

Effects of Music Therapy on Stressed Postpartum Mothers Trying to Breastfeed

Iran Mesta, FHNS & Emma Rogers, FHNS

Fort Hays State University

Abstract

Objective: Evaluate the effect of music therapy and the breast milk production on postpartum mothers with anxiety.

Design: Quasi-experimental, comparative

Setting: HaysMed OB

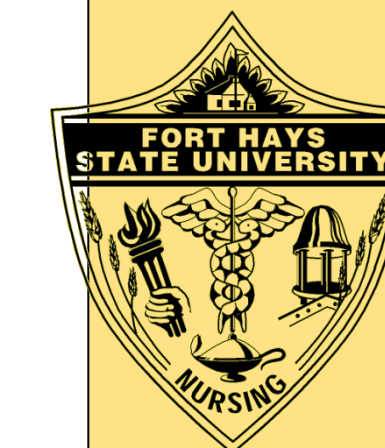
Participants: Postpartum mothers who gave birth at HaysMed who are planning on breastfeeding.

Methods: Participants will fill out a chart of how long and how often baby is feeding. Mothers will also fill out a survey about their anxiety levels throughout the process of breastfeeding.

Results: Pending results and data collection



Effects of Music Therapy on Stressed Postpartum Mothers Trying to Breastfeed



Iran Mesta, FHNS & Emma Rogers, FHNS

Fort Hays State University

Abstract

Objective: Evaluate the effect of music therapy and the breast milk production on postpartum mothers with anxiety.

Design: Quasi-experimental, comparative

Setting: HaysMed OB

Participants: Postpartum mothers who gave birth at HaysMed who are planning on breastfeeding.

Methods: Participants will fill out a chart of how long and how often baby is feeding. Mothers will also fill out a survey about their anxiety levels throughout the process of breastfeeding.

Results: Pending results and data collection

Introduction

It is common for postpartum mothers to experience stressful events throughout and after pregnancy causing them to have anxiety (Shukri et al., 2017). This can have negative effects on both the mother and the baby. Anxiety causes a decreased level of oxytocin and prolactin that is needed for breast milk production (Dabas et al., 2019). Breast milk has many benefits to the baby, including lowering the risk of asthma, providing antibodies, decreasing the risk of obesity, and lowering the risk of baby developing type one diabetes. A mother experiencing anxiety while trying to breast feed could potentially lead the baby to not receiving the needed breastmilk. Music therapy is known to help relieve human suffering, like anxiety (Kittithanesuan et al., 2017). Music therapy helps relax the mother which helps stimulate production of oxytocin and prolactin to in turn improve milk production.

Purpose

The purpose of this study is to compare the outcomes of breast milk secretion in postpartum mothers with anxiety who utilize music therapy while breastfeeding versus those who do not listen to music during breastfeeding.

Key Terms

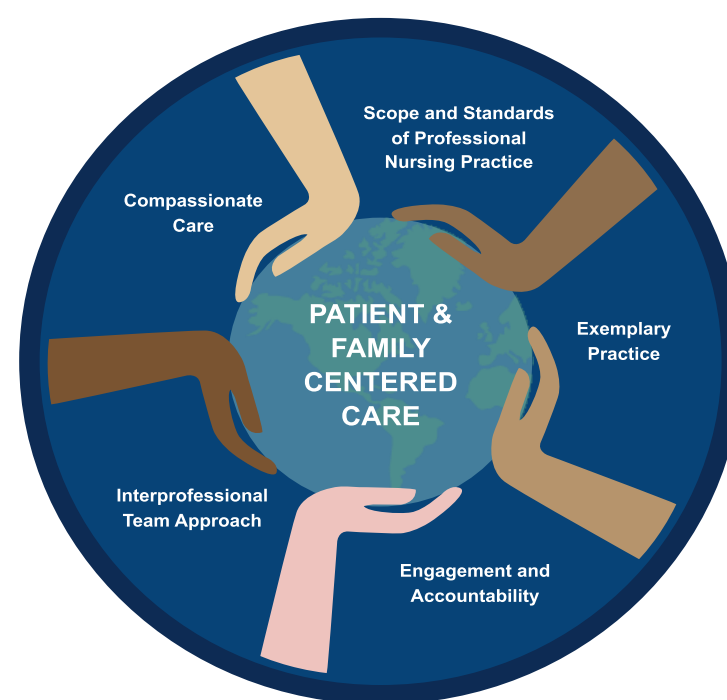
Breastfeeding: Feeding an infant at his/her own mother's breast (Rasmussen et al., 2017). This can be measured by how long the infant feeds for and how often.

Music Therapy: Has been used to promote health and well being in clinical settings. Music enhances positive emotions along with reducing negative emotions (Kittithanesuan et al., 2017). This is going to be measured by having mom listen to music 10 minutes before breastfeeding and while breastfeeding. The mother will choose whatever music they find relaxing.

Anxiety: A feeling a woman feels after experiencing or anticipating certain situations. This can happen throughout pregnancy or during the postpartum period (Shukri et al., 2017). This can be measured by providing a survey.

Framework

The Montefiore Nursing Outcome Based Professional Practice Model (2022) is the best framework used for this proposed question. This focuses on both patient and family care to ensure the best possible outcome (Our Practice, 2022). This allows mothers to choose the music they want to listen to and provides a non-invasive and cost friendly method of relaxation. This will decrease anxiety which will then increase breast milk production needed for baby.



<https://www.montefiore.org/nursing-professional-practice-model>

Methodology

Research Design: Quasi-Experimental, comparative

Interventions

IV: Music therapy

DV: Breast milk secretion

Proposed RQ: Does utilizing music therapy improve breast milk secretion in postpartum mothers that are experiencing anxiety at HaysMed OB?

Literature Source: A study conducted by Widyantari et al. (2020) revealed that there are potential benefits to listening to music while breastfeeding. In a study done by Nguyen (2021) it was evaluated that music therapy decreased maternal anxiety, decreased breast feeding anxiety and enhances breast milk production. There is significant evidence that shows improvements in breast milk secretion when mothers listen to music to help reduce anxiety.

Sample: Postpartum mothers who gave birth at HaysMed who are planning to breastfeed.

Ethical Considerations: Seeking full review from Hays Medical Center, Fort Hays State University Department of Nursing and Fort Hays State University IRB.

Data Collection

N=100

n=50 breastfeeding while listening to music

n=50 breastfeeding with no music

Over the course of one year, this study will compare the outcomes of using music therapy while breast feeding in postpartum mothers with anxiety versus mothers who don't use music therapy while breastfeeding. All of the mothers will keep a written chart of how long and how often baby is breastfeeding. They will also fill out a survey after each feeding. This survey will ask certain questions to determine level of anxiety before, during, and after breastfeeding. The results will then be compared between the two groups to show if music therapy had any effect on the mother's anxiety and their milk production.



<https://www.self.com/story/does-breastfeeding-make-your-baby-smarter>

Results/Findings

Projected Data Analysis Method

An independent T-test technique will be used to compare the amount of breastmilk between mothers with anxiety who listen to music and mothers who don't.



<https://www.shutterstock.com/search/music-notes>

Literature Findings: A study done by Widyantari et. al (2020) concluded that postpartum mothers who participated in relaxation therapy, such as music, showed a reduced stress level. The mothers also had a significantly higher milk production than those who did not use music therapy. Another study done by Kittithanesuan et. al (2017) had similar results. Its study concluded that the mothers who listen to music immediately after birth also had an increased amount of milk produced after the suckling compared to the mothers who did not. These studies showed that music therapy is likely to decrease maternal anxiety and increase milk output.



<https://www.health.harvard.edu/blog/how-can-you-manage-anxiety-during-pregnancy-202106252512>

Discussion

Implications For Nursing: If findings demonstrate that the use of music therapy has a positive effect on the maternal anxiety levels and the amount of milk produced, then this information can be used to promote music therapy. This information should be provided and encouraged to postpartum mothers to allow for a more positive outcome.

Conclusion

Pending results and data collection. Studies have shown that postpartum mothers with anxiety who participate in music therapy have decreased anxiety levels which increases breast milk production. These results are compared to mothers who did not listen to music.

Future research should continue to evaluate the benefit between music therapy and its benefits to maternal anxiety and breastmilk output. Utilizing a larger population could further the validity of future research.

References

- Dabas, S., Joshi, P., Agarwal, R., Yadav, R. K., & Kachhawa, G. (2019). Impact of audio assisted relaxation technique on stress, anxiety and milk output among postpartum mothers of hospitalized neonates: A randomized controlled trial. *Journal of Neonatal Nursing, 25*(4), 200–204. <https://doi.org/10.1016/j.jnn.2019.03.004>
- Kittithanesuan, Y., Chiarakul, S., Kaewkungwal, J., & Poovorawan, Y. (2017). Effect of Music on Immediately Postpartum Lactation by Term Mothers after Giving Birth: A Randomized Controlled Trial. *Journal of the Medical Association of Thailand, 100*(8), 834–842. <http://www.jmatonline.com>
- Nguyen, H., & Aduna, S. (2021). Effect of music therapy on relaxation and breastfeeding anxiety. *Journal of Obstetric, Gynecologic & Neonatal Nursing, 50*(5). <https://doi.org/10.1016/j.jogn.2021.08.035>
- Our practice. Montefiore Doing More. (n.d.). from <https://www.montefiore.org/nursing-professional-practice-model>
- Rasmussen, K. M., Felice, J. P., O'Sullivan, E. J., Garner, C. D., & Geraghty, S. R. (2017). The meaning of "breastfeeding" is changing and so must our language about it. *Breastfeeding Medicine, 12*(9), 510–514. <https://doi.org/10.1089/bfm.2017.0073>
- Shukri, N. H., Wells, J. C., & Fewtrell, M. (2017). The effectiveness of interventions using relaxation therapy to improve breastfeeding outcomes: A systematic review. *Maternal & Child Nutrition, 14*(2), 1–10. <https://doi.org/10.1111/mcn.12563>
- Widyantari, K. Y., Dasuk, D., & Daryanti, M. S. (2020). Effects of relaxation therapy using music on breast milk production in postpartum mothers. *Jurnal Kesehatan, 11*(2), 1–7. <https://doi.org/10.35730/jk.v11i2.532>



FORT HAYS STATE UNIVERSITY
DEPARTMENT OF NURSING

Forward thinking. World ready.