

VOLUME 19 SUPPLEMENT 1 2007



# International Psychogeriatrics

*The Official Journal of the International Psychogeriatric Association*

*Better Mental Health for Older People*

**Silver Congress of the International  
Psychogeriatric Association**

14–18 October 2007, Osaka, Japan

**ACTIVE AGING:  
*Wisdom for Body, Mind and Spirit***

CAMBRIDGE  
UNIVERSITY PRESS

P1-191

**Horticultural therapy and music therapy for the elderly living in a nursing home**

Shiho Sugihara<sup>1</sup>; Masako Asano<sup>2</sup>; Hiroshi Aoyama<sup>3</sup>

*<sup>1</sup>Institute of Natural and Environmental Sciences, University of Hyogo; <sup>2</sup>Faculty of Rehabilitation Sciences, Nishikyusyu University; <sup>3</sup>Faculty of Rehabilitation Sciences, Nishikyusyu University*

Horticulture and music are popular among the elderly. These interventions are incorporated in many elderly care institutions these days. The purpose of this study was to investigate the psychological effects of horticultural therapy (HT) and Music Therapy (MT) for the elderly living in a nursing home and to compare the results. We conducted HT for 16 subjects and MT included 14 similarly matched subjects. We assessed the psychological functions before and after once-a-week therapy during a three month period with The Philadelphia Geriatric Center Morale Scale (PGC) and the General Health Questionnaire 28 (GHQ-28). All scores were analyzed using a two-sample Wilcoxon test in SPSS13.0J. A P-value of < 0.05 was considered statistically significant. All subjects were well informed of the study and consented to take part in the study before the interventions. The post PGC scores of HT subjects were significantly better than the initial scores. The scores of GHQ-28 were significantly increased among each group. Then we analyzed the detail of the GHQ-28 scores. The results of Social dysfunction and Severe depression were significant in the HT group, while those of Anxiety and insomnia were significantly reduced in the MT group. It is easy to enjoy gardening and music for many elderly people because they are very familiar with these activities. In this study, we made a comparison between HT and MT. After 3 months of participation in HT, there were remarkable effects in psychological functions in comparison with MT. In HT, although subjects worked individually, they shared the growing of plants in com-

mon, and the plants and vegetables which they cultivated became a topic of conversation. Moreover, after subjects went back to their nursing home, they were concerned about the plants and looked forward to the next session. This suggests that HT has an effect on their quality of life. On the other hand, it is difficult for the elderly to sing loudly without reserve in a nursing home, so singing familiar songs caused mitigation of their stress in MT. Although many of them remarked that MT was very enjoyable, difficulty in using bells did not lead to other effects. In the future, a long term study is needed to examine the effects of MT.