

**CAN MUSIC BE CONSIDERED AS THERAPY FOR STRESS?**

A Bachelor's Thesis

Presented to

The Committee of Oral Examiners

J.H. CERILLES STATE COLLEGE DUMINGAG CAMPUS

Dumingag, Zamboanga del Sur

In Partial Fulfillment of

the Requirements for the Degree

Bachelor of Secondary Education

by

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## **ABSTRACT**

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### Summary

This study was conducted to verify if music can be a therapy for stress. The participants involved in this study were the faculty and staff of J.H. Cerilles State College-Dumingag Campus, School Year 2018-2019. The researchers utilized the descriptive-survey method with the questionnaire-checklist as the main instrument in gathering the data needed. The data gathered were analyzed and interpreted using frequency counts, percentage, Weighted Arithmetic Mean square. and chi

The result of the study revealed that there are more participants aged 20-30 years old and the number of female is higher than male participants and the level of stress that they mostly encountered was average; participants' profile and their level of stress does not significantly related. In addition, participants were mostly relieved by Worship/Christian songs. Furthermore, the most commonly perceived by the participants on music therapy was music serves as stress reliever. An insignificant relationship existed between the types of music and the participants' level of stress.

The study recommends that the administration may allow the staff to have recreational activities and outing time to unwind once a year; that the school may have a lounge area with musical sounds for them to relieve their stress; and that a similar study be conducted with an increased number of variables.