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Application of Angklung Art-Based Intervention to the Elderly in Malaysia: Preliminary Research

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ABSTRACT

Angklung is typically performed in a group setting, primarily for entertainment purposes; however, its potential as a health tool in Malaysia remains largely unexamined. This research aims to determine the advantages of angklung musical instruments for the elderly. There are several objectives, among which is to identify the potential activity of angklung for the elderly; to analyse the effects of activity angklung as an art-based intervention on the elderly. This research employs a qualitative approach, including a literature analysis using secondary sources, online sources, reading materials, and interviews with expert doctors, musicians, and angklung manufacturers. The second part of the primary source involved observation, along with interviews conducted with carers and senior citizens. These interviews occurred before and after the intervention, with a total of 11 residents and 7 carers, including nurses and physiotherapists. Participants were selected through purposive sampling at the Shalis Care Centre in Kelantan on October 31, 2022. The data findings showed that Angklung is an appropriate medium treatment for the elderly in Malaysia. The qualities of angklung include a calm, simple, light, and pleasant sound that aids in the restoration of the elderly's quality of life in terms of physical, psychological, independence, social interactions, and surroundings. Finally, engagement with angklung musical instruments may improve the physical and mental health of the elderly.

Keywords: Angklung, Elderly, Art-based intervention, Quality of Life

INTRODUCTION

The field of arts in health, also referred to as arts in medicine or arts in healthcare, is an interdisciplinary domain that utilizes artistic practices to enhance health and the provision of medical services (National Organization for Arts in Health, 2017). The field of arts in healthcare encompasses a diverse range of disciplines and approaches, aiming to transform healthcare practices by fostering meaningful connections among individuals throughout significant moments in their lives. The field of arts in healthcare and community settings is characterized by its rapid growth and utilization of various artistic mediums, including literary, performing, visual, and design arts. These artistic forms are employed for therapeutic, educational, and expressive purposes within these contexts (Goodman & Sims, 2009). According to Armstrong (2021), art possesses the potential to heal individuals and foster a sense of unity among them. Non-pharmacological pain remedies encompass the utilization of art within the

context of healthcare. According to El Geziry et al. (2018), non-pharmacological interventions have been found to mitigate fear, discomfort, anxiety, and pain, while also empowering patients by fostering a sense of control. According to Grebe (2019), the implementation of an arts-based intervention has demonstrated efficacy in enhancing several aspects of well-being, particularly in relation to emotional and psychological states. Art has the potential to assist individuals in dealing with disease and injury, as well as in effectively managing negative emotions in times of emergencies and distressing circumstances. According to the World Health Organization (2023), artistic expression plays a significant role in enhancing general wellness and can serve as a source of motivation for therapeutic purposes.

Active music engagement offers a multitude of advantages for the aged population. According to Howden-Chapman et al. Capon (2017), engaging in this activity has been found to have several beneficial effects, including the reduction of stress, pain, and reliance on medicine, as well as the deceleration of age-related cognitive decline. According to Lehmborg and Fung (2010), a specific music intervention was found to have a positive impact on reducing depression in the aged population. This intervention was found to postpone the deterioration of cognitive abilities, particularly in short-term recall, as opposed to merely listening to music, which is recognised as the primary mode of musical engagement among residents in elderly care facilities (Varvarigou, Creech, Hallam & McQueen, 2012). According to recent research conducted by Mileski et al. (2019), there is evidence to suggest that the acquisition of musical skills among older individuals can lead to enhancements in cognitive functioning and emotional well-being.

By the year 2030, Malaysia is projected to attain the classification of an "aging nation." It is imperative for the government to engage in comprehensive planning in order to facilitate adequate preparedness among the populace by the specified timeframe. The elderly population is typically characterized as individuals who are 60 years of age or older. The term presented herein is derived from the concept created during the "World Assembly on Aging 1982" held in Vienna, as documented by Jabatan Kebajikan Malaysia (JKM) (2023). As stipulated in Section 2 of Act 506, the term "care" encompasses a range of activities such as safeguarding, overseeing, facilitating recovery, and providing instruction. The term "care center" includes both residential care centers and day care centers (JKM, 2023). The majority of older individuals are typically relocated to care centers due to the favorable conditions and well-equipped facilities that promote their well-being. This phenomenon can be attributed to the fact that the aforementioned location facilitates security measures and daily operations for the indigenous populace, overseen by governmental entities, non-governmental organizations (NGOs), and commercial enterprises. This situation is evidently superior than the conditions experienced within one's own residence. The care center is equipped with a dedicated medical staff including of doctors and nurses. Additionally, the center offers provisions for food and beverages, as well as other services.

The World Health Organization, also known as the WHO, articulates quality of life as the individual's subjective assessment of their cultural, normative, and environmental contexts in relation to their personal aspirations, objectives, standards, and concerns throughout their lifetime. The notion of quality of life encompasses multiple dimensions. WHO devised a system to evaluate an individual's quality of life, encompassing aspects of physical, psychological, social, and environmental well-being. Without a thorough assessment of all elements related to a person's quality of life, it is difficult to identify the most critical factor (World Health Organization, 2004). The angklung is a traditional musical instrument crafted from bamboo, typically comprising two to four tubes, a collection of bamboo poles, and bindings fashioned from rattan. *Gigantochloa atroviolaceae widjaja*, often referred to as black bamboo, is esteemed for its unique architectural characteristics, rendering it a favoured option for the crafting of Angklung instruments (Mohd Bakri, Surip, & Sabran, 2021). This arises from the suitability of Angklung for musical gatherings that engage the senior demographic. To begin with, the Angklung is a percussion instrument meticulously constructed from bamboo, recognised for its remarkably light composition. This device is particularly appropriate for the musculature of older adults, especially those experiencing sarcopenia, a condition commonly linked to the ageing process (Roubenoff, 2000). Furthermore, the engagement with the Angklung instrument is confined to the generation of sound through the motion of shaking. Therefore, it is not necessary for participants to have any previous musical experience or talent. It is important to recognise that Angklung sets itself apart from other musical instruments through its distinctive ability to produce a singular note for each

individual instrument. Thus, the unified performance of the Angklung ensemble is essential for the integration of all seven musical tones, culminating in the creation of an enchanting harmonic composition (Hiranpanthaporn, Phoasavadi, & Cooharajanone, 2022).

Raja Izzat Akmal, commonly known as Pak Radja, stands out as a significant proponent of angklung and has enjoyed a distinguished career as a music educator since his retirement in 1972. His assertion indicates that angklung is considered universally accessible in Malaysia (Abdullah, 2022). The incorporation of Angklung musical instruments into initiatives for the elderly in Thailand has been noted. Moreover, scholars from Indonesia have conducted investigations into the application of angklung music activities for the elderly (Putri, 2018; Chandra Dewi, 2010; Deswita, 2015; Fitria et al., 2022). Moreover, the application of angklung music has been noted in relation to senior individuals (Komariyah, 2016; Tallutondok, 2019). Seinfeld et al. (2013), undertook an investigation into the engagements of conventional Angklung music ensembles aimed at the elderly population. Their findings indicated that Angklung instruments serve not only traditional music but also extend their influence to Thai and global pop music, resonating with the older demographic. Consequently, this apparatus is considered suitable for individuals possessing developed musculature, especially those suffering from sarcopenia, a common condition linked to the ageing process (Garrido et al., 2017). A study needs to be done to find out the use of Angklung among the elderly in Malaysia. There are questions that exist for this study, among them: Is there potential activity angklung for the elderly in Malaysia? What are the effects of angklung art-based intervention activities on the elderly in Malaysia?

METHODOLOGY

Research requires data collection to improve theoretical framework comprehension (Bernard, 2002). Since no amount of analysis can make up for improperly gathered data, deciding how and from whom to obtain data is crucial (Tongco, 2007). Purposive sampling, sometimes termed judgment sampling, involves selecting a participant based on their traits. It is non-random and does not require hypotheses or a specific number of participants. Simply said, the researcher identifies what needs to be known and seeks out persons with knowledge or experience to supply it (Bernard, 2002). Qualitative researchers utilize it to find information-rich examples to maximize resource use (Patton, 2002). This requires selecting experts and knowledgeable groups on a topic (Cresswell & Plano Clark, 2011). In addition to knowledge and experience, Bernard (2002) and Spradley (1979) emphasize availability, willingness to participate, and the capacity to articulate, expressive, and reflectively transmit experiences and viewpoints. This study uses a qualitative method which is through 2 parts. The participants were taken through a sampling technique aimed at senior citizens of various ages, genders and races at the Shalis Care Center, Lot 5220 Jalan Telipot Kota Bharu, 15150 Kota Bharu, Kelantan with the presence of 11 residents and 7 caregivers including nurses and physiotherapists on 31 October 2022, the results of the angklung game workshop for 1 session for 30 minutes with the angklung game procedure and angklung game activities in a circle.

The initial phase of the research involves conducting a literature review using secondary sources for example: internet, books, as well as interviews with expert doctors, musicians, and angklung manufacturers. In order to gather primary data, a series of observations and interviews were conducted with both caregivers and patients at the elderly care home. These data were collected both prior to and during the implementation of the intervention. Interviews are carried out with patients who have been chosen by the Care Center to participate in a session consisting of three individuals and one caregiver. The analysis of data will be conducted using the World Health Organization Quality of Life (WHOQOL) domains, as outlined in the WHOQOL instrument developed by the World Health Organization in 1998. This analysis will be based on study findings derived from interviews and observations. Thematic analysis, as proposed by Braun and Clarke (2006), will be employed to examine the data and address the specified study purpose. The present study used a thematic analysis approach to categorize the data into primary and secondary topics.

RESULTS

The findings were analysed through thematic analysis as outlined by Braun and Clarke (2006). The thematic analysis yielded a primary finding regarding the Quality of Life in the Elderly.

Quality of Life Elderly

The results of the study show that the main theme in this study is the Quality of Life Elderly based on figure 1. Five main themes that are found in this research are physical, psychological, level of independence, social relationships and environment.

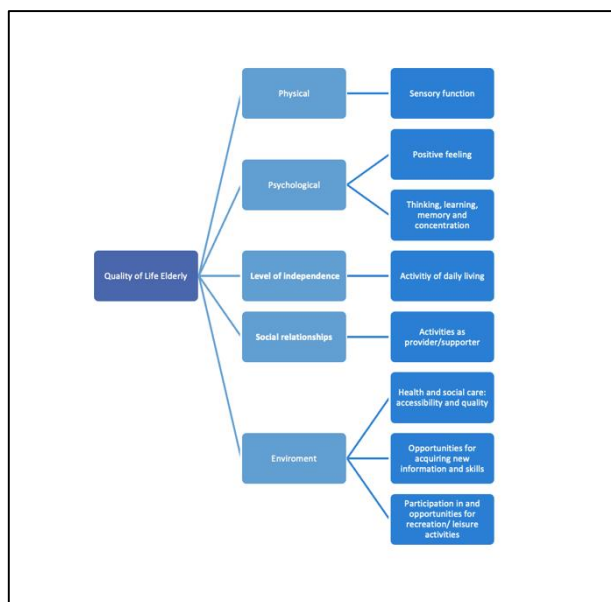


Figure 1. Themes Quality of Life Elderly

Physical

The first main theme in this paper is physical has sub themes: i) Sensory function. The first subtheme is sensory function.

The informant said:

Table 1. Feedback from the interviewed participants

Codes	Sub-themes
<p>“Glad, because he just rocked. Same with the tambourine he just taps,” (IL 3, 70 years old)</p> <p>“My observation is that this patient in a wheelchair previously did not want to go out and did not want to move his hand, but when the activity was carried out, my patient did automatic hand sensitivity with a positive change when he wanted to move his hand,” (IP 4, 39 years old)</p>	Sensory function

The topic under consideration is the physical theme. The angklung musical instrument elicits a sensory function sub-theme as the patient engages in hand movements to produce shaking motions. To get the intended auditory outcome, it is necessary for individuals of advanced age to engage in manual

shaking movements. Furthermore, angklung musical instruments include user-friendly characteristics and exhibit a lightweight construction.

Psychological

The second main theme is psychological has two sub themes. Two subthemes under psychological have been identified: i) Positive feeling ii) Thinking, learning, memory, and communication.

The informant said:

Table 2. Feedback from the interviewed participants

Codes	Sub-themes
<i>"For me, listening to the sound of angklung creates peace, while sitting in the care center," (IP 1, 80 years old)</i>	
<i>"My observation, my patients as a whole, look gloomy and bored but when the activity is carried out all the patients want to shake the angklung with a happy reaction," (IP 4, 39 years old)</i>	Positive feeling
<i>"Never, today was the first time I held it. If it's today, it's okay," (IP 1, 80 years old)</i>	
<i>"I got to know angklung in 1968, I was in the 4th grade. There was an art group at school that used angklung. Likes to play, because he used to play this musical instrument, and he can make all kinds of songs. Likes to play because he can play with a lot of people, he arranges turns according to the notes of the song," (IL 3, 70 years old)</i>	Thinking, learning, memory, and communication
<i>"My observation, this patient in a wheelchair previously had hearing problems, visible and gloomy vision, but when my patient's activities are carried out, he wants to rock, he likes to play angklung," (IP 4, 39 years old)</i>	

Psychological theme, the angklung can generate a conventional auditory experience characterized by a serene and gentle tonality. The auditory characteristics of angklung are particularly appealing to senior individuals with a penchant for 1990s music, hence facilitating a pleasant emotional experience centered around amusement and joy for the patient. Apart from the happy emotional changes, the positive feeling of the elderly exists when they can carry out activities with friends and the success of being able to play the angklung well. Furthermore, it is worth noting that these musical instruments are also regarded as recreational items for the elderly, as they have similar interests in this regard. Like a juvenile individual. While the sub-theme of thinking, learning, memory, and communication) exists when patients will learn something new, and some patients can remember when they have played it. Engaging in gameplay necessitates a certain level of strategic thinking and effective communication with both the instructor and fellow participants, particularly in group settings.

Level of independence

The third main theme is level of independence has one sub theme. A subtheme under the level of independence has been identified: i) Activities of daily living.

The informant said:

Table 3. *Feedback from the interviewed participants*

Codes	Sub-themes
<i>"Sometimes at leisure you can listen, if you can't all the time. If you relax and slow it's fine," (IL 3, 70 years old)</i>	Activities of daily living

Level of independence theme. Sub-theme activities of daily living through the game of angklung, this activity is well received by the elderly participants because they can accept it in their daily activities when relaxing and relaxing. In fact, for them it is not annoying but calming.

Social relationships

The fourth main theme is social relationships has a sub theme. A subtheme under social relationships has been identified: i) Activities as provider/supporter.

The informant said:

Table 4. *Feedback from the interviewed participants*

Codes	Sub-themes
<i>"Love when he can make all sorts of songs. Likes to play musical instruments, play in a crowd, he arranges turns according to the notes of the song. This angklung is better played by many than by one," (IL 3, 70 years old)</i>	Activities as provider/supporter

The theme of social relationships, through the activities as provider/supporter sub-theme to play angklung activities, it actually requires cooperation in a group. The participants exhibit variations in their angklung sounds. The exercise was facilitated with the assistance of the guardians, who were greeted by the participants upon receiving the conductor's instructions to engage in shaking movements. While the angklung activity does not involve the playing of tunes, participants have the opportunity to follow directions while shaking the instrument.

Environment

The fifth main theme is environment has three sub themes, three subthemes under environment have been identified: i) Health and social care: accessibility and quality ii) Opportunities for acquiring new information and skills iii) Participation in and opportunities for recreation/leisure activities.

The informant said:

Table 5. Feedback from the interviewed participants

Codes	Sub-themes
<i>"Activities at the Care Center, good there is angklung noise. But if I want to hear that every day, I don't want to. This angklung is better played by many than by one," (IL 3, 70 years old)</i>	Health and social care: accessibility and quality
<i>"Known from school days, but never played. Never, today is the first time I hold it. Likes to play angklung, but not good at it," (IP 2, 74 years old)</i>	Opportunities for acquiring new information and skills
<i>"Likes to play musical instruments, play in a crowd, he arranges turns according to the notes of the song. Sometimes and leisure time can be heard. If you listen to this angklung it's good too, if you listen 2-3 times a week it's fine, it's time to relax and have activities," (IL 3, 70 years old)</i>	Participation in and opportunities for recreation/leisure activities

Through the environment theme, angklung activities, participants can get a sub-theme of health and social care: accessibility and quality by receiving angklung sounds produced at the Care Center. This helps calm and quality while in the Care Center. Next, the sub theme of opportunities for acquiring new information and skills when a participant does not have the opportunity to play angklung but has an interest in playing angklung, but after following it he likes angklung. In addition, through the sub-theme of participation in and opportunities for recreation/leisure activities, with angklung activities, participants can fill their free time until relaxing.

DISCUSSION

The study shows that the quality of life of the elderly is divided into four main themes, namely physical, psychological, level of independence, social relationships and environment. The findings of the thematic analysis indicate that the senior population demonstrates a willingness to embrace the angklung musical instruments. The senior population finds angklung musical instruments to be amicable. Furthermore, the angklung is a percussion instrument constructed primarily from bamboo, rendering it exceptionally lightweight. This device is well-suited for the muscular needs of older individuals, particularly those who suffer from sarcopenia, a condition typically observed in the aging population (Roubenoff, 2000). Additionally, the act of playing the Angklung instrument is limited to producing music through the act of shaking. Hence, it is not a prerequisite for players to possess any prior musical background or aptitude. According to Komariyah (2016), study found that angklung music can improve the quality of life of elderly women in the physical, psychological, social relations, and environmental domains.

Psychomotor function involves the combination of precise motor responses, attention, and cognitive problem-solving abilities. Decreased motor speed with increasing age has been demonstrated in laboratory tasks and in real-world settings (Harvey, Richard, & Mohs, 2001). The activity of angklung musical instruments will generate a sensory function subtheme via the player's hand movements, which are utilized to generate the intended sound, in accordance with the physical theme. While confined to a wheelchair, the patient appears capable of manipulating the angklung because of the performed exercises. Sensory function, in which the hands of the elderly are in motion, assists participants in strengthening and exercising the motor symptoms of the elderly, which are diminishing. The angklung is a lightweight, user-friendly musical instrument that is even suitable for the elderly (Roubenoff, 2000). This is evidenced by his instruction of children as young as six in pre-school, primary, and secondary education, as well as lecturers at the Teacher Education Institute (IPG) in Lahad Datu, Tawau, and

students who are deaf, mute, and blind at Tuaran (schools for the blind), along with the elderly (Abdullah, 2022).

In addition, the psychological theme. Angklung can produce a traditional, calm, and soft sound that suits the taste of the elderly, allowing the positive sub-theme of the patient's emotional feeling to be fun and happy. Positive feelings will arise when the patient enjoys the angklung game, listens to it, and finds it simple to play. Deswita (2015), study shows the psychological effect of angklung activities on the elderly through the theme of positive feeling. Researchers assert that playing angklung activates the motor system of older individuals who have had falls and provides psychological benefits. Organisations that engage in efforts to mitigate loneliness will enhance elderly psychology. Dani, the maker of Angklung at Dany Angklung Sari Rezeky, said that the instrument's soothing tone may alleviate anxiety. The sound of this angklung is exquisite, while it has potential for health enhancement. The subsequent sub-theme, including thinking, learning, memory, and communication, arises as patients acquire new knowledge and recall previous experiences. It is essential to consider good gameplay and communication with the teacher and peers during group play. Trainee Lecturer Dr. Siti Nur Najibah Fauzi and Dr. Shahril Abdul Halim, a specialist in the Department of Psychiatry at the School of Medical Sciences, Universiti Sains Malaysia (USM), said that various angklung noises are user-friendly, excellent for educational purposes, and enhance memory retention. They believe that angklung therapy attracts patients and enhances quality of life.

The theme of independence, particularly through the sub-theme of activities of daily living, is exemplified by the elderly participants' acceptance of the angklung game. They perceive it as an enjoyable addition to their leisure activities, as it does not disrupt their mood but rather soothes them and occupies their free time effectively. Angklung musical instruments improve the quality of life of Thai seniors (Cooharojananone et al., 2022). Engaging in angklung performances not only enhances cognitive and motor functions in seniors but also fosters social interaction, thereby contributing to their emotional and mental well-being. In addition, the theme of social relationships through the activities as provider/supporter sub-theme. Angklung activities are carried out requiring cooperation in groups. Participants have different angklung notes. The activity was also carried out with the help of the guardians, who were welcomed by the participants when they heard the conductor's instructions when shaking them. Angklung activities help conductors, caregivers, and patients collaborate and communicate. A study found that the experimental group (EG)'s loneliness before and after treatment differed (with a 95% significant level) (Chandra Dewi, 2010). This condition shows that playing angklung musical instruments in groups can improve the mood and ability to interact of research subjects, reducing loneliness (loneliness) because they provide comfort, pleasure, togetherness, and recreation.

The next topic is about the environment, the first sub-theme is to health and social care: accessibility and quality via angklung activities, whereby participants receive angklung sounds generated at the Care Centre. This promotes tranquilly and excellence inside the Care Centre. Tallutondok (2019), Mental Activation intervention-Angklung involves listening to music. The participants were eager to engage in the screening-based memory treatments that elicited recollections of past occurrences. Next, the sub theme of opportunities for acquiring new information and skills when a participant did not have the opportunity to play angklung before but has an interest in playing angklung, but after following it he likes angklung. Lastly, the sub-theme of participation in and opportunities for recreation/leisure activities, when with angklung activities, participants can fill their free time until relaxing. Through Putri study (2018) the results of the study show that GLO exercise therapy and Angklung Music Practice can affect the quality of life in certain domains. This is possible because of the different benefits of each therapy program. Angklung activities have the potential to help the rehabilitation of the elderly in Care Centers, Malaysia with its elderly-friendly features. In addition, there are good effects of angklung art-based intervention activities on the elderly in Malaysia in terms of physical, psychological, level of independence, social relationships and environment.

CONCLUSION

In conclusion, Indonesia, Singapore and Thailand have chosen angklung therapy as a therapy medium for the elderly (Esplanade 2017; Phosavadi, 2022; Komariah, 2016). However, in Malaysia, this is equally impressive since the research employing Angklung as a therapeutic medium is seen as appropriate for the old due to its age-friendly properties. In addition, group activities can help enhance both physical and mental well-being (Lehmberg & Fung, 2010). Similarly, angklung activities that also require group work can have the effect of helping enhance both physical and mental well-being.

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