**ID: 505**

**Congress: The First International & 4th National Congress on health Education & Promotion, 2011**

**Title:** The comparison between Quran sound and quiet music on anxiety decrease of patients waiting for dental surgery in 2010

**Authors:** Atefeh Hojjati1, Vela Musavi2, Alireza Agha Usefi3, Marzieh Shahsiah4*, Saeedeh Botlani5
1BA General Psychology, Basij Organization Qom
2BA General Psychology, Basij Organization Qom
3Ph.D. in General Psychology, Payam Noor University faculty Qom
4MA Family Counseling, Medical Sciences University Qom
5MA Family Counseling

**Abstract:**

**Introduction:** One of psychological disorders is anxiety which is treated in different ways such as music therapy. Sometimes it is a melody and sometimes it is a natural music. In this research, an attempt is made to study Quran sound as music and compare it to a quiet music.

**Method:** The research method is semi-empirical with pre-test, post-test on 60 volunteer patients waiting for dental surgery. They are randomly divided into two groups of Quran and music. The Quran group listened to Yasin surah by Menshavi and music group to quiet music of secret garden by Rolf Lovland about 15 minutes with an mp3 headphone. They both completed Spilburger questionnaire. The result was analyzed by SPSS through variance analysis with repeated measure.

**Findings:** The result showed that the average age was 25 and both men and women were the same. Quran and music decreased anxiety similarly (p<0.05) and the result did not have any significant differences. Also this difference was not meaningful in manner anxiety but we had more decrease in Quran group than music one in trait anxiety (p<0.05).

**Conclusion:**

Quran and music both decreased anxiety but Quran sound affected on personality and covert anxiety in addition to situational anxiety. Therefore, we can infer that the effect length of Quran was more and we can use Quran music in anxiety disorders.

Quran sound, quiet music, anxiety decrease

**Presentation:** Oral