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INVESTIGATION THE EFFECT OF MUSICAL THEMES AND THEIR PRESENTATION TECHNIQUES (ACTIVE AND PASSIVE) ON REDUCING ANXIETY

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Theme therapy is a new technique to prescribe art works, special musical peaces, which during several researches, were found three therapeutic musical themes: Relaxation Themes (Cognitive Themes), Mood-Making Themes (Emotional Themes) and Somatization Themes (Body Themes) (Joharifard, 2009).

In this investigation, were studied the effect of therapeutic musical themes and their presentation techniques (active and passive) on reducing anxiety.

96 students, were chose randomly from 386 anxious students, assigned to 8 groups (6 experimental groups and 2 control groups), and each group was measured two times, before investigation (as pretest) and after investigation (as posttest) during 6 weeks.

Data were calculated by description and deductive statistics, such as ANOVA and post-hoc tests. The findings suggested that, the relaxation theme with relaxation technique has been most effect on reducing anxiety. Also the effect of active presentation is more than the effect of passive music therapy on reducing anxiety.