

**EFFECT OF MUSIC THERAPY ON THE EMOTIONAL PROBLEMS OF
CHILDREN WITH CEREBRAL PALSY**



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CHILDREN WITH CEREBRAL PALSY**



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M.PHIL SPECIAL EDUCATION

**A thesis submitted in partial fulfillment of the requirements for the
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CERTIFICATE OF APPROVAL

Accepted by the Faculty of the Department of Education, School of Social Sciences & Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of M.PIL in Education.

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CERTIFICATE

This is to certify that the research work described in this M.Phil. The dissertation is the original work of the author that was carried out under my direct supervision. I have personally gone through all the data, results/contents reported in the manuscript and certify its correctness and authenticity.

I also certify that the thesis has been prepared under my supervision according to the prescribed format, therefore; I endorse its evaluation for the award of M.Phil. Degree through the prescribed procedure of the University.

Supervisor,

Ms. Amna Arif

AUTHOR'S DECLARATION

It is certified that this M.Phil. Dissertation titled "Effect of music therapy on the emotional problems of children with cerebral palsy" comprises of original research. To the best of my knowledge and belief, this thesis does not contain any material published or written previously by another person, except where due references are made to the source in the text of the thesis. It is further certified that help received in preparing this thesis, and all resources used have been acknowledged at the appropriate places.

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DEDICATION

To my beloved “**Parents**” those are my first teachers

And all those teachers who have even taught me a single word,

Especially,

Prof. Dr. Abdul Hameed

Dr. Seema Arif

Dr. Faisal Anis

Dr. Hina Fazil

Dr. Khalid Mehmood

&

With love and Respect

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Abstract

Music therapy is one of many therapies that have been introduced to deal with children having different issues. Music therapy has been executed in treatment programs for children who have suffered from strokes, intellectual, behavioral, emotional and different issues. This study was investigated to highlight the role of music therapy in improving the emotional problems of children with cerebral palsy. The Research method was descriptive because the type of research was quantitative in nature. A sample of 126 children with cerebral palsy was purposively selected from 40 public and private special education Centre/institutes. The Instrument for the study was a self-developed questionnaire with three-point rating scale which was faced validated as well as trial tested to determine its reliability. Data generated from the respondents were analyzed using Mean, Standard deviation and independent t-test, and ANOVA statistics. The results showed that music therapy had significant effects on the emotional problems of children with cerebral palsy. It showed that they experienced many emotions ranging from happiness to shyness to excitement. It also helped them communicate more and helped compensate for their lack of ability in some areas.

Keywords: Music therapy, emotional problems, children, cerebral palsy

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CHAPTER I

INTRODUCTION

Music as therapy can play a very significant role in the lives of any individual regardless of age, gender, and other traits. Large numbers of people are considering music therapy as a helping tool which enhances their personal satisfaction. The practice of music therapy can help from speech to memory. Music can touch the lives of children with cerebral palsy, through this practice they can get a number of advantages. Despite the fact that music has complex beauty, even at the time of anxiety, it might be relaxing children as well as it also soothes them (Sloboda & Neill, 2001). A large number of peoples may believe that listening to music is just an act of enjoyment for them, as well as, there's something physical that happens. Music therapy has some surprising and important advantages for persons with cerebral palsy (Grandin, 2006).