變異 40 分鐘，之後再接受後測之情境焦慮量表評估及血壓測量。共有實驗組有 18 位，對照組有 17 位完成研究。重複量數共變數分析結果顯示比起對照組，音樂聆聽介入措施能顯著地降低高中生的焦慮程度 ($p=0.028$) 及心跳 ($p=0.038$)，但在血壓及心率變異的改變並不顯著。選擇聆聽合適的放鬆音樂可提供高中生面臨課業壓力時一種經濟且簡單的減輕情緒問題方法之參考，以改善他們因壓力所引發之生理及心理健康問題。

關鍵字：放鬆音樂、青少年、情緒、焦慮、憂鬱、心率變異

Effects of relaxation music listening on emotion related outcomes among high-school students

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Abstract

This experimental study evaluated the effects of relaxation music listening on emotion related outcomes among high-school students. A purposive sample of 40 eligible high-school students were recruited and randomly assigned to the experimental or control group. Each participant received baseline assessment for state anxiety using Trait Anxiety Inventory-State (STAI-S) and blood pressure when they waited in a quiet private room at the school health center. The participants in the experimental group listened to 30 minutes of relaxation music individually with a lying position on the floor in the quiet room. The control group waited in the quiet private room with resting position with no music listening. Each participant was monitored for their heart rate variability using Bluetooth wireless physiological monitor for a total of 40 minutes. All participants were assessed for their state anxiety and blood pressure again at post-test. Eighteen participants in the experimental group and seventeen in the control group completed the study. Repeated-measures ANCOVA results indicated that after listening to the relaxation music, the high-school students' subjective state anxiety ($p=0.028$) and heart rates ($p=0.038$) were significantly reduced compared to those of the control group, indicating the participants in the experimental group were in a relaxing state. However, the changes of blood pressure and heart rate variability were not significantly different between groups. Careful selection of listening suitable relaxation music can provide high-school students an inexpensive and convenient strategy to relieve emotional problems while they face stress from academic commitment. This strategy can also help to manage their stress-related physical and mental health problems.

Keywords : relaxation music, adolescent, emotion, anxiety, depression, heart rate variability