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**Musical profiles and healthy ageing: A Mixed methods study towards
developing a Community Music Therapy intervention within care facilities for
the elderly in Pretoria**

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Research study submitted in partial fulfilment of the requirements for the MMus
degree

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Table of Contents

1. Introduction, background, context and aims	7
1.2. Research questions.....	8
2. Literature review	10
Healthy ageing	10
3. Methodology	21
3.1. Research paradigm, Ontology and Epistemology	21
3.2. Design.....	22
3.3. Ethical care.....	23
3.6.1. Qualitative data	28
3.6.2. Quantitative data.....	28
3.7. Data Analysis	29
3.7.1. Qualitative data	29
3.7.2. Quantitative data.....	36
4. Research quality	54
5. Discussion.....	56
7. References	72
8. Appendices	78
8.1. Appendix A	78
8.2. Appendix B Music Questionnaire (not completed).....	79
8.3. Appendix C	86
8.4. Appendix D: Original questionnaires completed	90
8.5. Appendix E: Captured questionnaires	91
8.6. Appendix F: Spreadsheets with data totals from all participants.....	460
8.7. Appendix G: Verbatim transcriptions with first level codes	475
8.8. Appendix H: List of first level codes	476
8.9. Appendix I - Higher order codes with first level codes.....	503
8.10. Appendix J: Themes and sub themes.....	547
8.11. Appendix K: Relationship with music	576
8.12. Appendix L: Access to music	578

8.13.	Appendix M: Relatedness	580
8.14.	Appendix N: Reasons to listen to music categories and sub categories ..	582
8.15.	Appendix O: Autonomy, competence and relatedness	586
8.16.	Appendix P: Email to care facilities	590
8.17.	Appendix Q: Informed consent letters to managers, signed	593
8.18.	Appendix R: Participants informed consent letters signed.	597

1. Introduction, background, context and aims

From 2011 to 2015, I worked for a company in Cape Town called GERATEC which specialises in care for the elderly. I worked in care facilities for the elderly and came into close contact with the residents. Through my work at GERATEC I was introduced to the Eden Alternative (an international set of guidelines with a specific ethos for elderly care). The Eden way of thinking and doing involves creating a “life worth living” (www.edenalt.org) and fighting the “three evils of Helplessness, Loneliness and Boredom” (www.edenalt.org) within the aged care environment. These principles provided me with avenues to become more involved with the resident’s well-being.

In 1991, the Eden Alternative was founded by Dr William Thomas highlighting the recognition of every person’s need to grow, their yearning for action, their desire to *do* as well as *be*, to genuine care (Thomas, 1996:21). Thomas believes that “ageing should be a continued stage of development and growth rather than a period of decline” (Thomas,1996:21).According to Thomas, the “plagues of Loneliness, Helplessness and Boredom” are the main problems of ageing (Thomas,1996:23). The vision of the Eden Alternative is to address these plagues. Their mission is to improve the well-being of Elders and their care partners by transforming the communities in which they live and work. The Eden Alternative principles of changing the environments to maximize quality of life and the concept of Healthy Ageing go hand in hand.

The world population is getting older and older (Sims, 2017. Beard, Officer & Cassels, 2016. Solè Resano, Mercadal-Brotons, Gallego Matas & Riera, 2010).Beard, Officer and Cassels (2016) state that while people are getting older, it is important for them to live these longer years with good physical and mental capacity which can be enhanced by enabling environments (Beard, Officer and Cassels, 2016:S163).

The World Health Organisation released the first World report on ageing and health which outlines a public health framework for action on Healthy Ageing (Beard, Officer & Cassels, 2016:163). According to this report, Healthy Ageing is built around the

concept of functional ability. The definition of Healthy Ageing rests on the health-related attributes that enable people to be and to do what they value (Beard, Officer & Cassels, 2016:S163). The emphasis is on the determination of both the intrinsic capacity of the individual and the influence of the environment in which they live (Beard, Officer & Cassels, 2016:S163).

Through the focus on healthy aging at GERATEC with Eden Alternative as a framework, I gained experience in this field. My experience with the elderly aroused my curiosity with regard to the effect music can have on healthy aging. I used music regularly in various situations with the residents and found music to have a calming effect for distress, memory recall and as a form of communication between residents. Music seemed to also counter depression, and it created an atmosphere of 'togetherness' between residents and between residents and staff. After completion of the Eden Alternative associate course I decided to further my studies in this field, which led me to an Honours degree in Music communication which I completed in 2015. As part of the requirements, I started a pilot research project focusing on how active music making before meal times affected the appetite and eating habits of residents in a care facility for the elderly. The project consisted of eight sessions of active group music making for four weeks. The observed outcomes were that reserved residents gained more confidence and new friendships emerged.

1.1. Aims of research

This study aimed to construct a musical profile of residents in care facilities for the elderly, representative of the broader demography of Pretoria, as well as to explore their psychosocial needs in order to inform recommendations towards Community Music Therapy as an approach to support healthy ageing.

1.2. Research questions

From the literature it is evident that several musical factors can influence healthy ageing. This study focused on exploring the following aspects:

1. How do elderly residents in care facilities in Pretoria, South Africa describe their past and present relationship with music?

2. What access do elderly residents in Care facilities in Pretoria have to music or music therapy in their current circumstances?
3. What are the perceptions of the elderly in Care facilities in Pretoria regarding relationships between music, quality of life and psychosocial needs?
4. What are the psychosocial needs of the residents?
5. What access to music and music therapy would elderly residents in Care facilities in Pretoria like to have?

2. Literature review

Healthy ageing

As far back as 1987 Drs Rowe and Kahn (1997) believed that many of the age - related changes that were regarded as normal ageing were preventable whereupon they proposed a model of “successful ageing” as an alternative to usual ageing. According to them, successful ageing comprised “low probability of disease and disease related disability, high cognitive and physical functional capacity, and active engagement in life” (Rowe & Kahn, 1997: 433).

According to the WHO, Healthy Ageing (also referred to as successful ageing, optimal ageing, positive ageing) rests on functional ability which relies on the health related attributes that enable people to be who they want to be, and to do what they value (Beard, Officer & Cassels, 2016:S163). The emphasis is on the determination of both the intrinsic capacity of the individual and the influence of the environment in which they live (Beard, Officer & Cassels, 2016:S163). According to Hays and Minichiello (2005) the meaning of optimal ageing is to continue to remain physically, cognitively and socially active for as long as possible (Hays & Minichiello, 2005:446). Cohen, Bailey and Nilsson (2002) state that since successful ageing involves a continuation of activities of early life. According to them, considering the ageing process, musical activities might be the easiest accessible (Cohen, Bailey & Nilsson, 2002:9).

In a study on the expectations of the elderly in Los Angeles, Sarsikan and Hays (2002) found that more than 50% of the study participants expected depression, a loss of independence coupled with physical decline and less energy to be the normal course of ageing (Sarsikan & Hays, 2002:1837-1843). Kornadt and Kandler (2017) found that environmental and genetic effects along with personality traits play a role in individual differences in views on ageing (Kornadt & Kandler, 2017:388-399). Carstensen, Fung and Charles (2003) found that affective wellbeing and emotional regulation increase with older age. They believe that the elderly desire to derive meaning and satisfaction from life. This desire results in emotional states that are more positive than negative (Carstensen, Fung & Charles, 2003:103-123)

General challenges faced by the elderly

The elderly are commonly faced with situations which are out of their control for example compulsory retirement, the deterioration of own health and the health of loved ones as well as the loss of family and friends (Louw & Louw, 2009:276).

For some elderly individuals it is a challenge and fear-provoking to move into a care facility (Thomas, 1996:7; Moss, 2003). According to Thomas (1996) "They know in their hearts that to enter a nursing home is to take an irreversible step down the path toward disability and death" (Thomas, 1996:7). For others it is a move that they prefer when compared with moving in with their children, or being isolated in their own homes after the loss of a life partner. It is a challenge for many care facilities to keep the balance between a home and an institution. The culture of many traditional care facilities is that of an institutional nature where at times treatment at times may take precedence over care (Thomas, 1996:7). The residents eat, exercise and receive treatment in the same building, meals are served at a specific time, they sleep at a specific time and they bath at a specific time. The residents in many care facilities are no longer allowed to do what they want and when they want as "such degree of freedom would wreak havoc on the institution's routines" (Thomas, 1996:12). Every day is filled with scheduled, predictable routine. Care facilities in different contexts may differ in terms of routine, the culture of care and activities offered at the facility as will be seen by the different contexts of the six care facilities discussed in this dissertation.

Loss is a factor in the lives of the elderly; this includes loss of income, strength, health and independence, social networks and loved ones (Louw & Louw, 2009:276). According to the theory of continuity by Atchley (in Louw & Louw, 2009:284), older persons will experience a decline in wellbeing when the loss of social roles is against their will. He theorises that forced retirement or activity that is forced upon the elderly, will lead to lower adaptation and self image (Atchley in Louw & Louw, 2009:284). The loss of a life partner can lead to loneliness and a decline in social interactions which can lead to depression and anxiety (Louw & Louw, 2009:288).

In a study by Chabelli it was found that the elderly from a certain care facility Gauteng suffer from untreated physical care needs such as constipation, insomnia, lack of appetite and chronic diseases (Chabelli, 2003:16). Chabelli found that they also suffer from unmet psychological needs such as depression, loss of trust, forgetfulness, fear, anger and irritability as well as a dissatisfaction with social relationships (Chabelli, 2003:18). In this study Chabelli found that “the need for exercise, respect, trust, physical health needs and the value of social relationships was evident” (Chabelli, 2003:18).

Ryan and Deci (2000) developed the Self determination theory which posits that people have three basic psychological needs: autonomy, competence and relatedness. These needs are the basis for people’s self motivation and personality integration. Autonomy, competence and relatedness appear to be essential to facilitate optimal functioning “of the natural propensities for growth and integration, as well as for constructive social development and personal well-being” (Ryan & Deci, 2000:68). If a basic psychological-need is met it is conducive toward health and well-being, whereas if it is not met it is conducive to pathology and ill-being (Ryan & Deci, 2000:74). It is proposed that the basic needs for autonomy, competence and relatedness have to be met over the life span in order to experience an ongoing sense of integrity and wellbeing across the life span. Ryan and Deci (2002) believe that individuals can not thrive without satisfying all of the three basic psychological needs. These basic needs are facilitated by the internalization and integration of culturally endorsed values and behaviours. This suggests that people will express their competence, autonomy and relatedness differently across cultures with different value systems (Ryan & Deci, 2000:75). It is also posited that the mode and degree of an individual’s psychological-need satisfaction can be influenced not only by their own competencies, but also by ambient demands, obstacles, and affordances in their socio-cultural contexts (Ryan & Deci, 2000:75).

Psychological health plays a large role in the wellbeing and quality of life of the elderly (Louw & Louw, 2009:290). The most common psychological problems for the elderly are depression which can be linked with other physical problems like coronary disease, strokes, high blood pressure, diabetes, arthritis, substance abuse and Alzheimer’s- and Parkinson’s disease (Louw & Louw, 2009:292); anxiety which

goes hand in hand with depression and sleep disturbances (Louw & Louw, 2009:292-299). Sleep disturbances comprises of any disturbed pattern of sleep. Insomnia is common among the elderly. Factors contributing to sleep disturbances are:

- i. Psychological stressors like stress, forced retirement, isolation, poor social involvement
- ii. Physical disturbances due to illness
- iii. Psychiatric disturbances like as previously mentioned, depression, anxiety and dementia (Louw & Louw, 2009:298).
- iv. Another contributor is medication, especially sleep medication or tranquilisers since they are addictive and people can not sleep without them (Louw & Louw, 2009:298).

Sleep disturbances can contribute to physical problems increasing the risk of falling as well as psychological problems and cognitive problems like forgetfulness (Louw & Louw, 2009:299).

Louw and Louw believe that adapting to stressors is an integral part of ageing and will be a precursor to successful ageing (Louw & Louw, 2009:270). They state that a positive outlook on life rather than physical health becomes an important clue to wellbeing in later life.

Other than the popular belief that loss of one's social circle is linked to depression, Carstensen, Fung and Charles (2003) state that older adults deliberately make their social circle smaller by keeping relationships that are meaningful and avoiding relationships that are not. This strategy is deemed beneficial to the affective wellbeing of the elderly. They state that when emotional regulation is prioritised, people tend to the positive (Carstensen, Fung & Charles, 2003:108). The role of music in the lives of the elderly will be discussed in the rest of the literature review.

The role of music

Whilst the role of music in the lives of the elderly is a well -researched area, most studies seem to focus on the effect of music with dementia and Alzheimer's patients. The focus of this study is the role of music within the general ageing population.

In a study by Cohen, Bailey and Nilsson (2002), it was found that music is important to most of the elderly. The participants of the study were asked how important music was to them when they were younger and how important music was to them currently. There was a correlation between the importance of music in earlier and later life. They inferred in this study that the importance of music may reflect to contribute to quality of life regardless of mental capacity. One of the conclusions of this study was that memory traces of music acquired between 10 years and 30 years of life retain accessibility when the participants were asked to name a favourite song. This could mean that music from earlier in their life time remain among the favourite genres of music to the elderly.

Music can be used in the elderly care framework to help with many different aspects of healthy ageing and quality of life. Studies in both active music making and receptive music listening has been noted with the following affordances.

The psychosocial benefits of music

Music has been found to improve psychosocial wellbeing by improving psychological health (Hays & Minichiello, 2005:437-451; Laukka, 2007:215-241; Lehmberg & Fung, 2010:26), decreasing aggressive and restless behaviour (Moore, 2010:30), countering depression (Creech, Hallam, Varvarigou, McQueen & Gaunt, 2013:42) and decreasing anxiety (Hars, Herrmann, Gold, Rizzoli & Trombetti, 2014:196-200). Music has also been found to improve affect and mood (Kramer 2001:192; Moore, 2010:30), it helps people to understand emotions (Hays & Minichiello, 2005:437-451; Laukka, 2007:215-24) and with emotional regulation, behaviour and wellbeing (Laukka, 2007:215-24; Creech & Hallam, 2016:21-5; Creech, et al. 2013:37). Music has been found beneficial to identity creation of self and others (Hays & Minichiello, 2005:437-451; Creech, Hallam, Varvarigou, Gaunt, Mcqueen & Pincas, 2015:39; Laukka, 2007:215-241), it provides a sense of agency and belonging, control and autonomy (Creech, et al. 2013:42) and promotes personal growth (Laukka, 2007:215-241). According to Ruud (2017), the ground work for identity is a sense of self or a felt sense of subjectivity, it is rooted in the self talk and discourse while monitoring your own activities, memories and fantasies. Ruud extends this

discourse on musical subjectivity to transpersonal psychology and suggests to incorporate transcendental experiences, or “aspects of meaning and values within our construction of ourselves” (Ruud, 2017:591). Ruud believes that music can encode dimensions such as our identities, social formations, ideologies or private value systems through our interpretative activity as we participate in a broader interactive musical community (Ruud 2017:592).

“Activated by the emotional impact of music, our memories and identifications contribute to the foundation of a strong, coherent, yet flexible musical identity in relation to the private space, ...the social space, ... our belonging in time and space and ... the transpersonal space”

(Ruud 2017:592)

Ruud claims that music can give people a strong sense of identity which can contribute to four aspects of health, namely, a sense of vitality, a sense of agency, a sense of belonging and a sense of coherence and meaning (Ruud, 2017:589-590).

There are further benefits of music making and music listening such as social benefits which include social wellbeing and interaction (Moore, 2010:30; Lehmborg & Fung, 2010:26; Creech & Hallam, 2016:21-25; Creech, et al. 2013:37). It also decreases loneliness and gives an opportunity for “togetherness”, conversation and the feeling of belonging (Saarikallio, 2010:309).

The cognitive benefits of music

Music can also be experienced cognitively (Creech et al. 2015:34) by the listener and the music maker. It reconnects people with memories (Creech, et al. 2015:40), improve on cognitive tasks and functions (Bottirolli, Rossi, Russo, Vecchi & Cavallini, 2014:1-6; Hars et al. 2014:196-200) and was found to be an intervention for cognitive decline in the elderly (Bugos, Perlstein, McCrae, Brophy & Bedenbaugh, 2007:464-471). People are given the opportunity to learn new skills or to better current skills and are challenged in focus and concentration during active music making (Creech et al. 2013:42). Listening to background music improves on

cognitive tasks which involve declarative memory and processing speed (Bottirolli et al. 2014:1-6).

The physiological benefits of music

Music listening and active music making also gives people a physiological experience (Creech et al. 2015:34). It has been found to benefit physical health and strength (Lehmberg & Fung, 2010:26; Creech & Hallam, 2016: 21-25; Creech, et al. 2013:36-43). Music based multi-task exercise training improves balance and gait under dual task condition and reduces the risk of falling as well as the rate of falls among the elderly (Trombetti, Hars, Herrmann, Kressig, Ferrari & Rizzoli, 2010:525-533). Listening to soothing music at bedtime improves sleep quality and duration (Lai & Good, 2006:134-144). Music also has aesthetic benefits of enjoyment and beauty and spiritual affordances including giving meaning to life (Saarikallio, 2010:309; Hays & Minichiello, 2005:437-451).

Music in culture and religion

Music has played an important role in religion and cultural activities since ancient times (Rosca, 2015:113). Tonal recitations, chants, hymns, sacred songs and music to generate spiritual elation, social cohesion and empowerment can be found in most religious communities (Beck, 2004:1). References to music in Judaism and Christianity start in the Book of Genesis (Genesis 4:21) and can be found throughout the bible (Rosca, F. 2015). In virtually all religions, including Judaism, Islam, Hinduism and Christianity, sacred texts were sung or musically intoned (Beck, 2004:7). Levine (in Beck, 2004:29) states that the Hebrew bible has been carried over from generation to generation through chant and musical intonation. Even though it is popular belief that music is forbidden in Islam, Nasr (1976) stated that music is present in most of the fundamental aspects of the religion, such as in the call to prayer that is almost always sung and in the chanting of the Koran. According to Beck (2012), in the Hindu tradition the ancient Indo-Aryan texts, the Vedas and Upanishads, offer information about chant and vocal utterances and in

later theistic traditions, the sacred sound were being articulated in Tantra and Yoga texts. Religious involvement, according to Levin and Chatters (1998), benefits a wide range of well-being related outcomes, including life satisfaction, depressive symptoms, happiness, anxiety and emotional adjustment.

Stige (2002) notes that culture may refer to the way of life built up by a group of people which is transmitted from generation to generation. This can also denote the religious traditions spoken of above. And people who are from the same culture, normally live in a community with the same cultural groups.

According to Castora-Blinkley, Noelker, Prohaska and Satariano (2010) relatively little attention has been given to the design and evaluation of creative and performing arts programs and their health benefits for older adults living in care facilities.

Stige (2002) promotes Culture centred music therapy as accepting that people come from a background with a specific cultural history and cultural identity. Culture centred music therapy can be understood as awareness about music therapy as a culture, by going beyond the usual frame of individual and group therapy within clinical constructs and suggesting the “possibility of a more radical re-evaluation of what music therapy is and can be” (Stige, B. 2002:42).

Community Music Therapy

Community Music Therapy is such a possibility that has emerged in the early 21st century. Ansdell and Stige (2015) state that Community Music Therapy has roots in traditional healing practices, community music and music education traditions. Community Music Therapy has an agenda to change the thinking about Music Therapy and the practice of Music Therapy from a contemporary and socio-cultural stance by seriously considering that Music Therapy can also include health promotion and social activism as well as give individual attention in the classic therapeutic sense with the aim to work flexibly across the individual-communal continuum (Ansdell & Stige, 2015:597).

According to Stige (2004) Community Music Therapy is “situated in health musicking in a community” (Stige, 2004:8). There is a planned process focussing on the

“promotion of socio-cultural and communal change through a participatory approach” (Stige, 2004:8).

“Community Music Therapy is the study and learning of relationships between music and health as these develop through interactions between people and their communities”.

(Stige 2004:8)

Music is used in non-clinical and inclusive settings (Stige, 2004:8) and can include any form of active music participation or receptive music listening. In view of Community music therapy it seems to be important to the elderly because it serves as a means to psychosocial health, emotional health, cognitive health, physical health as well as addresses the aesthetic and spiritual.

Ansdell and Stige (2015) claim that one of the central tenets of Community Music Therapy was that making music for health and well-being is “particular, local, circumstantial, cultural, plural and unique” (Ansdell, & Stige, 2015:598). The acronym PREPARE characterises Community Music Therapy through a series of qualities:

P – Community Music Therapy is **p**articipatory - it promotes optimal musical participation for all.

R – Community Music Therapy is **r**esource oriented - material, social and cultural resources are mobilized in an attempt to empower and enable people and places.

E – Community Music Therapy is **e**cological – ecological relationships between people, groups, musical things and places need to be considered.

P – Community Music Therapy is **p**erformative – collaborative musical performance can mobilize human development, health promotion and restoration.

A – Community Music Therapy is **a**ctivist – social change is a natural part of Community Music Therapy.

R – Community Music Therapy is **reflective** – an ongoing reflective dialogue about aims, needs, evaluation and understanding of work by all participants is attempted by Community Music Therapy.

E – Community Music Therapy is **Ethics-driven** – The ethical foundation of Community Music Therapy is based upon universal principles trying to link human needs, rights and possibilities.

(Ansdell, & Stige, 2015:599)

Pavlicevic and Fouche (2014) claim that through Community Music Therapy people can reclaim their identities through drawing on their memories, they can invite other people to witness this and to see them as people with resources, with a past and a place.

The intent of Community Music Therapy is to connect people to community by using various musical methods, one of which is choir singing (Kimura & Nishimoto, 2017:1, Ansdell, 2014:17). Choir singing promotes physical and mental health and connects people together by helping various kinds of people to recreate a new sense of community (Kimura & Nishimoto, 2017:4). Membership in a choir supports well being through creating a sense of fulfilment, purpose and personal growth; it also creates a platform for social interaction (Creech et al. 2013:37). The participants experience a sense of renewal and belonging to a group, cognitive advantages relating to reaching new challenges and the participation in activities requiring concentration and memory, as well as social confirmation from opportunities to give back to the community through performances and the contribution as an individual to the performance of the group (Creech et al. 2013:40-42). Ruud believes that Community Music Therapy is concerned with humanizing communities and institutions and promoting health and mutual caring (Ruud, 2004:12).

According to Ansdell (2014) , the notion that participatory musicking can be therapeutic is as old as the existence of music. He describes Community Music Therapy as:

“an approach to working musically with people in context:
acknowledging the social and cultural factors of their health, illness,

relationships and musics ... It reflects the essentially communal reality of musicking ... the aim is to help clients access a variety of musical situation, and to accompany them as they move between 'therapy' and wider social contexts of musicking"

(Ansdell, 2002:120-121)

Community music therapy seems to be important to the elderly because it serves as a means to psychosocial health, emotional health, cognitive health, physical health as well as addresses the aesthetic and spiritual.

Thus it seems that a music intervention in the Community Music Therapy Model will be an appropriate way to address healthy ageing and address some of the challenges of ageing such as loneliness, helplessness and boredom.

Following will be a discussion outlining the methodology, design, Sample, data collection, preparation and analysis, research quality and ethical considerations.

3. Methodology

3.1. Research paradigm, Ontology and Epistemology

The Mixed methods research paradigm, which is the methodology for this study, uses both qualitative and quantitative approaches. The data from both quantitative and qualitative approaches are combined and integrated with the aim to obtain a richer data set in order to address the research questions (Bradt, Creswell & Burns 2013; Greene, 2008; Johnson, Onwuegbuzie & Turner, 2007; Johnson & Onwuegbuzie, 2004).

Central to Mixed Methods is pragmatism which states that “the current meaning or instrumental or provisional truth value of an expression is to be determined by the experiences or practical consequences of belief in or use of the expression in the world” (Murphy in Johnson & Onwuegbuzie, 2004:16). Pragmatism includes “the use of induction (or discovery of patterns), deduction (testing of theories and hypotheses), and abduction (uncovering and relying on the best of a set of explanations for understanding one’s results)” (Johnson and Onwuegbuzie, 2004:17).

According to Johnson and Onwuegbuzie, pragmatism rejects dualisms, while recognising that both the natural or physical world as well as the psychological world are important. The psychological world include language, culture, organisations and institutions as well as subjective thoughts. Pragmatism places a high regard on the reality and influence of the subjective inner world of the person and recognises that this can have an influence on knowledge that is both constructed and based on the person’s lived realities (Johnson & Onwuegbuzie, 2004:18). Pragmatism views human inquiry as being “analogous to experimental and scientific inquiry” (Johnson & Onwuegbuzie, 2004:18). It is an “explicitly value-oriented approach to research that is derived from cultural values ” (Johnson & Onwuegbuzie, 2004:18). Johnson and Onwuegbuzie state that within pragmatism, the researcher tries to constantly “improve upon past understandings in a way that fits and works in the world in which he or she operates. The present is always a new starting point” (Johnson & Onwuegbuzie, 2004:18).

I have decided to use mixed methods because this can “provide stronger evidence for the findings through convergence and corroboration of findings” (Johnson & Onwuegbuzie, 2004:21). Mixed methods can be used to “increase the generalisability of the results while qualitative and quantitative research used together produce more complete knowledge necessary to inform theory and practice” (Johnson & Onwuegbuzie, 2004:21). Pragmatism fits in with the research aim of constructing a musical profile of residents in care facilities for the elderly, and exploring their psychosocial needs in order to inform recommendations towards Community Music Therapy as an approach to support healthy ageing. The fact that pragmatism recognises both the natural and the psychological worlds fits well with conducting focus groups within care facilities for the elderly taking into account that the emergent social and psychological world plays a large role.

3.2. Design

According to Bradt, Creswell and Burns (2013) Mixed Methods research can be divided into four designs:

1. The convergent parallel design is where the quantitative and qualitative data are collected concurrently and receive equal emphasis in a single study design with the purpose to “obtain complementary data on a given phenomenon” (Bradt, Creswell & Burns, 2013:134).
2. The explanatory sequential design which consists of two phases where the quantitative data is collected first and then used to inform the collection of the qualitative data. This design put more emphasis on the quantitative data.
3. The exploratory sequential design which consists of three phases. First the qualitative data is collected and then shaped into an instrument for measurement. Then the instrument is tested quantitatively.
4. The embedded design is where “one set of data plays a secondary role in a larger study dominated by the other research method” (Bradt, Creswell & Burns, 2013:135).

This study took the form of a convergent parallel mixed methods design with both qualitative and quantitative data sets having equal importance informing each other.

Johnson, Onwuegbuzie and Turner (2007) puts Mixed Methods research on a continuum with pure qualitative research on the one end, pure mixed methods research in the middle and pure quantitative research on the other end. This study falls on the left-hand side of the continuum between pure qualitative research and pure mixed methods research. This constitutes qualitative dominant mixed methods research (Johnson, Onwuegbuzie & Turner, 2007:124).

3.3. Ethical care

“There is a fundamental moral requirement to treat people in accord with standards and values which affirm their essential humanity (Oliver, 2003:13)”. This research project focused on the elderly living in care facilities. Since they can be perceived as vulnerable, ethical considerations were in place. The researcher first contacted the care facilities via e-mail explaining the research study and asking for consent to conduct the research at the particular facility (Appendix P). Informed consent/information forms with information regarding the study and their ethical rights was sent via e-mail to all the care facilities selected to get consent from the facility managers to do the research in the facility (Signed consent forms Appendix Q). After consent was received, the researcher went to the care facilities and explained the research process to both the staff and the participants of the facilities. The choice was given to participate or not and no person was pressurised to participate. Informed consent/information forms were also given to each of the selected participants. The informed consent/information form stated the protection of identity for both the care facility as well as the individual participants. The Care facilities gave permission to use their names in the dissertation while the participants identities stayed protected. It ensured that the data received from the questionnaires and the focus groups will be protected and private for the sole use of this academic research and presentations for academic purposes. The consent/information form also informed the participants and the care facility of audio-video recordings of the focus groups. Lastly the informed consent/information form assured the participants of voluntary participation and the right to withdraw at any stage during the research project. The information and data gathered from this study will be stored in the archives at the University of Pretoria for a duration of 15 years. The participants were

also informed of this on the information/informed consent form. (See Appendix R for signed letters of consent).

3.4. Sample

Six care facilities across Tshwane were selected. The aim was to cover various social groups found in Pretoria to address the research questions in the richest and broadest way possible. The care facilities chosen were from different suburbs in Pretoria including Laudium, Mamelodi, Eersterust, Queenswood, and Nieuw Muckleneuk. These are different socio-demographic areas in Pretoria with different religious and cultural values. Laudium is a largely Indian area in Pretoria with mostly Muslim and Hindu residents. The facility chosen in Laudium is very small in comparison to the other facilities with only 15 residents. This is also the only care facility for the elderly in Laudium. The main language spoken in the Tshwane municipality is Sotho; local languages also spoken are Pedi, Afrikaans, Tswana, Tsonga, Zulu and English (Eskell Blokland, 2014). This is also amongst the languages spoken in Mamelodi. The facility chosen in Mamelodi is a large facility with many residents and is the only care facility in Mamelodi. Eersterust is a suburb adjacent to Mamelodi historically designated for Coloured residents ("The collective term for people of mixed ancestry in southern Africa is Coloured and is recognized and used officially in South Africa" (De Wit, Delport, Rugamika, Meintjes, Moller, van Helden, Seoighe & Hoal 2010:145)). Two facilities were selected from this area. Originally Huis Lodewyk Spies was the only identified facility but during the data collection phase, only three residents volunteered to participate in completing the questionnaires and partake in the focus group. The researcher then contacted the only other care facility for the elderly, EWOFA, in Eersterust in order to obtain richer data from the area. Queenswood is an area with mid- to high level income residents from various cultures. The facility chosen in this area is a Methodist facility with mostly English and Afrikaans speaking Caucasian residents. Nieuw Muckleneuk is an area with mid to high income residents from various cultures, the facility chosen here is a Jewish facility with mostly English and Afrikaans speaking Jewish residents.

The participants were chosen through purposive sampling. Purposive sampling is a mixed methods sampling strategy where a small number of participants is purposively selected from a large group of people (Teddlie, & Yu. 2007:90). This method of sampling was used because of time constraints and the specificity of the mental faculties needed for the questionnaires to be completed and the focus groups to be conducted. The manager of each facility was informed of the aims of the study and the exclusion criteria. The manager was asked to identify residents from the particular facility who could participate in the study. The researcher then personally informed these selected residents of the research study and asked them whether they would be interested to participate.

Eight to ten participants from six care facilities was selected but not all of them chose to participate, the final number of participants were 40 (See appendix A for a list of the care facilities). Residents diagnosed with mid to late stage dementia, psychosis or intellectual disability were excluded from this study. These groups of residents were excluded in order to ensure that the questionnaires could be completed and the focus groups be conducted with little difficulty.

Of the 40 participants, 12 were male and 28 were female. 23 of the participants were widowed, six of the participants were single, six were married and four were divorced. One participant declined to reveal his marital status. The mean age between all the participants was 77 years of age.

3.5. Data collection

Data were gathered via the use of both questionnaires and focus group interviews at six Care facilities for the elderly in and around Pretoria. Between eight and ten residents in each facility received 2 questionnaires to be completed and subsequently participated in the focus group.

The questionnaires used in this study were:

1. The Basic Psychological Need Satisfaction in General Questionnaire. This 12-item scale was adapted from the Basic Psychological Need Satisfaction and Frustration Scale (Chen, Vansteenkiste, Beyers, Boone, Deci, Duriez, Lens, Matos, Mouratidis, Ryan, Sheldon, Soenens, Van Petegem, Van der Kaap-

Deeder, & Verstuyf. 2015). This scale measures Basic psychological need satisfaction, need frustration, and need strength across cultures. The data from this questionnaire was used to explore the psychosocial needs of the participants.

2. A musical questionnaire developed by the researcher combining three questionnaires from different studies by Laukka (2007), Rasmusson and Fowler (2016) and Saarikallio (2011). Laukka's (2007) assessed a random sample of 500 community living older adults in Sweden (aged 65--75 years). A questionnaire was developed to assess the use of music in everyday life. This questionnaire assessed the different facets of psychological well-being and selected background variables. Rasmusson and Fowler (2016) created a questionnaire assessing the use of music in everyday life by older adults for self-administered therapy. Saarikallio (2011) used a questionnaire to determine the uses of music for emotional self-regulation throughout adulthood. These three questionnaires were used to firstly determine a musical profile of the participants and to assess the emotional usages of the music by the participants. The three questionnaires address similar questions to this study. The three questionnaires were combined and adapted to be more applicable to the target population. (See Appendix B and C for questionnaires)

After the questionnaires had been completed a focus group was conducted regarding the musical questions in the questionnaire, in order to clarify answers and to obtain richer data. Due to time constraints it was decided not to conduct individual interviews with the participants. The musical questionnaire also included the psychosocial uses of music by the participants which was discussed further during the focus groups.

One focus group was conducted at each care facility with the participants who completed the questionnaires. There was no focus group conducted at Huis Lodewyk Spies, as there were only two residents who volunteered and after completion of the questionnaires, they didn't want to stay for a focus group. Schurink, Schurink and Poggenpoel (1998) describe a focus group as "a group of people between whom a distinguishable pattern of interaction exists" (Schurink, Schurink & Poggenpoel,

1998:314) and a focus group interview as “a purposive discussion of a specific topic or related topics” (Schurink, Schurink & Poggenpoel, 1998:314). The characteristics of a focus group according to Schurink, Schurink and Poggenpoel (1998) are that they involve a small number of people, the participants are homogenous but not too familiar with each other, it is a method of gathering qualitative data and it is a focused discussion.

The questions guiding the focus groups were constructed in a similar format to the questionnaires.

The questions were:

1. What kind of music do you like?
2. Why do you listen to music?
3. In what ways have you related to music throughout your life?
4. Have you ever played an instrument or sang in a choir?
5. What was your experience while making music or singing in a choir?
6. In what ways do you think can music have an effect on your emotions?
7. Has your preference in music changed in any way since you were younger? How?
8. If you could have access to music in any form, what would you like?

The questionnaires were analysed using descriptive statistics. The questions on the questionnaires were answerable on a scale of one to six with the same interval between each score which constitutes an interval scale (Miles & Banyard, 2007:13).

The data collected from The Basic Psychological Need Satisfaction in General Questionnaire, the musical questionnaire and the focus group data were compared and integrated in informing the research questions. The purpose of the focus group was to elaborate on the questionnaires and give the participants the opportunity to elaborate on answers given in the questionnaires would they like to do so. The combination of the three sets of data should then have given rich data in informing the research questions.

3.6. Data preparation

3.6.1. Qualitative data

The audio-visual recordings of each focus group were transcribed. According to Halkier (2010) conversation analysis inspires discourse psychology “but recognises that analysis of conversations make claims that go beyond the conversational situation itself and its social performances” (Halkier, 2010:80). In order to make particular social performances possible, people tend to construct their own opinions and descriptions in conversations as facts. This helps them to form or challenge consensus and conflict (Halkier, 2010:80). One of the strategies used is ‘interest management’. Interest management is a method where participants try to make their expression of interest in a “particular description, evaluation or argumentation” seem less so that their their own contributions to the conversation can seem more fact-like” (Halkier, 2010:80). Another strategy is called ‘category entitlement’. Here participants will try to emphasise how their own personal experiences and knowledge in terms of a life situation make their construction of a description more authentic and thereby more factual (Halkier, 2010:81). Discourse psychology resonated well with this study as it was important to keep in mind that the focus group questions probably addressed something very close to the hearts of the participants - their choice in music and their psychosocial wellbeing, which have might elicited strong opinions from the participants.

Quantitative data

After the questionnaires were completed, they were transcribed to electronic format to prepare for analysis. Both of the questionnaires from each participant were captured in an excel spread sheet. Each question received a v- number in identification. After each participant’s data were captured, the data for each facility were collated into a spreadsheet for each questionnaire. (Please see original completed questionnaires in Appendix D and captured questionnaires for each facility in Appendix E)

After the data sets for each facility were captured, the data were combined to a spreadsheet with the total numbers. This spreadsheet also included an allocation for the data according to the research questions and relevant topics for analysis. The data from the Music questionnaires were analysed using frequencies and the

Psychological needs questionnaire were analysed by averaging the total scores for each subscale. (Please see Appendix F for spreadsheet with totals).

Finally the two data sets, qualitative and quantitative informed each other in the final analysis and interpretation of the research. This will provide triangulation and a rich data set to work from.

3.7. Data Analysis

3.7.1. Qualitative data

The transcriptions were analysed through thematic analysis. Thematic analysis involves transcribing the audio-visual recording and coding it to highlight themes and sub themes for interpretation. According to Braun and Clarke (2016) the data set is organised and described in rich detail and interprets various aspects of the research topic (Braun & Clarke, 2016:79). Through coding, themes are developed within the data. The themes capture important information in relation to the research questions (Braun and Clarke, 2016:82). Latent thematic analysis uses the development of the themes as interpretation to discover what lies behind the words and actions of the transcribed data (Braun and Clarke, 2016:84).

The transcriptions were coded with first level codes (See Appendix G). There were 565 codes. Each code was numbered according to name of transcription/focus group, page number and line number.

Table 1: Example of coding with transcription

<u>INTERVIEWEE M:</u> That's not my scene at all.	J2,13. Not my scene at all (rap/hip-hop)
<u>INTERVIEWER:</u> Which is understandable.	
<u>INTERVIEWEE M:</u> It's very noisy as far as I'm concerned and I mean when the singers sing, you can't understand a word they saying.	2,15. Rap and hip-hop is very noisy. J2, 17,18,19. Can not understand what the singers are saying.

See appendix G for transcriptions with first level codes

Table 2: Example of Coding

Jaffa focus group. Code number: J, page nr., Line nr.(<i>name of transcription, page nr, line nr</i>)	
J1,18.	I love music
J1,18,19.	I can adapt to music
J1,22,23.	Don't like heavy classical music
J1,26.	I Love all music
J2,1.	Like opera
J2,1.	Like light opera
J2,3.	Come from Jazz era.

See appendix H for all first level codes

After the first level codes were decided upon they were grouped into higher order codes. The following 34 higher order codes became apparent:

Table 3: Example of Higher order – and First level codes (refer to Appendix I)

Higher order Code:	Example of First level codes	Example of First level codes	Example of First level codes
Preferences: genres	Country music is still the same	Jazz.	Listens to Opera now and then
Preferences: Artist, Composer or song	Likes Afrikaans song "Ek verlang na jou"	Like Elvis	Like Diana Ross
Non-preferences: genres	Not Jazz	Rap is rubbish. Don't like rap.	Heavy Metal is Stormy music
Music as part of life	Like all kinds of music	I can adapt to music	Music is a big part of me
Music of our era	My era music	Come from Jazz era.	Still like the old music
Music preference over time	Still love the same music I loved when I was young.	Music preference has changed	Preference in music hasn't really changed
Music and family	sing with my children	Grandson sings opera	whatever children sing, I sing along
Musicking in the past.	Didn't make music or sing	loved to play guitar	Played the saxophone
Active music making and singing	Can play fast songs on the mouth organ if he wants to	Daily routine to sing spiritual music	Plays the triangle
Effects of active music making	Playing mouth organ gives you a sentimental feeling that makes you want to cry	Learning a different melody as an alto was difficult, but I did manage	Singing in church choir taught me a lot about music
Music and connection	Music brings people together	Music that is sung in church overseas that are the same as at home makes her feel at home immediately	
Desire for access to music	Wants to make group music	Would like to make music in a group	If I could learn to play now
Lyrics	Listens to the lyrics of Gospel songs	Quotes a chorus from an Elvis song	You could understand every word of an Elvis song

Higher order Code:	Example of First level codes	Example of First level codes	Example of First level codes
Background music	Music is only background to exercises	Likes background music	Listens to music as background while watching tennis
Personal responses to music	Rap and hip-hop is very noisy.	Like calming music like Mozart when driving to Johannesburg	Walks away when music plays that he doesn't like
Music listening	Would rather listen to music than make music	Wants to listen to Gospel music	Wants choice about what music to listen to
Don't listen to music	Busy all the time	More interested in books	Rather sit and read
Music to relax or calm down	Music listening for relaxation	Music listening to cool you down	Classical music is Calmness
Music and memory	Music absolutely evokes memories.	When you listen to music you replay an incident that happened in your life.	When you hear a bid of music on the radio and you say "hey do you remember this" and it spans a long era
Stopped music making or singing	Stopped singing in the choir	Stopped playing guitar	I've forgotten
Music and movement	Loves to dance	Danced until we dropped	Body starts preaching. You get the rhythm.
Attending live music events	Greatest enjoyment is when grandson gives her a concert.	Watched a lot of live shows	Used to go watch musicals performed by Boys High school.
Music and generational change /changes of music over time	Taste in music differs from young people	Don't understand how the kids be hop be hop	Like songs the teenagers have here.
Music and technology	TV takes away music listening	Listens to music on cell phone	People are more interested in TV
Live music vs. recordings	Didn't like to listen to live music	Prefer live music over recorded music	Live music is personal
Cultural traditions and customs	Because of culture	Duty	No instruments in our culture

Higher order Code:	Example of First level codes	Example of First level codes	Example of First level codes
Music and religious ritual	Muslim music is like prayer	Like a music prayer for 10 days	No music for Hindu prayer
Reference to sin	As you get old you must ask forgiveness to God for listening to music.	So many sins	Watching TV is a sin
Personal stories	People aren't nice anymore	Drank a lot as youngster	Worked for theatres for 20 years
Daily routine	Daily routine	End the day with bible reading, singing and music	Daily routine to sing spiritual music
Daily boredom and disinterest	At least we could do something	Very few of the residents attended the event	People always complain about nothing to do
activities at facility	used to have a small group that met once a month	A man used to come with 30 min music and 30 min poetry	A man comes once a month to play music and play games.
Reference to age / ageism	This age might be lively	Are we too old for that?	We lose our voices at this age
Appreciation for visitor	If it wasn't for you we wouldn't be here	Thank you for taking interest in us	thank you for giving up your time to be with us
Not relevant to study or not part of focus group	Speaks 3 languages	Speaks English, Afrikaans and own language	Also understands and speaks Hindi

The transcriptions of the recordings at Laudium and Mamelodi old age home started before the focus group officially started and codes were given to information not pertaining to the focus group questions. These codes were grouped under the higher order code "Not relevant to study or not part of focus group" This higher order code will not be used in analysis of the data. See Appendix I for all higher order codes with all first level codes.

The higher order codes and first order codes were then grouped into themes as shown in the table below.

Table 4: Examples of Themes, Subthemes and higher order codes

THEME		MUSIC OVER THE LIFESPAN			
SUBTHEME 1: CURRENT MUSIC PREFERENCES					
Code	Preferences: genres	Code	Preferences Artist, Composer or song	Code	Non-preferences: genres
J3,17.	Like every other music	QM53,13-16	Likes Afrikaans song “Ek verlang na jou”	E9,18.	Not Jazz
J3,4,5.	Classic is first love.	M73,23	Like Elvis	E6,21.	Rap is rubbish. Don't like rap.
E7,20.	Classical music is fine	M73,24	Like Diana Ross	E8,22.	Heavy Metal is Stormy music

(Please see all themes with higher order and first order codes in Appendix J).

Explanation of table: Theme: Music over the lifespan. Subtheme: Current music preferences. Higher order codes: 1. Preferences: genres; 2. preferences: Artist, Composer or song; 3. Non-preferences: genres. The first level codes are listed underneath the higher order codes with the code number.

The following five themes with subthemes emerged from the higher order codes:

Table 5 : Themes with subthemes

	Theme 1	Theme 2	Theme 3	Theme 4	Theme 5
	Music over the lifespan	Access to music	Impact of music on personal experience	Music as experienced through a cultural and religious perspective	Personal reflections
Subtheme	Current music preferences	Music listening	Emotional and cognitive		
Subtheme	General ideas about music	Current active music making	Social		
Subtheme	Reference to era of music	Desire for active engagement with music	Physical		
Subtheme	Music and time		Experience of live music		
Subtheme	Previous active music making				
Subtheme	Music and family				

Questions 3, 7 and 8 on the Music questionnaire were designed to be analysed qualitatively. Most of the participants did not complete these questions and it was

decided not to use the few answers received from these questions in this study. The questions were:

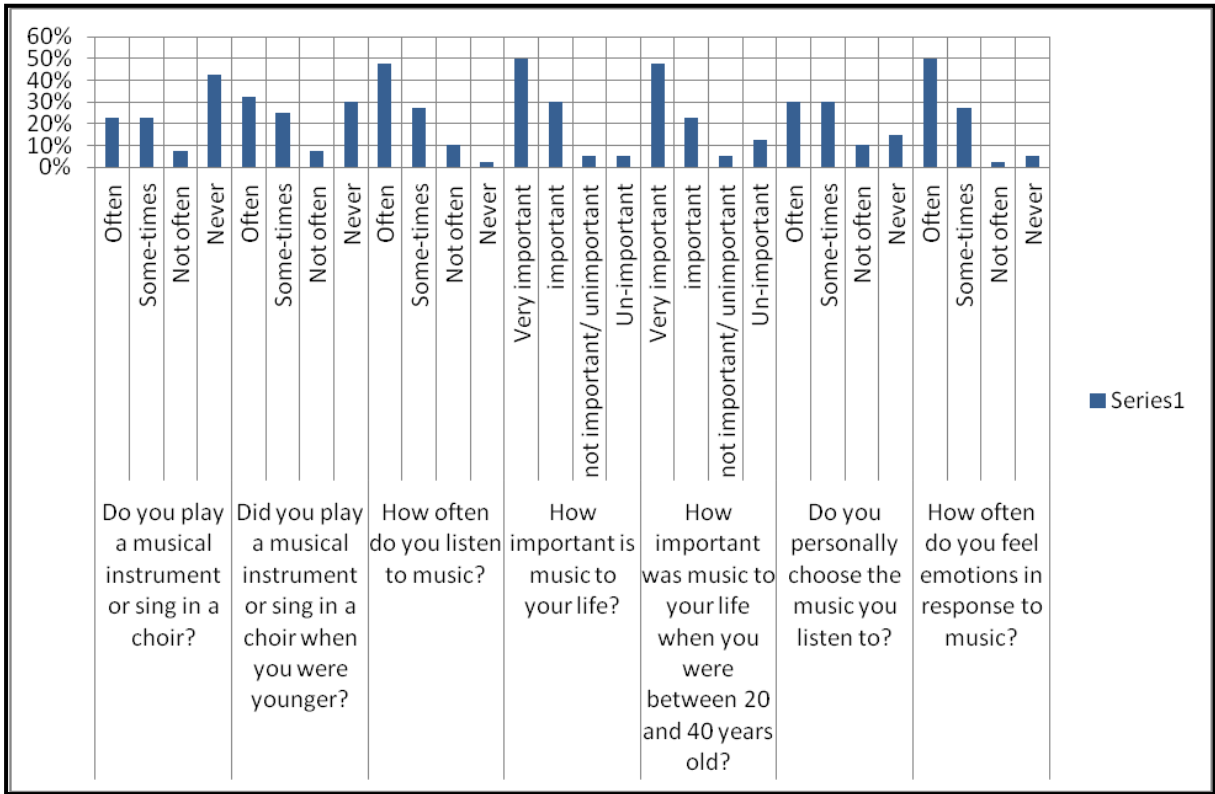
- 3. Please give a detailed description of your daily routine.
- 7. Please describe the musical instruments you used to play and to what level of expertise?
- 8. Please describe the musical activities you have access to.

The themes will be discussed in Chapter 5.

3.7.2. Quantitative data

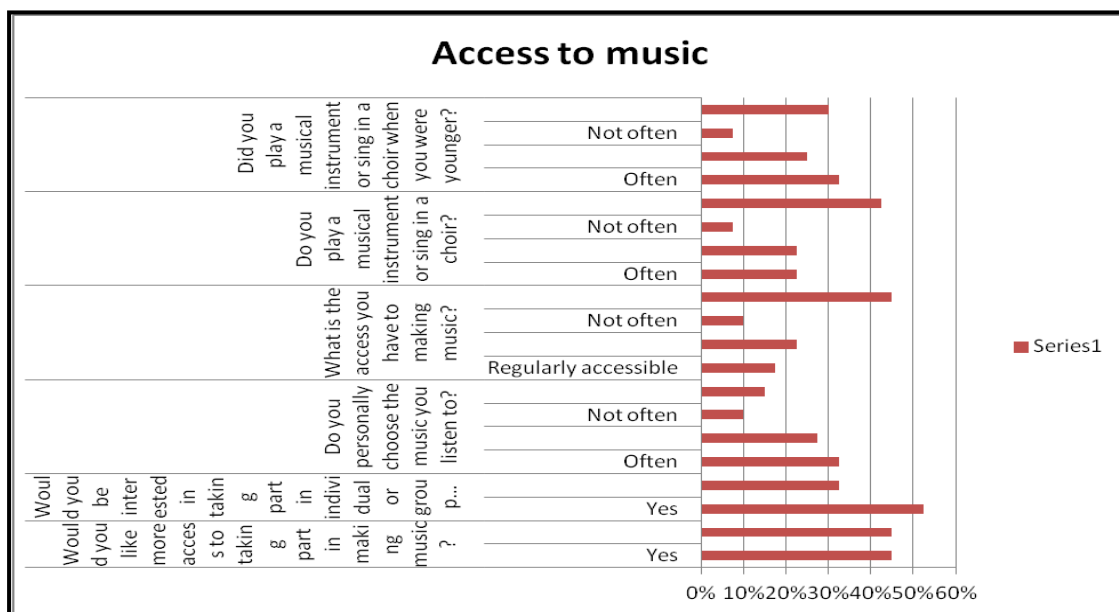
Not all the questions were completed by all the participants. On average between 39 and 34 of the participants completed each question. It could be possible that there were too many questions for the participants to answer, or the print might have been too small for them to see it well.

Table 6: Relationship with music



As can be seen in this chart, 55% of participants were often or sometimes actively involved in past musicking while 38% were not often or never. But when asked whether they are currently involved in making music, 46% of the participants indicated that often or sometimes they played an instrument or sing in a choir while 51% seldom or never play a musical instrument or sing in a choir. 60% of the participants would often listen to music that they personally choose. Music seemed to be very important and important to 80% of the participants, but it is worthy to note that while 13% of the participants noted that music was unimportant to their lives between their 20's and 40's, only 5% participants noted that music is currently still unimportant to their lives. When asked how often emotions are experienced in response to music, 78% of the participants felt that they often or sometimes feel emotions in response to music, while 8% participants believed that they seldom or never experienced emotions in response to music. Please see Appendix K for table with values.

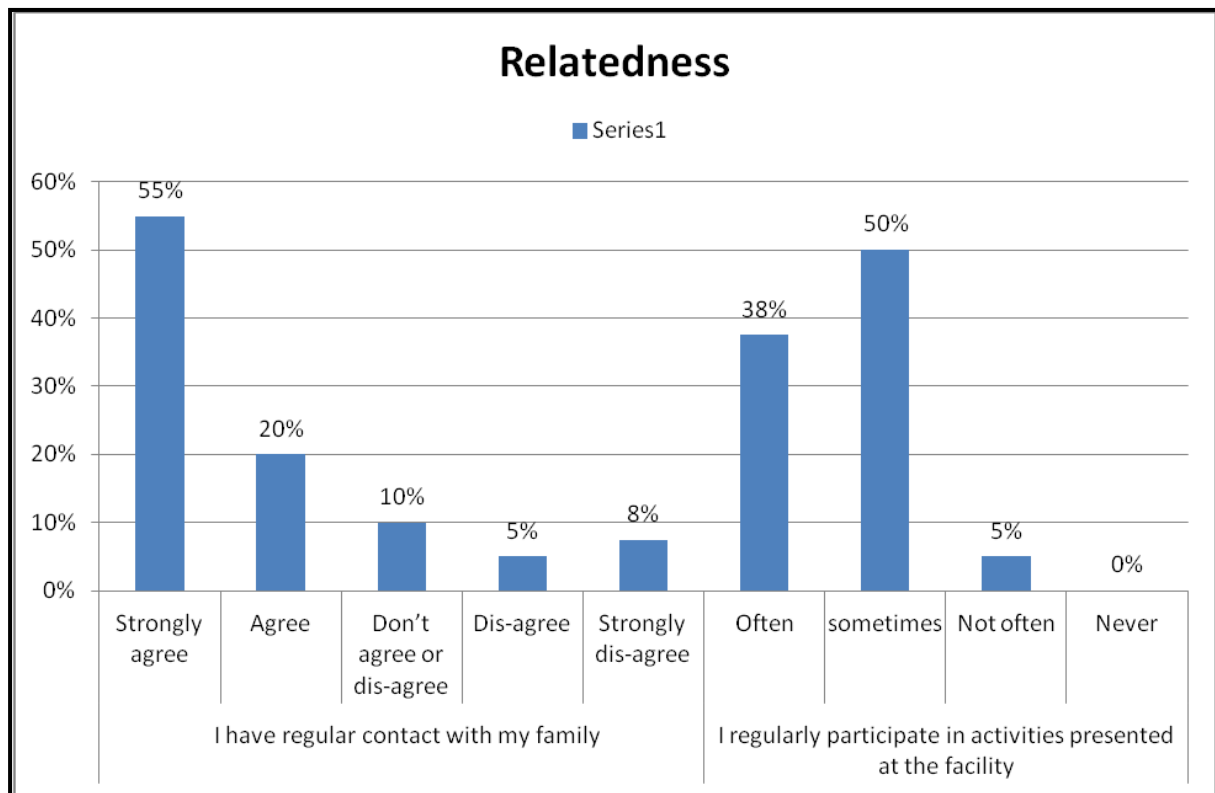
Table 7: Access to music



As can be seen in the chart above, 55% participants seldom or never have access to making music. Only 18% participants have regular access to making music and 23% participants sometimes have access to making music. When asked whether they would like more access to making music the participants were evenly divided between wanting more access and not wanting more access. But when asked whether the participants would be interested in taking part in Music therapy, 53%

indicated that they would be interested while 33% indicated that they wouldn't be interested. Playing a musical instrument or singing in a choir pertains to both a relationship with music as well as access to music. Please see Appendix L for table with values.

Table 8: Relatedness



The above table displays the perceived levels of relatedness. 55% of the participants have regular contact with their families, up to 35% have occasional contact and 8% of the participants do not have regular contact with their families. Contact with family as well as actively participating in activities pertains to psychosocial well being. Please see Appendix M for table with values.

Table nine speaks to the emotions felt while listening to music.

Table 9: Emotions felt while listening to music

Emotions felt while listening to music					
Happy	Often	85%	Moved	Often	58%
	sometimes	8%		sometimes	15%
	Not often	5%		Not often	10%
	Never	0%		Never	10%
Hopeful	Often	40%	Empathic	Often	28%
	sometimes	43%		sometimes	23%
	Not often	5%		Not often	15%
	Never	5%		Never	20%
Disappointed	Often	15%	Anxious	Often	15%
	sometimes	33%		sometimes	33%
	Not often	28%		Not often	15%
	Never	18%		Never	23%
Enjoying	Often	78%	Amused	Often	18%
	sometimes	13%		sometimes	40%
	Not often	8%		Not often	20%
	Never	0%		Never	13%
Longing	Often	35%	Spiritual	Often	53%
	sometimes	35%		sometimes	25%
	Not often	8%		Not often	10%
	Never	13%		Never	8%
Indifferent	Often	25%	Jealous	Often	10%
	sometimes	28%		sometimes	5%
	Not often	15%		Not often	8%
	Never	23%		Never	68%
Nostalgic	Often	55%	Interested	Often	63%
	sometimes	18%		sometimes	20%
	Not often	10%		Not often	5%
	Never	5%		Never	5%

Relieved	Often	48%	Sad	Often	23%	
	sometimes	20%		sometimes	25%	
	Not often	15%		Not often	13%	
	Never	10%		Never	33%	
Tense	Often	18%	Confused	Often	13%	
	sometimes	25%		sometimes	30%	
	Not often	10%		Not often	13%	
	Never	38%		Never	40%	
Relaxed	Often	68%	Admiring	Often	45%	
	sometimes	15%		sometimes	30%	
	Not often	10%		Not often	10%	
	Never	3%		Never	8%	
Thrills / Chills	Often	28%	Desiring	Often	20%	
	sometimes	35%		sometimes	40%	
	Not often	8%		Not often	10%	
	Never	23%		Never	20%	
Angry	Often	8%	Regretful	Often	23%	
	sometimes	13%		sometimes	28%	
	Not often	5%		Not often	18%	
	Never	63%		Never	20%	
Calm	Often	68%	Loving	Often	65%	
	sometimes	18%		sometimes	15%	
	Not often	10%		Not often	10%	
	Never	0%		Never	5%	
Curious	Often	15%	Proud	Often	48%	
	sometimes	45%		sometimes	23%	
	Not often	13%		Not often	15%	
	Never	13%		Never	10%	
Frustrated	Often	10%	Disgusted	Often	10%	
	sometimes	18%		sometimes	18%	
	Not often	20%		Not often	18%	
	Never	40%		Never	48%	

Content	Often	58%	Guilty	Often	13%	
	sometimes	18%		sometimes	8%	
	Not often	13%		Not often	18%	
	Never	5%		Never	55%	
Lonely	Often	38%	Tender	Often	40%	
	sometimes	30%		sometimes	23%	
	Not often	15%		Not often	5%	
	Never	13%		Never	20%	
Contempt	Often	13%	Bored	Often	8%	
	sometimes	13%		sometimes	28%	
	Not often	18%		Not often	18%	
	Never	45%		Never	40%	
Enchanted	Often	35%	Humiliated	Often	13%	
	sometimes	30%		sometimes	25%	
	Not often	13%		Not often	13%	
	Never	10%		Never	43%	
Honoured	Often	20%	Expectant	Often	30%	
	sometimes	33%		sometimes	23%	
	Not often	13%		Not often	15%	
	Never	25%		Never	23%	
Afraid	Often	15%	Surprised	Often	40%	
	sometimes	10%		sometimes	23%	
	Not often	18%		Not often	13%	
	Never	50%		Never	18%	
Solemn	Often	35%	Ashamed	Often	10%	
	sometimes	23%		sometimes	18%	
	Not often	25%		Not often	8%	
	Never	10%		Never	58%	
Ecstatic	Often	33%				
	sometimes	25%				
	Not often	13%				
	Never	20%				

The participants could choose between, often, sometimes, not often and never to refer to a list of emotions felt while listening to music. Most participants (more than 50%) Indicated that they often felt happy, enjoyment, nostalgia, relaxation, calmness, moved, spiritual, interested, loving and content while listening to music. Over 50% of the participants also indicated that they seldom or never felt ashamed, guilty, afraid, jealous or angry while listening to music.

The participants were also asked about the reasons why they listen to music. They were again asked to indicate often, sometimes or not often to a list of reasons why people would listen to music.

Table 10: Reasons to listen to music

Reasons to listen to music					
For entertainment	Often	68%	It is beautiful	Often	63%
	sometimes	18%		sometimes	28%
	Not often	5%		Not often	5%
	Never	5%		Never	0%
It evokes memories	Often	58%	To vent emotions	Often	38%
	sometimes	30%		sometimes	30%
	Not often	5%		Not often	13%
	Never	3%		Never	8%
It gives me pleasure	Often	68%	To reflect on my life	Often	43%
	sometimes	23%		sometimes	30%
	Not often	3%		Not often	13%
	Never	3%		Never	5%
To get company / background music	Often	43%	It strengthens my self-image	Often	50%
	sometimes	40%		sometimes	18%
	Not often	3%		Not often	15%
	Never	8%		Never	10%
Interest in music itself	Often	70%	To express my personality	Often	48%
	sometimes	8%		sometimes	15%
	Not often	8%		Not often	13%
	Never	8%		Never	15%
To create atmosphere in social situations	Often	23%	To feel akin to others	Often	48%
	sometimes	40%		sometimes	20%
	Not often	20%		Not often	10%
	Never	8%		Never	13%

It is hard to avoid hearing music	Often	35%	To reduce feelings of loneliness	Often	58%
	sometimes	25%		sometimes	23%
	Not often	20%		Not often	10%
	Never	13%		Never	5%
Enjoy listening to lyrics	Often	45%	To express my feelings	Often	55%
	sometimes	28%		sometimes	20%
	Not often	10%		Not often	5%
	Never	5%		Never	10%
Music induces emotions	Often	60%	To shield out the world around me	Often	30%
	sometimes	18%		sometimes	25%
	Not often	13%		Not often	20%
	Never	0%		Never	13%
To forget about the present	Often	43%	To strengthen self esteem	Often	58%
	sometimes	33%		sometimes	10%
	Not often	8%		Not often	18%
	Never	8%		Never	10%
To enhance positive moods	Often	53%	It makes me feel competent	Often	50%
	sometimes	28%		sometimes	25%
	Not often	5%		Not often	5%
	Never	10%		Never	15%
To weaken negative moods	Often	45%	To gain control of sounds in my surroundings	Often	55%
	sometimes	20%		sometimes	18%
	Not often	10%		Not often	13%
	Never	15%		Never	10%
To stir up energy	Often	48%	To master new skills	Often	35%
	sometimes	18%		sometimes	10%
	Not often	13%		Not often	15%
	Never	13%		Never	28%
To relax and calm down	Often	53%			
	sometimes	30%			
	Not often	3%			
	Never	10%			
It helps me concentrate	Often	40%			
	sometimes	20%			
	Not often	18%			
	Never	8%			

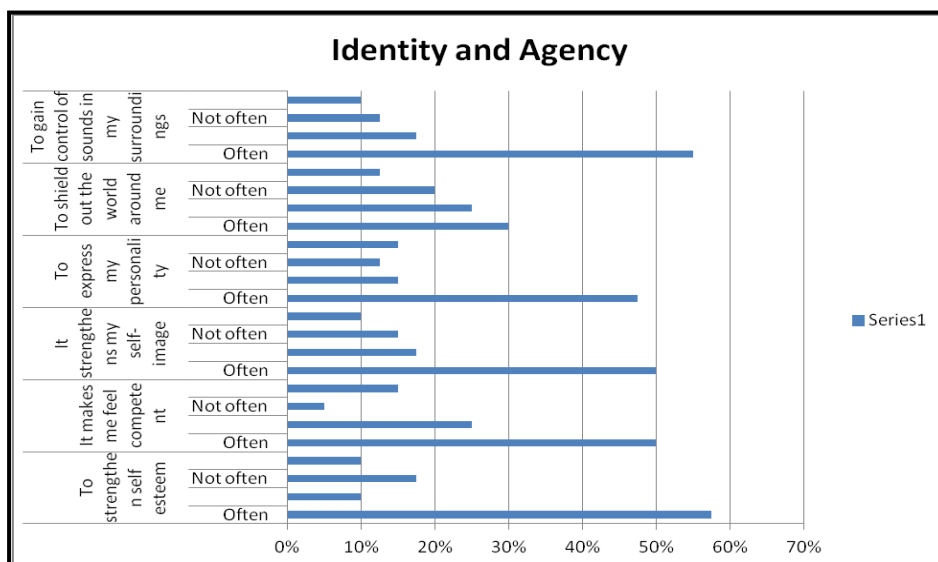
More than 50% of the participants indicated that they mostly listened to music for entertainment; because it evoked memories; because it gave them pleasure; because of interest in music itself; because music induced emotions; to enhance

positive moods; to relax and calm down; because music is beautiful; in order to strengthen self image; to reduce feelings of loneliness; to express their feelings; to strengthen self-esteem; because it makes them feel competent and in order to gain control of sounds in their surroundings.

The above data were further analysed by dividing it into categories as in the study by Laukka (Laukka, 2007) from which the questionnaire was developed. The categories were:

1. Identity and agency
2. Mood regulation
3. Relaxation and company
4. Enjoyment
5. Self improvement

Table 11: Identity and agency



As can be seen in Table 11, above 50% of the participants listen to music to strengthen identity and enhance agency.

Table 12: Mood regulation

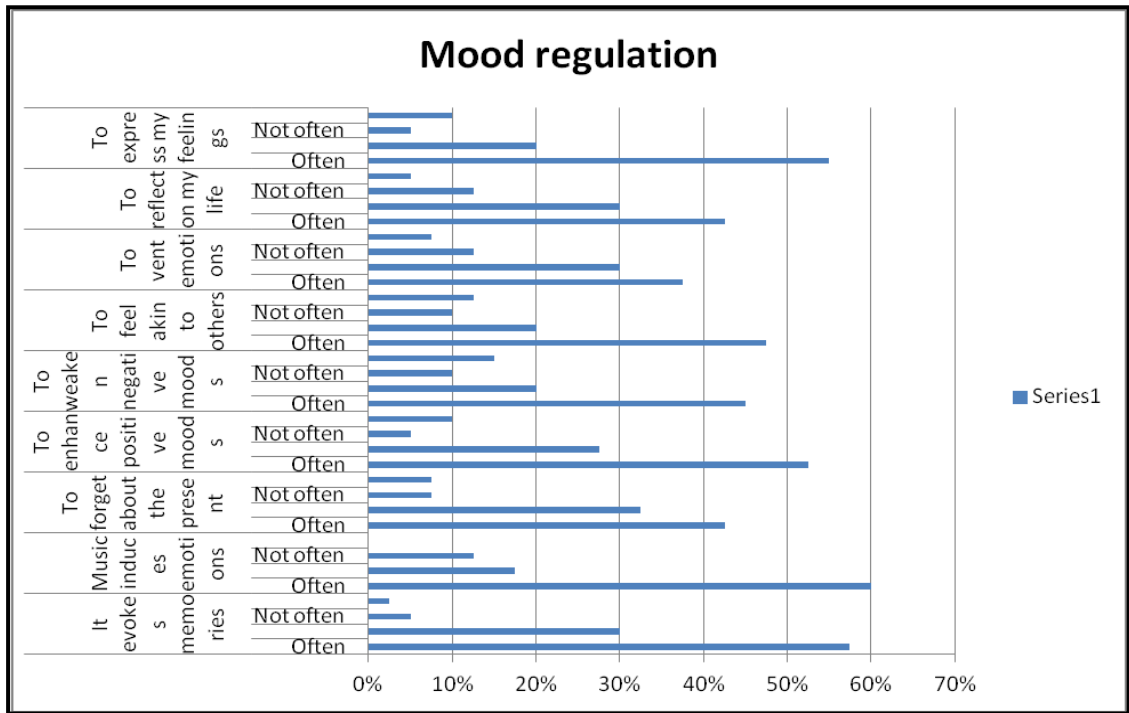


Table 12 shows that more than 50% of the participants use music listening for mood regulation.

Table 13: Relaxation and company

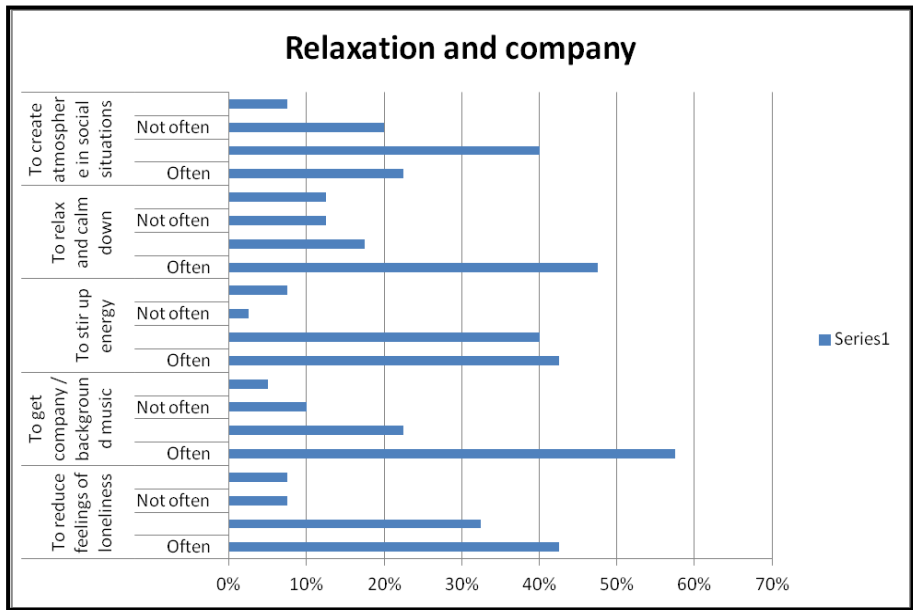


Table 13 shows that more than 50% of the participants use music listening for relaxation and company.

Table 14 : Self improvement

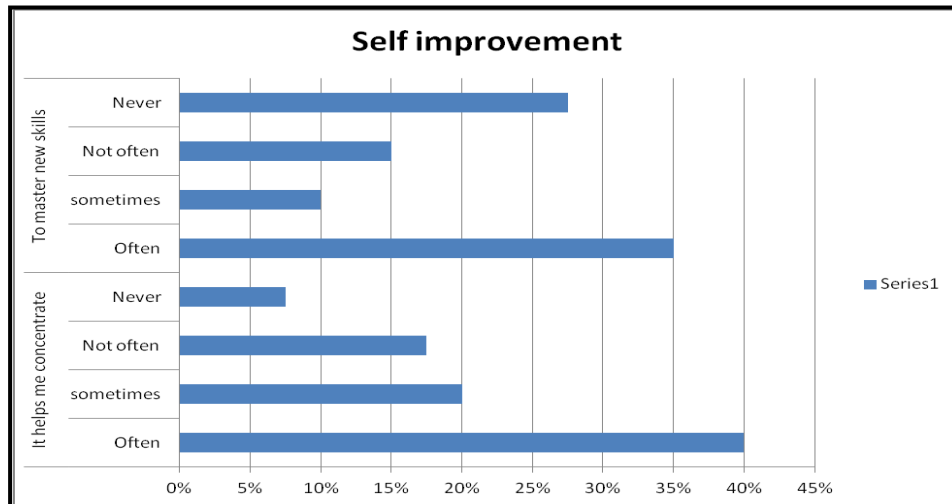


Table 14 shows that 40% of the participants use music listening for self improvement.

Table 15: Enjoyment

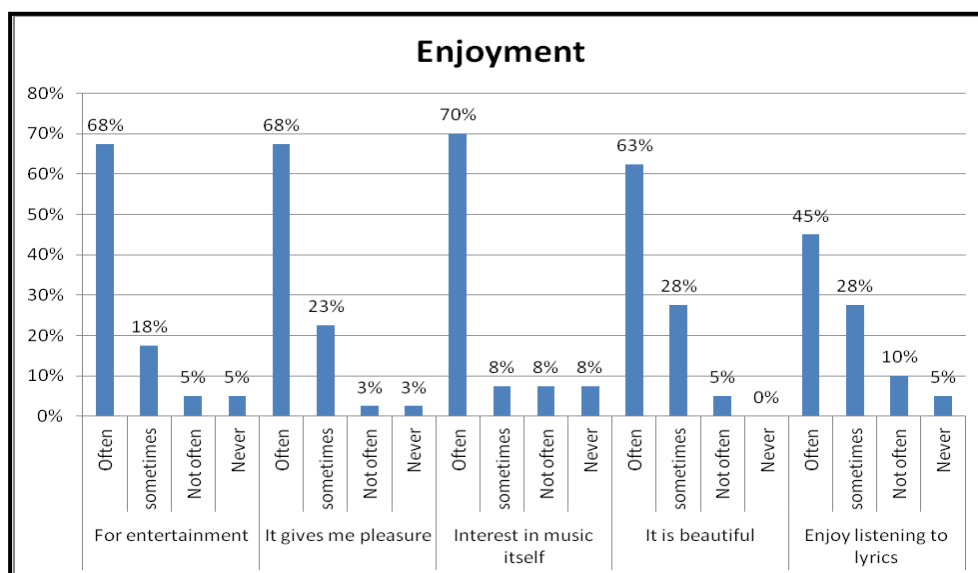


Table 15 indicates that up to 70% of participants listens to music for enjoyment purposes.

The subcategory “It is hard to avoid listening to music” was left out from this analysis because it did not fit into one of the categories since this category speaks about environmental mastery.

Please see Appendix N for the categories and sub categories

The Basic psychological need satisfaction in general questionnaire was designed to measure the three basic subscales of autonomy, competence and relatedness. As with the Music questionnaire, all the questions were not completed by all the participants. This could have been because there were too many questions, the print was too small, or the participants didn’t understand all the questions.

Please see Appendix O for all the totals scored for autonomy, competence and relatedness by all participants.

Out of the 21 questions, seven questions measured autonomy, six questions measured competence and eight questions measured relatedness.

The scores for each subscale were calculated and then a mean score for the subscale and percentage out of 100% were calculated.

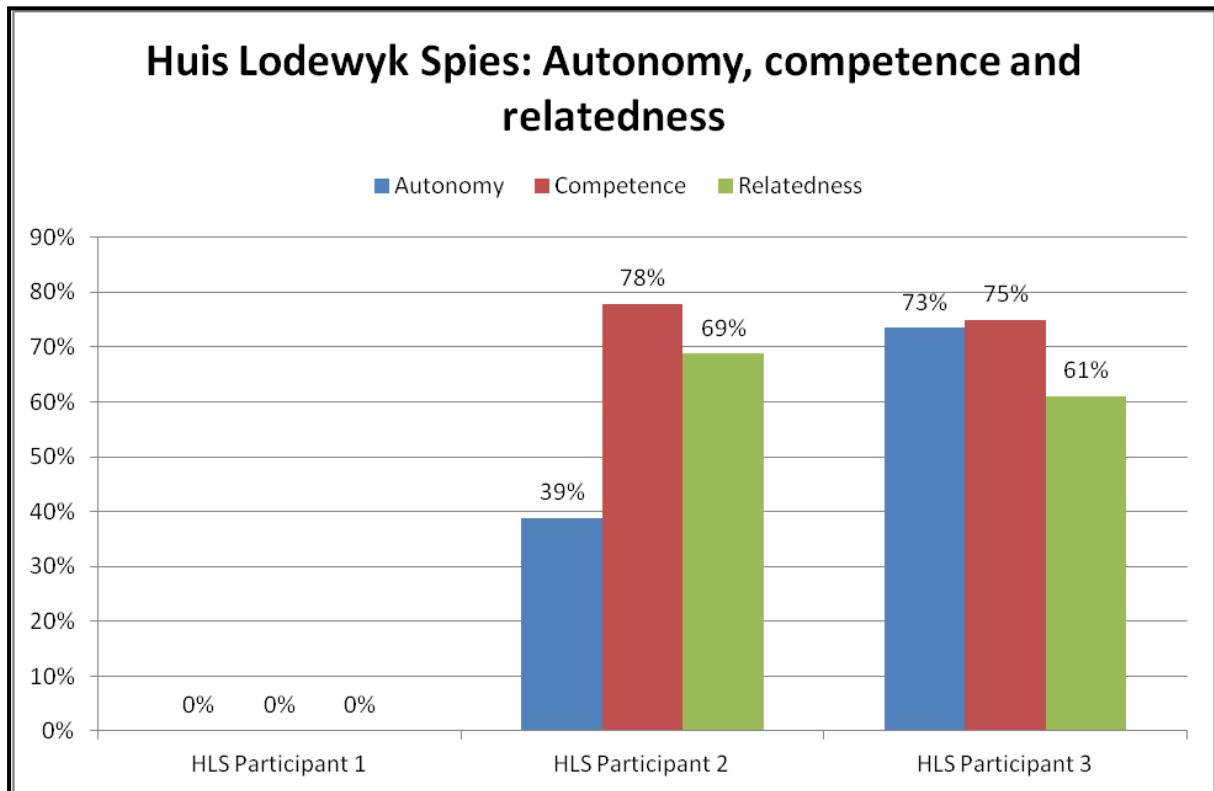
TABLE 3: Basic psychological need satisfaction

Participant	Autonomy			Competence			Relatedness		
EWOFA Participant 1	30	4.29	61%	23	3.83	64%	25	3.13	39%
EWOFA Participant 2	33	4.71	67%	26	4.33	72%	31	3.88	48%
EWOFA Participant 3	37	5.29	76%	27	4.50	75%	44	5.50	69%
EWOFA Participant 4	28	4.00	57%	24	4.00	67%	32	4.00	50%
EWOFA Participant 5	31	4.43	63%	24	4.00	67%	39	4.88	61%
EWOFA Participant 6	37	5.29	76%	21	3.50	58%	40	5.00	63%

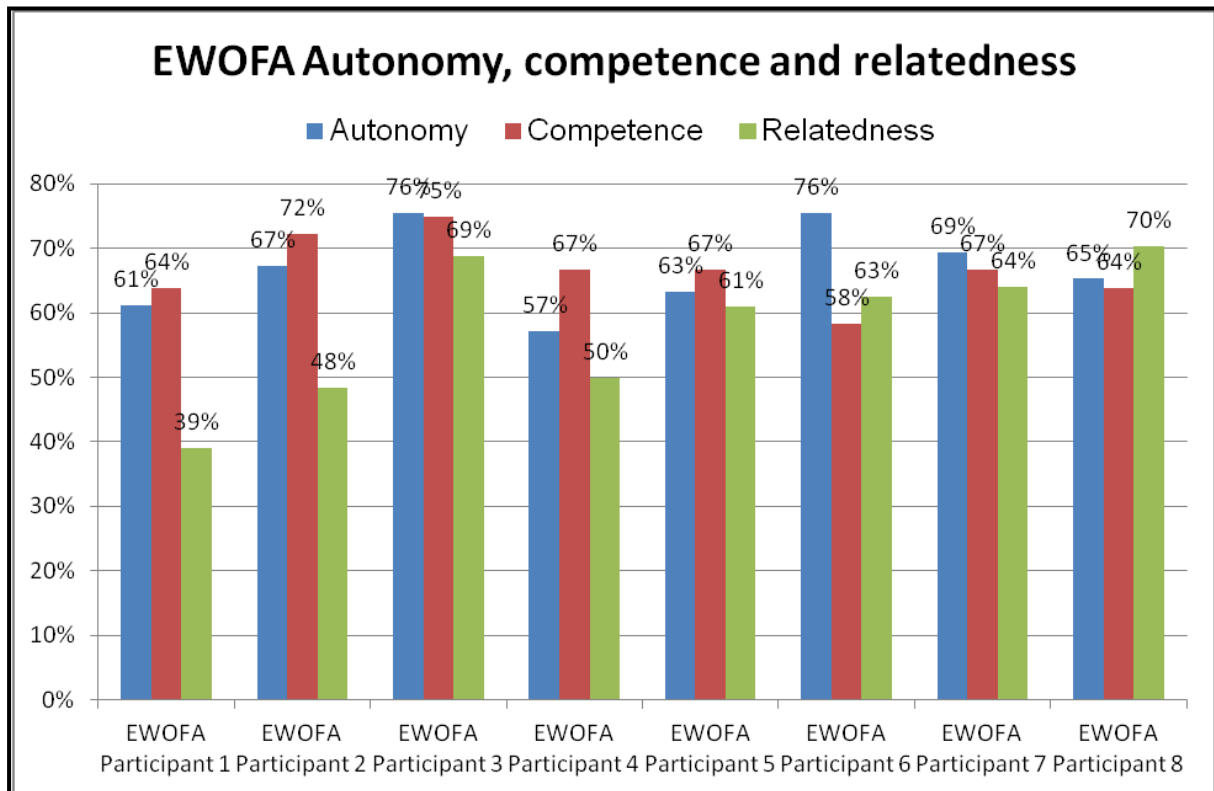
EWOFA Participant 7	34	4.86	69%	24	4.00	67%	41	5.13	64%
EWOFA Participant 8	32	4.57	65%	23	3.83	64%	45	5.63	70%
HLS Participant 1	0	0.00	0%	0	0.00	0%	0	0.00	0%
HLS Participant 2	19	2.71	39%	28	4.67	78%	44	5.50	69%
HLS Participant 3	36	5.14	73%	27	4.50	75%	39	4.88	61%
L Participant 1	28	4.00	57%	29	4.83	81%	56	7.00	88%
L Participant 2	29	4.14	59%	23	3.83	64%	34	4.25	53%
L Participant 3	28	4.00	57%	24	4.00	67%	41	5.13	64%
L Participant 4	26	3.71	53%	16	2.67	44%	54	6.75	84%
L Participant 5	27	3.86	55%	24	4.00	67%	38	4.75	59%
M Participant 1	28	4.00	57%	24	4.00	67%	38	4.75	59%
M Participant 2	25	3.57	51%	30	5.00	83%	44	5.50	69%
M Participant 3	25	3.57	51%	30	5.00	83%	44	5.50	69%
M Participant 4	31	4.43	63%	30	5.00	83%	44	5.50	69%
M Participant 5	37	5.29	76%	27	4.50	75%	38	4.75	59%
M Participant 6	31	4.43	63%	24	4.00	67%	44	5.50	69%
M Participant 7	30	4.29	61%	30	5.00	83%	37	4.63	58%
M Participant 8	40	5.71	82%	24	4.00	67%	44	5.50	69%
J Participant 1	28	4.00	57%	27	4.50	75%	39	4.88	61%
J Participant 2	32	4.57	65%	30	5.00	83%	41	5.13	64%
J Participant 3	23	3.29	47%	26	4.33	72%	25	3.13	39%
J Participant 4	17	2.43	35%	11	1.83	31%	25	3.13	39%
J Participant 5	20	2.86	41%	22	3.67	61%	35	4.38	55%
J Participant 6	23	3.29	47%	33	5.50	92%	32	4.00	50%
J Participant 7	30	4.29	61%	27	4.50	75%	37	4.63	58%
J Participant 8	27	3.86	55%	30	5.00	83%	40	5.00	63%
J Participant 9	36	5.14	73%	30	5.00	83%	47	5.88	73%
QM Participant 1	30	4.29	61%	27	4.50	75%	40	5.00	63%
QM Participant 2	36	5.14	73%	25	4.17	69%	37	4.63	58%
QM Participant 3	29	4.14	59%	22	3.67	61%	33	4.13	52%
QM Participant 4	26	3.71	53%	22	3.67	61%	33	4.13	52%
QM Participant 5	37	5.29	76%	35	5.83	97%	54	6.75	84%
QM Participant 6	35	5.00	71%	27	4.50	75%	36	4.50	56%

	4.14	4.14	59%	4.17	4.17	70%	4.78	4.78	60%

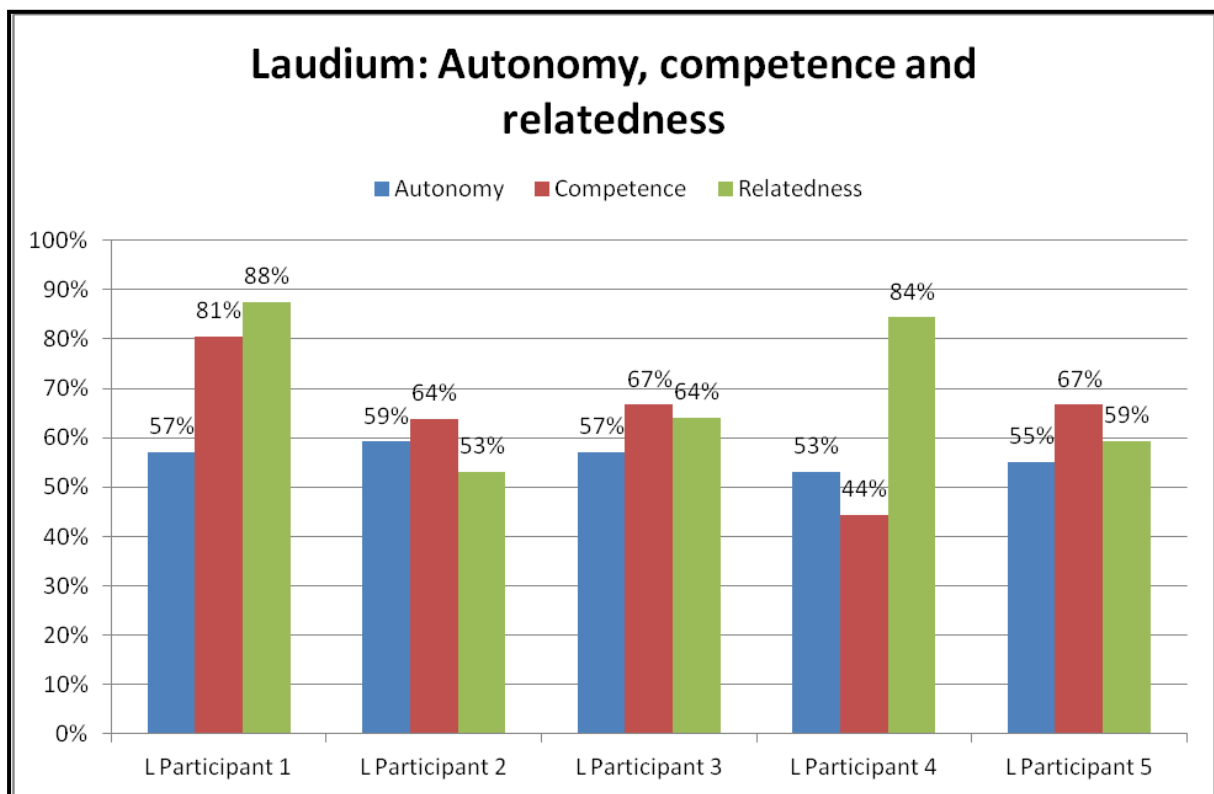
To simplify and further explain the table, graphs from each facility are shown below.



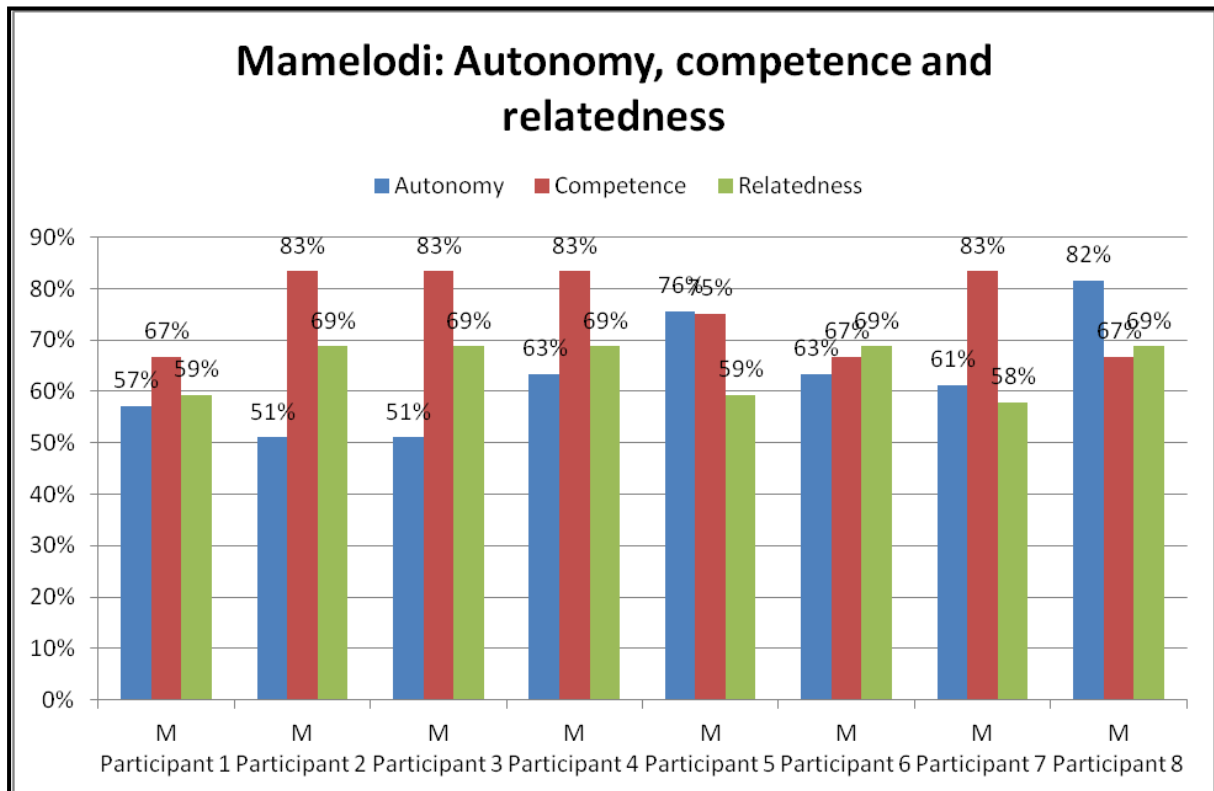
The two participants from Huis Lodewyk Spies seemed to score higher in Competence and relatedness.



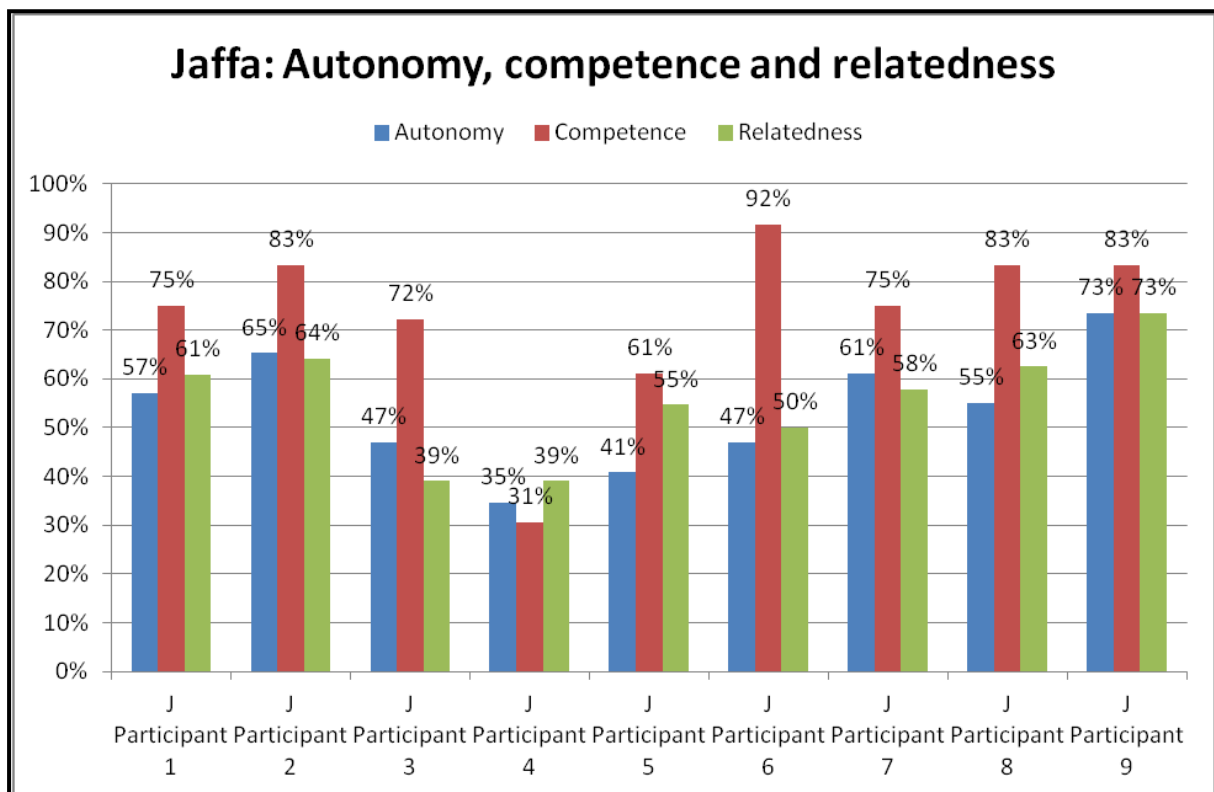
Autonomy seems to be the highest subscale at EWOFA followed by Competence.



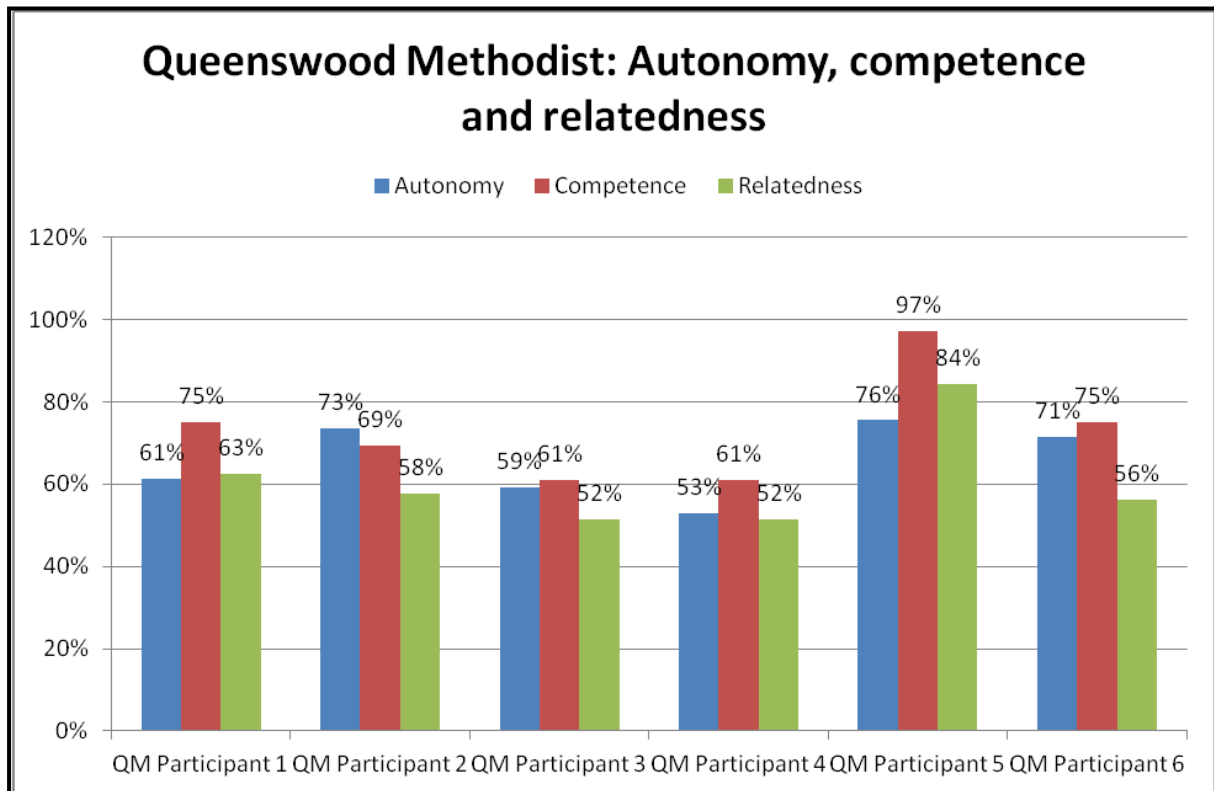
The participants at Laudium seem to score highest in Relatedness followed by Competence.



The participants in Mamelodi seems to score highest in Competence followed by Relatedness.



The participants in Jaffa Also scores highest in Competence followed by relatedness.



Queenswood Methodist participants also scored highest in competence but other than the participants from the other facilities, scored lowest in relatedness.

The mean percentage out of 100% for all the participants for Autonomy was 59%, the lowest mean was for Huis Lodewyk Spies Participant 2 who resides in Huis Lodewyk Spies in Eersterust with 39% Autonomy, and the highest mean for Autonomy was M Participant 8 who resides in Mamelodi old Age home in Mamelodi with 82%. Huis Lodewyk Spies Participant 1 did not complete a questionnaire.

The participant mean for Competence was 70%. The lowest participant mean was J Participant 4 with 31% who resides in Jaffa residential home and the highest mean was QM Participant 5 who resides in Queenswood Methodist retirement facility with 97%.

The participant mean for Relatedness was 60%. The lowest participant mean was for three participants, EWOFA Participant 1 who lives in Eersterust Welfare Organisation for the aged in Eersterust, and J Participants 3 and 4 who lives in Jaffa residential facility in Nieuw Muckleneuk at a mean of 39% while the highest participant mean was for L Participant 1 who lives in Laudium retirement home in Laudium with a mean of 88%.

Overall all six facilities scored high in competence and/or relatedness, except for EWOFA who scored highest in autonomy, and Queenswood Methodist whose lowest score was in relatedness.

4. Research quality

Bradt, Burns and Creswell (2013) state four criteria for quality Mixed Methods Research:

1. The intent for mixing the quantitative and qualitative data to either merge the data sets for comparison; or for the data sets to build upon one another. This study aimed to use the data sets to build upon the other. The questionnaires and the focus groups enhanced each other and built upon one another in order to get a rich and broad dataset.
2. The timing of the two methods (Bradt, *et al.* 2013:133). The two methods for this study were implemented concurrently. Even though the questionnaires were completed first, the answers of the questionnaires did not inform the flow of the focus group discussion.
3. The third criterion is the priority given to each method. Within this study the data from both methods received equal priority since they informed one another.
4. The fourth criterion is whether the design is fixed or emergent (Bradt, *et al.*, 2013:133). The design in this study is fixed since the “timing, priority, and point of integration has been predetermined” (Bradt, *et al.*, 2013:133).

Onwuegbuzie and Leech (2005:384) define triangulation as “seeking convergence and corroboration of results from different methods studying the same phenomenon”. While triangulation is defined by Johnson, Onwuegbuzie and Turner (2007:113) as a process where “more than one method is used as part of a validation process that ensures that the explained variance is the result of the underlying phenomenon or trait”. This study used data triangulation where data sets from both quantitative and qualitative methods were used to inform each other in a process of validation. Jick (in Johnson, Onwuegbuzie and Turner, 2013) proposes six advantages of triangulation.

1. Confidence in results.
2. The stimulation of the development of creative ways of collecting data.

3. The different data sets lead to “thicker and richer data” (Johnson, Onwuegbuzie & Turner, 2007:115).
4. Triangulation can lead to “the synthesis or integration of theories (Johnson, Onwuegbuzie & Turner, 2007:115)”.
5. It can “uncover contradictions” (Johnson, Onwuegbuzie & Turner, 2007:115).
6. Triangulation can, “by virtue of its comprehensiveness, ... serve as the litmus test for competing theories” (Johnson, Onwuegbuzie & Turner, 2007:115).

The advantages to this study according to the above were more confidence of the results, richer, thicker data sets and a probability of uncovering any contradictions.

According to Greene, Caracelli and Graham (in Johnson, Onwuegbuzie and Turner, 2007) there are five broad purposes for mixed methods studies.

1. Triangulation, which has been discussed above.
2. Complementarity seeking “elaboration, enhancement, illustration or clarification from the results of one method with the results of the other method” (Johnson, Onwuegbuzie & Turner, 2007:115).
3. Development by using “the results from one method to help inform the other method” (Johnson, Onwuegbuzie & Turner, 2007:115).
4. Expansion in “seeking to expand the breadth and range of inquiry by using different methods for different inquiry components” (Johnson, Onwuegbuzie & Turner, 2007:115).
5. Initiation by “discovering paradoxes and contradictions that lead to a reframing of the research question” (Johnson, Onwuegbuzie & Turner, 2007:115).

All of these purposes were fulfilled in this study.

5. Discussion

First the qualitative data will be discussed, then the quantitative data will be discussed and finally the research questions will be discussed.

Themes

Theme 1: Music over the lifespan

The first theme is Music over the life span. This theme included five subthemes: i) current music preferences; ii) general ideas about music; iii) references to era of music; iv) music and time, and v) previous active music making. The preferences and non preferences included both the likes and the dislikes of the participants regarding genre, artist or composer and specific songs. The preferred genres mentioned mostly were classical music, light classical music, Jazz, Opera and Gospel (J3, 4-5, QM7, 8, E7, 22, J2, 21, E11, 11, J2, 5). The genres mostly mentioned as music that the participants didn't like, were Rap, Heavy metal, and Reggae but it is worthy to note that within this non-preference category, classical music, Jazz and Opera also featured (E6, 21, E8, 22, QM2, 11-12, J3, 6-7, J3, 21, J3, 24, E9, 18, J6,1, J3, 11). The artists, composers or specific songs that were preferred were mostly Elvis, Nat King Cole and Frank Sinatra (M73,23, QM36, 15 QM36, 16, QM3,23-24, QM4,2-4, E1, 25, E2, 5, E2, 6, E2, 8). No artist, composer or specific songs were mentioned as something that the participants didn't like. Many participants stated that they still like the same music that they liked when they were younger, but there were a few participants who stated that their taste in music has changed over time (J10, 19-21, QM34, 27, J10,17, E8, 6, E8, 26, M73, 1, QM37, 25-26, E8, 4, QM37, 12). Some of the participants had difficulty understanding and liking the more modern music of this time (E6,17 J2,9, J2,13, M73,8), whereas other participants said that they liked the modern music and even that it is better music (J10,22-23, E9, 4-5). The majority of the participants' reactions concurred with the findings of Cohen Bailey and Nilsson (2002) where it was found that the music preferences from earlier in their lives remain among the favourite music to listen to today. But as one of the participants said in a focus group "all old people are not the same ... some are more modern" (see L 15, 19-26), not all reactions by all participants can be substantiated by someone else's research.

Many of the participants replied with “I love all kinds of music” or “I like all kinds of music”(L7,4, L18,26-27, L9,19, J3,25, J1,26), but there were a few participants who said that they didn’t like music, have no ear for music or that music hasn’t been a big part of their lives (J4,17, L11,26-27, J5,9, J4,23)). A few of the participants were involved in active music making or singing when they were younger. One of the participants played guitar (E14,22), a couple played the piano (QM22,16-22, J4,18, J9,3 E4,4) another participant played the saxophone (M71,25), another participant played the Trompie as a child (E4,11) and a few sang in a choir (E4,7, E4,6, QM21,19-20), but most of them stopped since and are not involved with active music making or singing any more (E14,24-25, L17,16). Many participants didn’t have any active involvement with music making or singing when they were younger (L12, 20-21, QM22, 1-4, J5, 24-25, L17, 1, L13, 6).

Theme 2: Access to music

The second theme: Access to music, covered subthemes including: i) Music listening; ii) current active music making and singing and iii) the desire for active engagement with music. Music and technology were mentioned several times with participants claiming that they mostly listened to music that is already playing on the television or the radio (E9,26 - 27, E10,10, QM40,1-4, QM10,4-11, QM30,21-24, QM13,14-18). Several radio stations were mentioned such as RSG, Radio 702, Radio Pretoria and impact Radio (QM9, 17-18, QM11, 12-13, J9, 12-13, QM11, 1-11). Some participants also expressed a need for their own radio or CD players (E10, 16-18, E12, 6, QM31, 11-17). When talking about music listening a lot of participants expressed that they enjoyed soft background music while they were busy with other activities such as reading or watching tennis (QM43, 11-17, QM14, 4-5, E9, 15, J6, 7). This points to using music listening, the television or the radio for company. This concurs with Laukka (2007) and Saarikallio (2010) in the claim that music listening is used by the elderly to reduce loneliness. Lyrics also seemed to be of importance to the participants. There were comments about listening to the lyrics of certain songs and being able to understand the lyrics of the music from their generation versus not understanding the lyrics from more modern music (QM33, 16-17, QM38, 23-27). Vanstone, Cuddy, Duffin and Alexander (2009) propose that the elderly remember lyrics from older songs because of special bonds formed with the

songs in earlier life. Other participants claimed that they never listen to music, one of the participants said that she is more interested in books and others claimed that they had no time for music listening (QM10,22-23, L12,7). There were some participants who were actively engaged with music making and singing. Only one of the participants played an instrument which is the mouth organ (QM23, 7-12, QM24, 8-10). The rest of the participants actively engaged in singing. Participants from Laudium have a daily routine of singing spiritual songs as prayer (L7, 1, L13, 1, 9, 24-28). Other participants from EWOFA are participating in a choir at the facility and they concurred that it is enjoyable to make music with other people (E11, 26). A need for more active participation in music making was expressed. Three of the participants from EWOFA, Laudium and Queenswood Methodist wished that they could learn to play the piano and the guitar (E15, 2-3, L17, 4, QM25, 18-20). Others said that it would be nice to be able to participate in group music making (E11, 23, E12,11) and one participant from Queenswood Methodist said that she would enjoy participating in a drum circle (QM52,11). From these two themes it seems possible that music has played and still plays a large role in most of the participant's lives, whether it is music listening or actively participating in music making and singing.

Theme 3: Impact of music on personal experience

The third theme is Impact of music on personal experience. The subthemes are: i) emotional and cognitive; ii) Social; iii) physical and iv) experience of live music. Within this theme it is apparent that music can have an emotional, cognitive, social and physical impact on the participants. The emotional effects of music listening in the lives of the participants include relaxation (J6, 16), calmness (E7, 19), happiness (L9, 22, E3, 3), confusion (E7, 10, 14), nostalgia (J8, 7-8) and feeling roused (QM32, 4-10). Emotional effects of active music making according to the participants are that it makes you feel sentimental (QM25,1-3), it gives you enjoyment (QM26,6), gives you a wonderful feeling (QM27,8-10), it makes you feel lucky (M72,17-18), making music makes you feel happy (M72,17-18) and it gives you a feeling of accomplishment (E4,25). Lehmberg and Fung (2010) stated that music is a means for the elderly to access their emotions and construct meaning to their lives.

The cognitive effects of music listening and active music making and singing according to the participants are that it helps them concentrate (QM4,15-27), singing a different harmony challenges you but you feel a sense of accomplishment when you succeed (QM26,19-27), singing in a choir teaches you a lot about music (QM26,10-13), it challenges you to attain a certain level of skill (QM27,19-24) and it refreshes your mind (M72,11-12). The participants also talked a lot about music evoking memories and using music for reminiscence (J6,26,.J6, 28-J7,2, QM8,8-12, QM9,20-25, E3,7, M74,22-25). This is also apparent in studies by Creech et al. (2015) who state that music can be experienced cognitively and physiologically. Creech et al. (2015) believe that music has a powerful relationship with wellbeing due to the fact that it has physical, emotional and cognitive effects to the listener and music maker. The physical experience of music according to the participants was connected to dancing. Participants expressed how they loved to dance (E12,26), reminisced about how they used to dance with their partners in dance halls (E13,1-4), how they listened to music in order to dance (M70,26, J9,26-27) and how they still dance at events held in their facility (QM59,24).

According to the participants, the social effect of music is that it brings people together (E2, 27), give you a feeling of belonging when in a strange place (QM35, 13-21) and it brings the family together (L12, 26, L12, 22, E13, 26). Laukka (2007) stated that music can provide comfort and reduce loneliness as well as enhance social communication and identification with the peer group.

Lastly the participants talked about the experience of live music events. A resident from Jaffa talked about how her greatest enjoyment is when her grandson who is an opera singer gives a performance (J8, 17-19). Other residents talked about how much they enjoyed going to live music performances (QM19,6-14,16-22, QM52,19-27) or attending live performances at their facility (QM18,22-QM19,2). Then they compared live music to pre-recorded music and expressed a preference to live music (J14, 4, 7, 10-13).

Theme 4: Music as experienced through a cultural and religious perspective

Participants, primarily from the facility in Laudium, related their experience of music through the lens of culture and religion as expressed in the fourth theme: Music as experienced through a cultural and religious experience. The participants explained that most of their daily rituals and opinions about music are because of their culture and traditions and because it is seen as their duty to do so (L8, 7,11,15,16, L16, 11-12). They talked about music in their religious places of worship and talked about no instruments being used in the Muslim temples (L13,11-13) and how instruments are absent at weddings (L13,18-21). They also talked about how instruments are used in the Hindu culture and that there are many instruments in the Hindu temple like the flute, the drums and the piano (L17,26-28, L18,6-9,11-12). In both religions it was explained that music is like prayer and that prayer infused their daily lives from a young age (L7, 10, L7, 15, L7, 21, L8, 20, L8, 23). There were also many references to sin, one of the participants implied that as you get old you must ask forgiveness to God for listening to music (L11,5-7), the participants explained to me that watching TV is a sin and that there were many taboos for them (L11,10-11,12,L15,15-17). Otterbeck (2004) explains that in Islam something can be classified as *halal* or *haram* (permitted or forbidden) and *halal* can be divided into four categories namely: obligatory, recommended, neutral and disliked deeds and views. This is where there is some controversy as according to some devout Muslims, all music is forbidden, whereas other devout Muslims interpret it differently and don't denounce all music.

Theme 5: Personal reflections

The last theme is Personal reflections which include references to the participant's personal stories, of where they used to work, what their daily routine is, that they experience boredom and a general disinterest at the facilities that they live in. Included in this theme are references to their age and how they cannot do things anymore because of age. Lastly they expressed appreciation for my visit and through this appreciation expressed an interest in what Music Therapy is.

Quantitative data

Through the quantitative data it can be inferred that many of the participants had a previous relationship with music that might have changed over the years. It can also be inferred that they would like to experience more of an in depth relationship with music, whether it be music listening or active music making. This corroborates with the qualitative themes of Music over the lifespan and Access to music. Currently the participants have limited access to music making and are ambivalent to whether they would like to have more access to active music making, but when asked about interest in music therapy most of the participants were interested. This could have been because they wanted to please the researcher whom they knew to be a Music Therapy student.

The participants claimed to mostly feel positive emotions while listening to music, though it should be noted that participants from Laudium also included that they felt guilty and ashamed for listening to music.

Entertainment, pleasure, relaxation, reminiscence, emotional regulation, identity and agency, competence, self improvement, company and autonomy were reasons listed for listening to music. The data were then further categorised into the sub categories of Identity and Agency, Mood regulation and company, Enjoyment and Self improvement. Within agency, Ruud includes “those aspects of human conduct which are related to achievement, competency, a feeling of mastery and empowerment” (Ruud 2017:595). Ruud claims that music can be a source of a sense of mastery, self esteem and basic social competency. The data in this study showed that more than 50% of the participants used music for reasons of identity and agency such as, gaining control over their surroundings, to express their personality and to strengthen their self esteem.

Carstensen Fung and Charles (2003) claim that the elderly place an increased importance in emotional goals and that this enables them to use coping strategies aimed at regulating emotional states more so than younger people. Within the questionnaire, it became apparent that up to 60% of the

participants used music for mood regulation for reasons such as emotional expression, to induce emotions or to evoke memories.

Music listening for relaxation has been proven to be effective for people with sleep disturbances (Oxtoby, Sacre & Lurie-Beck 2013). Music with a slow tempo, low volume, repetition and stable rhythm has been reported to aid in relaxation (Oxtoby, Sacre & Lurie-Beck 2013:70). 48% of the participants reported to use music for the purpose of relaxation and over 50% of the participants use music to reduce loneliness. According to Donini, Savina and Canella (2003) loneliness is a large part of growing older due to widowhood, and loneliness is connected to depression and low self-esteem.

Age related cognitive decline can be associated with “a degree of disconnectivity or loss of the ability to functionally integrate multiple systems resulting in cognitive dysfunction” (Bugos, Perlstein, McCrae, Brophy & Bedenbaugh, 2007:464). By using music for self-improvement, such as to aid in concentration or mastering new skills, 40% of the participants who indicated that they listen to music for self-improvement, are possibly battling their age-related cognitive decline.

Laukka (2007) associates the category “enjoyment” positively with wellbeing. In this study “enjoyment was the highest ranking with more up to 70% of the participants listening to music for enjoyment, for pleasure or because it is beautiful.

Bowles (2013) defines autonomy as independence, self-governance, resisting social pressure to conform to the norm and self evaluation by your own standards. It is reported that autonomy, competence and relatedness contribute to psychological wellbeing (Bowles 2013, Laukka 2007). In total, the participants had the highest mean scores in competence, second in relatedness and last in autonomy. The participants from EWOFA were the only participants who had a high percentage for autonomy with up to 76% compared to Huis Lodewyk Spies with a high of 73% but a lowest of 39%; Laudium with scores in the 50 percentile and Mamelodi, Jaffa and

Queenswood Methodist with participants mostly scoring between the 50 and 60 percentile. The other facilities all experienced high values in competence and relatedness (Huis Lodewyk Spies 78% for competence and 73% for relatedness; Laudium between 60% and 81% for competence, and between 53% and 88% for relatedness; Mamelodi between 67% and 83% for competence, and between 58% and 69% for relatedness; Jaffa mostly between 61% and 92% for competence and 55% and 73% for relatedness and Queenswood Methodist mostly between 61% and 97% for competence). The participants from Queenswood Methodist Home indicated the lowest percentages for relatedness but higher in autonomy: mostly between 52% and 63% for relatedness and mostly between 56% and 63% for autonomy. The differences are very small due to a very small sample size. If I had to speculate about the differences, it could possibly be due to differences in socio-economic status between the facilities, some of the participants and their families might possibly not have the financial means to see each other. Cultural values between the facilities also differ widely with some cultures placing more emphasis on relationships and the extended family than others. In the case of autonomy being low, it could possibly be that the participants do not feel that they have the power to live their lives as they please since they are living in a care facility. Donini et al (2003) relate poverty, loneliness and social isolation amongst the elderly to depression. A loss of autonomy can also contribute to institutionalisation. Wirt (1999) found that people suffering from institutionalisation often suffer from apathy, withdrawal, submissiveness and lack of initiative. Wing (2000) believes that institutionalisation can occur in relatively closed communities and asserts that people who are institutionalised show extra impairments in many areas due to the acceptance of an impoverished social environment. The key measure for the social environment relates to the amount of time that a person spends during a day doing nothing (Wing, 2000:8). Liberakis (1979) defines institutionalisation as an impoverishment of feelings, thoughts, initiation and social activity and is seen through social distancing.

Research questions

Following this discussion of the themes and the data from the quantitative questionnaires, the research questions will now be addressed.

The research questions were:

1. How do elderly residents in care facilities in Pretoria, South Africa describe their past and present relationship with music?
2. What access do elderly residents in Care facilities in Pretoria have to music or music therapy in their current circumstances?
3. What are the perceptions of the elderly in Care facilities in Pretoria regarding relationships between music, quality of life and psychosocial needs?
4. What are the psychosocial needs of the residents?
5. What access to music and music therapy would elderly residents in Care facilities in Pretoria like to have?

Research questions one and three ask about the relationship with music and the participant's perceptions regarding the connection between music, quality of life and psychosocial needs. According to Cohen, Bailey and Nilsson (2002) successful ageing should entail the continuation of activities of earlier life, such as musicking or listening to music. Most of the participants seemed to have a lifelong relationship with music, spanning childhood years through to their ageing years. There were a variety of responses to the questions regarding a relationship with music, from "I love all music" (J1, 26) to "I can adapt to music" (J1, 18, 19) to the other end of the spectrum "Music hasn't been a big part of my life" (J4, 23). The participants cited a list of genres, artists, composers and songs that they like and don't like. Lyrics seemed to play a big role in their preference of music. Some participants had a relationship with music through active music making by playing an instrument or singing in a choir earlier or later in life while some participants' relationship with music held a spiritual quality through prayer and spiritual music. There were participants who have never played an instrument or sang in a choir but had a relationship with music through music listening or dance and the memories that it brings. There were also participants on the other end of the spectrum who claimed to not like music and not to listen or make music. Hays, Bright and Minnichiello (2002) propose that music can contribute to health and quality of life and that wellness is a product of healthy interactions between body, mind and spirit. They believe that music can be an important part of psychosocial health care.

Kneafsey (1997) claims that music can stimulate the senses and evoke feelings and emotions. The participants showed a good grasp of the connection between music and emotions with comments such as “Music can affect your emotions” (QM28, 21), “Music makes me feel good” (E6, 3), “I sit and I’m gone” (J8, 19, 20). The participants claimed to feel happy, enjoyment, nostalgia, relaxation, calmness etc. while listening to music and commented that active music making made them feel happy, proud and gave them a sense of achievement. This could also point to the participants using music for emotional regulation. Music has been recognised as one of means of emotional regulation. (Saarkallio 2011:307). This refers to using music to modify the valence and intensity of emotions (Saarkallio 2011:307). Saarkallio (2011) states that music can be used for reasons such as mood improvement, distraction or relaxation. This was seen in this study by the participants using music for all these above reasons. The reasons for listening to music noted were above all entertainment; because it evokes memories; because it gives them pleasure; because of interest in music itself; because music induces emotions; to enhance positive moods; to relax and calm down; because music is beautiful; in order to strengthen self image; to reduce feelings of loneliness; to express their feelings; to strengthen self-esteem; because it makes them feel competent and in order to gain control of sounds in their surroundings. The participants used music listening to improve identity and agency, to regulate their emotional states, for relaxation, to reduce loneliness as well as to for self improvement. Previous research that has shown that music has become more and more important to the elderly because they self select the music they listen to, they concentrate on listening, and experience a lot of positive emotions while listening (Saarkallio 2011). Contrary to this, the participants in this study rarely self selected the music that they listened to as many listened to the radio or listened to music that was already playing on the television and many of the participants used music for background music while busy with other activities. Though most of the participants experienced positive emotions while listening to music there were a few participants who claimed to feel shame or guilt for listening to music. Many of the participants enjoyed music as soft background music. Brown, Götell, and Ekman (2001) with regards to Music Therapy in dementia care, state that background music has been found to decrease aggressive and agitated behaviour and improve social behaviour. It is not known whether this is the reason

why the participants prefer background music, or whether they prefer it because it provides sounds in the background to reduce loneliness.

The fourth research question addressed the psychosocial needs of the participants. According to Ruud (2017) the last psychosocial stage in Erickson's epigenetic scheme emphasises integration of the ego as the main developmental task (Erickson 1968, in Ruud 2017). In this stage, order and meaning become essential, an acceptance of what life had become and what life had been in the past. This, according to Ruud (2017) is related to identity work. The psychosocial questionnaire measured autonomy, competence and relatedness; all of which play a role in identity (Ruud 2017). The findings of this study suggest that participants experience low levels of autonomy, which may be due to an increasing loss of choice over everyday life decisions, as well as the adjustment of living in a care facility for the elderly. Competence and relatedness seemed to be where the participants felt they were the most proficient in. Most of the participants have relationships with their families and they participate in the activities presented by the facility. The data here seemed to contradict each other as one of the higher order codes were boredom and disinterest. The contradiction lies in the question why they would feel bored and disinterested when they claim to have regular contact with their families and regularly partake in activities presented at the facilities. When looking at where the most comments regarding these codes came from, it makes more sense as the participants who lived in Queenswood Methodist were the participants who made these comments and they are also the participants who had the lowest percentage regarding relatedness. The comments about boredom and disinterest could be because the participants' lives have changed to not being as full and active as they once were, or because they lack in relatedness. There could be many factors at play such as the loss of a social circle due to moving away from a previous community to a care facility, or due to the passing of friends or spouses. The participants could also experience a loss of hearing, sight or mobility which can promote isolation.

The second and fifth research questions addressed the access the participants have or would like to have to music and music therapy. The data has shown that currently most of the participants seldom or never have access to music. The participants were ambivalent about whether they would like more access to music or not. Some of the participants were involved in choir singing, one of the participants was actively playing the mouth organ and the rest of the participants had a desire to have more access to listening to music. More participants indicated that they would be interested in taking part in individual or group therapy, this seems contrary to their ambivalence to more access to music which could be because of bias towards the researcher who is a student music therapist.

“Community music therapy encourages musical participation and social inclusion, equitable access to resources, and collaborative efforts for health and well-being in contemporary societies. It could be characterized as solidarity in practice. In this way community music therapy can be quite different from individual treatment, sometimes closer to practices such as community music, social work, and community work.”

(Stige and Aarø 2012:5)

Choir and group singing or musicking is a key aspect to Community Music Therapy and it has been found to promote individual physical and mental health and fight isolation (Kimura & Nishimoto. 2017). In the study by Kimora and Nishimoto (2017) the participants felt that sessions were pleasant and good for their health and helped them create a new sense of community. Participating in arts based programmes has been found to promote positive effects on age-related cognitive functioning, can improve balance, can decrease anxiety and hostility, can decrease depression, can provide an increase in mastery and can increase wellbeing (Castora-Blinkley et al. 2010:363). Recommendations would be that future community music therapists would approach the care facilities to discover their needs and resources. The needs and resources of these facilities will point the therapists in the direction as to how to design a Community Music Therapy programme for each facility, be it group musicking, choirs or individual therapy. According to Ansdell and Stige (2015)

physical and cultural resources can be mobilised to support and develop health.

Ansdell and Stige (2015) propose that Community music Therapy rests on a music centred principle with a set of core values. These core values are:

- Freedom – which involves “participation, liberation, and the balancing of individuality with social interdependence”
- Equality – of resources, attention, connection and inclusion, bringing people in from the margins and promoting opportunity.
- Respect – the listening to, or hearing of others and acting towards others with respect; this bestows dignity and personhood upon them.
- Solidarity – “musicking fosters shared identity, group cohesion, a sense of hospitality, belonging, and purpose.”

(Ansdell, G. and Stige, B. 2015:604)

Ansdell and Stige (2015) further state that Community Music Therapy links health with social, cultural and political factors which often negatively influence health through physical and social environments that are poor, or through the impact of injustice or deprivation, or through social attitudes stigmatize, emphasize and create disability and exclusion.

Lastly Ansdell and Stige (2015) proposes that health and wellbeing are related to context, and to the basic social needs of participation, connection, belonging, respect, shared experiences, shared rituals, cooperation and collaboration and mutual care and recognition. These seem to be the same needs that the participants in this study have shown to have.

6. Conclusion

The aim of this study was to construct a musical profile of residents in care facilities for the elderly, representative of the broader demography of Pretoria, as well as to explore their psychosocial needs in order to inform recommendations towards Community Music Therapy as an approach to support healthy ageing.

There seemed to be a lifelong relationship with music among most of the participants. Genres, artists, composers and songs from the era of when the participants were younger were listed as preferred music. A certain group of participants had a lifelong spiritual relationship through music where music was closely intertwined with their religion. A big complement of the participants had access to active music making in their youth but did not carry on with this activity and there were only one participant who currently actively made music.

Most participants claimed that music was of great importance in their lives. Many participants were mostly ambivalent to whether they would like more access to music but a few expressed their desire for either more access to music listening, or a desire for access to active music making.

The participants seemed to use music listening for mood regulation, relaxation, reminiscence, entertainment and to reduce loneliness. Other reasons listed for music listening were because it gives them pleasure; because of interest in music itself; because music induces emotions; to enhance positive moods; to relax and calm down; because music is beautiful; in order to strengthen self image; to reduce feelings of loneliness; to express their feelings; to strengthen self-esteem; because it makes them feel competent and in order to gain control of sounds in their surroundings.

The Psychosocial needs of the participants had been measured and most of the participants seemed to feel related to other people and competent, but that they lacked in autonomy. Most of the participants had regular contact with their families and participated in activities presented by the facilities they reside in, but some of the participants complained of boredom and disinterest.

The limitations of this study included that the sample was limited to six elderly care facilities in one region and the sample size was limited with only 40

participants. The findings of this study can, therefore, not be generalised to the broader population. The participants did not complete all the questions of the questionnaires, and not all those who completed questionnaires participated in focus groups. Upon reflection, it is possible that the questionnaires had too many questions, the printing wasn't large enough and that some participants may not have understood all the questions. More questionnaires may have been completed had the researcher been available to each participant to offer assistance. This was not possible due to time constraints.

It could be an apt intervention to bring Community Music Therapy to these facilities. The programme would have to be created to suit each facility which is one of the characteristics of Community Music Therapy (Ansdell and Stige 2015). Active music making has been shown to reduce loneliness as it is a social activity (Solè Resano, Mercadal-Vrontons, Matas & Mariangels (2010). Active music making has been shown to be a medium for older adults to construct and maintain self-identity and coherence in their lives (Lehmberg & Fung 2010). Music has been shown to stimulate the senses, evoke emotions and stimulate physical and mental responses in the body (Kneafsey 1997). In a study by Hallam and Creech (2016) it was found that active music making can contribute to quality of life, improve wellbeing, and be instrumental in cognitive, emotional and health benefits. The participants in this study could all benefit in some way from participating in Music Therapy, be it emotionally, cognitively, socially or physically. Examples could be to start a choir which would impact social and relational aspects of the member's lives. As seen in the literature and from the data, singing in a choir also promotes mastery and self-improvement. Another option would be to start a small band in a facility, this will encompass active music making. Both of these options can help the participants to construct possible new identities as musicians and impact the way that they perceive their own autonomy. The choirs and bands can arrange performances for the local surrounding communities which will have an impact on their connectedness in their larger communities as well as have an impact on the participants' self-esteem and feelings of being heard.

Since there is a paucity of research in this field in South Africa, possible further studies could be conducted to explore the application of Community Music Therapy as a model of intervention in these communities.

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8. Appendices

8.1. Appendix A

List of Care facilities

1. Eersterust Welfare Organisation for the Aged (EWOFA)
2. Laudium Retirement Facility
3. Mamelodi Old Age home
4. Jaffa home for the elderly
5. Queenswood Methodist retirement home
6. Huis Lodewyk Spies

8.2. Appendix B Music Questionnaire (not completed)

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

Participant questionnaire

General information

Name:

Age:

Gender:

Marital status:

Date of admission into facility:

1. I have regular contact with my family

1 Strongly agree	2 Agree	3 Do not agree or disagree	4 Disagree	5 Strongly disagree

2. I regularly participate in activities presented at the facility

1 Strongly agree	2 Agree	3 Do not agree or disagree	4 Disagree	5 Strongly disagree

3. Please give a detailed description of your daily routine.

4. Do you play a musical instrument or sing in a choir?

1	2	3	4
Often	Sometimes	Not often	Never

5. Did you play a musical instrument or sing in a choir when you were younger?

1	2	3	4
Often	Sometimes	Not often	Never

6. What is the access you have to making music?

1	2	3	4
Regularly accessible	Sometimes accessible	Not often accessible	Never accessible

7. Please describe the musical instruments you used to play or still play and to what level of expertise?

8. Please describe the musical activities you have access to

9. Would you like more access to taking part in making music?

Yes	No

10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?

Yes	No

11. How often do you listen to music?

1 Often	2 Sometimes	3 Not often	4 Never

12. How important is music to your life?

1 Very important	2 Mildly important	3 Not important or unimportant	4 Not important at all

13. How important was music to your life when you were between 20 and 40 years old?

1 Very important	2 Mildly important	3 Not important or unimportant	4 Not important at all

14. Do you personally choose the music you listen to?

1 Often	2 Sometimes	3 Not often	4 Never

15. How often do you feel emotions in response to music?

1 Often	2 Sometimes	3 Not often	4 Never

16. How common is it that you feel various emotions in response to music?

	1 Often	2 Sometimes	3 Not often	4 Never
Happy				
Hopeful				
Disappointed				
Enjoying				
Longing				
Indifferent				
Nostalgic				
Relieved				
Tense				
Relaxed				
Thrills / Chills				
Angry				
Calm				
Curious				
Frustrated				
Moved				
Empathic				
Anxious				
Amused				
Spiritual				
Jealous				
Interested				
Sad				
Confused				
Admiring				
Desiring				
Regretful				
Loving				

	1 Often	2 Sometimes	3 Not often	4 Never
Proud				
Disgusted				
Content				
Lonely				
Contempt				
Enchanted				
Honoured				
Afraid				
Solemn				
Ecstatic				
Guilty				
Tender				
Bored				
Humiliated				
Expectant				
Surprised				
Ashamed				

17. How often do you listen to music because of the following reasons?

	1 Often	2 Sometimes	3 Not often	4 Never
For entertainment				
It evokes memories				
It gives me pleasure				
To get company / background music				
Interest in music itself				
To create atmosphere in social situations				
It is hard to avoid hearing				

music				
	1 Often	2 Sometimes	3 Not often	4 Never
Enjoy listening to lyrics				
Music induces emotions				
To forget about the present				
To enhance positive moods				
To weaken negative moods				
To stir up energy				
To relax and calm down				
It helps me concentrate				
It is beautiful				
To vent emotions				
To reflect on my life				
It strengthens my self-image				
To express my personality				
To feel akin to others				
To reduce feelings of loneliness				
To express my feelings				
To shield out the world around me				
To strengthen self esteem				
It makes me feel competent				
To gain control of sounds in my surroundings				
To master new skills				

8.3. Appendix C

Basic Psychological Need Satisfaction in General Questionnaire

(Not completed)

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true			Somewhat			Very true
at all			true			

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7

2. I really like the people I interact with.

1	2	3	4	5	6	7

3. Often, I do not feel very competent.

1	2	3	4	5	6	7

4. I feel pressured in my life.

1	2	3	4	5	6	7

5. People I know tell me I am good at what I do.

1 2 3 4 5 6 7

6. I get along with people I come into contact with.

1 2 3 4 5 6 7

7. I pretty much keep to myself and don't have a lot of social contacts.

1 2 3 4 5 6 7

8. I generally feel free to express my ideas and opinions.

1 2 3 4 5 6 7

9. I consider the people I regularly interact with to be my friends.

1 2 3 4 5 6 7

10. I have been able to learn interesting new skills recently.

1 2 3 4 5 6 7

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

12. People in my life care about me.

1 2 3 4 5 6 7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

16. There are not many people that I am close to.

1 2 3 4 5 6 7

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

19. I often do not feel very capable.

1 2 3 4 5 6 7

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

8.4. Appendix D: Original questionnaires completed

8.5. Appendix E: Captured questionnaires

Music questionnaire Huis Lodewyk Spies

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 2 1

Age: 74

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility:	Jun-16

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family			1			v1	3
2. I regularly participate in activities presented at the facility		1				v2	2

3. Please give a detailed description of your daily routine.

I like singing when I am alone. I like telling stories. Mostly I am sleeping

	Often	Some- times	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Just singing							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?				1		v11 4
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful	1					v14 1
Disappointed			1			v15 3
Enjoying	1					v16 1
Longing				1		v17 4
Indifferent			1			v1 3

Nostalgic	1			
Relieved	1			
Tense				1
Relaxed	1			
Thrills / Chills		1		
Angry				1
Calm	1			
Curious		1		
Frustrated				1
Moved	1			
Empathic				1
Anxious		1		
Amused		1		
Spiritual		1		
Jealous				1
Interested	1			
Sad				1
Confused				1
Admiring	1			
Desiring	1			
Regretful				1
Loving	1			
Proud	1			
Disgusted				1
Content	1			

8	
v1	
9	1
v2	
0	1
v2	
1	4
v2	
2	1
v2	
3	2
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	4
v2	
8	1
v2	
9	4
v3	
0	2
v3	
1	2
v3	
2	2
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	4
v3	
7	1
v3	
8	1
v3	
9	4
v4	
0	1
v4	
1	1
v4	
2	4
v4	
	1

						3	
Lonely				1		v4	
Contempt				1		4	4
Enchanted		1				v4	
Honoured	1					5	4
Afraid				1		6	2
Solemn	1					v4	
Ecstatic		1				7	1
Guilty				1		v4	
Tender	1					8	4
Bored				1		v4	
Humiliated				1		9	1
Expectant		1				v5	
Surprised	1					0	2
Ashamed				1		v5	
						1	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	2
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music			1			v6	
Enjoy listening to lyrics	1					1	1
						v6	
						2	1
						v6	
						3	2
						v6	
						4	3
						v6	
						5	1

Music induces emotions			1			v6 6	3
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy			1			v7 0	3
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions		1				v7 4	2
To reflect on my life		1				v7 5	2
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others			1			v7 8	3
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me					1	v8 1	4
To strengthen self esteem	1					v8 2	1
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Just singing							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?				1		v11 4
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful	1					v14 1
Disappointed			1			v15 3
Enjoying	1					v16 1
Longing				1		v17 4
Indifferent			1			v1 3

Nostalgic	1			
Relieved	1			
Tense				1
Relaxed	1			
Thrills / Chills		1		
Angry				1
Calm	1			
Curious		1		
Frustrated				1
Moved	1			
Empathic				1
Anxious		1		
Amused		1		
Spiritual		1		
Jealous				1
Interested	1			
Sad				1
Confused				1
Admiring	1			
Desiring	1			
Regretful				1
Loving	1			
Proud	1			
Disgusted				1
Content	1			

8	
v1	
9	1
v2	
0	1
v2	
1	4
v2	
2	1
v2	
3	2
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	4
v2	
8	1
v2	
9	4
v3	
0	2
v3	
1	2
v3	
2	2
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	4
v3	
7	1
v3	
8	1
v3	
9	4
v4	
0	1
v4	
1	1
v4	
2	4
v4	
	1

						3	
Lonely				1		v4	
Contempt				1		4	4
Enchanted		1				v4	
Honoured	1					5	4
Afraid				1		6	2
Solemn	1					v4	
Ecstatic		1				7	1
Guilty				1		v4	
Tender	1					8	4
Bored				1		v4	
Humiliated				1		9	1
Expectant		1				v5	
Surprised	1					0	2
Ashamed				1		v5	
						1	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	2
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music			1			v6	
Enjoy listening to lyrics	1					1	1
						v6	
						2	1
						v6	
						3	2
						v6	
						4	3
						v6	
						5	1

Music induces emotions			1			v6 6	3
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy			1			v7 0	3
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions		1				v7 4	2
To reflect on my life		1				v7 5	2
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others			1			v7 8	3
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me					1	v8 1	4
To strengthen self esteem	1					v8 2	1
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

	Yes	No			For Office use only	
9. Would you like more access to taking part in making music?	2	1			v 6	3
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	2	1			v 7	3
	Often	Someti mes	Not often	Never	For Office use only	
11. How often do you listen to music?	2	1	0	0	v 8	3
	Very import ant	import ant	not importa nt/ unimpo rtant	Un- import ant	For Office use only	
12. How important is music to your life?	2	1	0	0	v 9	3
13. How important was music to your life when you were between 20 and 40 years old?	2	1	0	0	v 1 0	3
	Often	Someti mes	Not often	Never	For Office use only	
14. Do you personally choose	0	0	1	2	v 1	3

the music you listen to?					1		
15. How often do you feel emotions in response to music?	3	0	0	0	v 1 2		3
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only		
Happy	3	0	0	0	v 1 3		3
Hopeful	3	0	0	0	v 1 4		3
Disappointed	1	0	2	0	v 1 5		3
Enjoying	3	0	0	0	v 1 6		3
Longing	1	0	0	2	v 1 7		3
Indifferent	0	1	1	1	v 1 8		3
Nostalgic	2	0	1	0	v 1 9		3
Relieved	3	0	0	0	v 2 0		3
Tense	0	0	1	2	v 2 1		3
Relaxed	2	1	0	0	v 2 2		3
Thrills / Chills	1	2	0	0	v 2 3		3
Angry	0	0	0	2	v 2 4		2
Calm	2	0	0	0	v 2		2

Curious				
	1	1	0	0
Frustrated				
	0	0	1	1
Moved				
	2	0	0	0
Empathic				
	0	0	0	2
Anxious				
	0	1	0	1
Amused				
	0	1	0	1
Spiritual				
	1	1	0	0
Jealous				
	0	0	0	2
Interested				
	2	0	0	0
Sad				
	0	0	0	2
Confused				
	0	0	0	2
Admiring				
	2	0	0	0
Desiring				
	2	0	0	0
Regretful				
	0	0	0	2
Loving				
	2	0	0	0
Proud				
	2	0	0	0
Disgusted				
	0	0	0	2

5			
v			
2			
6			2
v			
2			
7			2
v			
2			
8			2
v			
2			
9			2
v			
3			
0			2
v			
3			
1			2
v			
3			
2			2
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4			2
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5			2
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6			2
v			
3			
7			2
v			
3			
8			2
v			
3			
9			2
v			
4			
0			2
v			
4			
1			2
v			
			2

					4		
					2		
Content					v		
	2	0	0	0	4		2
Lonely					3		
	1	0	0	1	v		2
Contempt					4		
	0	0	0	2	4		2
Enchanted					v		
	0	2	0	0	5		2
Honoured					6		2
	2	0	0	0	v		
Afraid					4		2
	0	0	0	2	7		
Solemn					v		
	2	0	0	0	4		2
Ecstatic					8		
	0	1	0	1	v		2
Guilty					5		
	0	0	0	2	0		2
Tender					v		
	2	0	0	0	5		2
Bored					2		
	0	0	0	2	v		2
Humiliated					5		
	0	0	0	2	3		2
Expectant					v		
	1	1	0	0	5		2
Surprised					5		
	1	0	0	1	v		2
Ashamed					6		
	0	0	0	2	v		2
					5		
					7		

17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	2	0	0	0		v 5 8	2
It evokes memories	0	1	0	1		v 5 9	2
It gives me pleasure	2	0	0	0		v 6 0	2
To get company / background music	2	0	0	0		v 6 1	2
Interest in music itself	2	0	0	0		v 6 2	2
To create atmosphere in social situations	0	2	0	0		v 6 3	2
It is hard to avoid hearing music	0	1	1	0		v 6 4	2
Enjoy listening to lyrics	2	0	0	0		v 6 5	2
Music induces emotions	1	0	1	0		v 6 6	2
To forget about the present	2	0	0	0		v 6 7	2
To enhance positive moods	2	0	0	0		v 6 8	2
To weaken negative moods	2	0	0	0		v 6 9	2
To stir up energy	0	1	1	0		v 7 0	2
To relax and calm down	2	0	0	0		v 7 1	2
It helps me concentrate	2	0	0	0		v 7 2	2

It is beautiful	2	0	0	0		v 7 3			2
To vent emotions	1	1	0	0		v 7 4			2
To reflect on my life	0	2	0	0		v 7 5			2
It strengthens my self-image	1	1	0	0		v 7 6			2
To express my personality	1	1	0	0		v 7 7			2
To feel akin to others	0	0	1	1		v 7 8			2
To reduce feelings of loneliness	2	0	0	0		v 7 9			2
To express my feelings	2	0	0	0		v 8 0			2
To shield out the world around me	0	0	0	2		v 8 1			2
To strengthen self esteem	2	0	0	0		v 8 2			2
It makes me feel competent	1	1	0	0		v 8 3			2
To gain control of sounds in my surroundings	2	0	0	0		v 8 4			2
To master new skills	1	0	0	1		v 8 5			2

Huis Lodewyk Spies Basic psychological need questionnaire

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 3

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true at all			Somewhat true			

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7	
							1 v86 [7]

2. I really like the people I interact with.

1	2	3	4	5	6	7	
							1 v87 [7]

3. Often, I do not feel very competent.

1	2	3	4	5	6	7	
1							v88 [1]

4. I feel pressured in my life.

1	2	3	4	5	6	7	
1							v89 [1]

5. People I know tell me I am good at what I do.

1	2	3	4	5	6	7	
1							v90 [1]

6. I get along with people I come into contact with.

1	2	3	4	5	6	7	
							1 v91 [7]

7. I pretty much keep to myself and don't have a lot of social contacts.

1	2	3	4	5	6	7	
1							v92 [1]

8. I generally feel free to express my ideas and opinions.

1	2	3	4	5	6	7	
1							v93 [1]

9. I consider the people I regularly interact with to be my friends.

1	2	3	4	5	6	7	
		1					v94 [2]

10. I have been able to learn interesting new skills recently.

1	2	3	4	5	6	7	
			1				v95 [3]

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7
1 v96

12. People in my life care about me.

1 2 3 4 5 6 7
1 v97

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7
1 v98

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7
1 v99

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7
1 v100

16. There are not many people that I am close to.

1 2 3 4 5 6 7
1 v101

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7
1 v102

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7
1 v103

19. I often do not feel very capable.

1 2 3 4 5 6 7
1 v104

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7
1 v105

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7
1 v106

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 2

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all							Somewhat true	
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	v86	1
2. I really like the people I interact with.								
1	2	3	4	5	6	7	v87	4
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	v88	1
4. I feel pressured in my life.								
1	2	3	4	5	6	7	1 v89	7
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	1 v90	5
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	1 v91	7
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	v92	1
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	1 v93	7
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	v94	4
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7	v95	1
11. In my daily life, I frequently have to do what I am told.								

- 1 2 3 4 5 6 7
1 v96
12. People in my life care about me.
1 2 3 4 5 6 7
1 v97
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7
1 v98
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7
1 v99
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7
1 v100
16. There are not many people that I am close to.
1 2 3 4 5 6 7
1 v101
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7
1 v102
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7
1 v103
19. I often do not feel very capable.
1 2 3 4 5 6 7
1 v104
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7
1 v105
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7
1 v106

Basic Psychological Need Satisfaction in General Questionnaire

Huis Lodewyk Spies All participants

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

	1	2	3	4	5	6	7		Total completed
Not true at all				Somewhat true				Very true	
1. I feel like I am free to decide for myself how to live my life.									
1	2	3	4	5	6	7			
1 0 0			0	0	0		1	v8 6	2
2. I really like the people I interact with.									
1	2	3	4	5	6	7			
0 0 0			1	0	0		1	v8 6	2
3. Often, I do not feel very competent.									
1	2	3	4	5	6	7			
2 0 0			0	0	0		0	v8 6	2
4. I feel pressured in my life.									
1	2	3	4	5	6	7			
1 0 0			0	0	0		1	v8 6	2
5. People I know tell me I am good at what I do.									
1	2	3	4	5	6	7			
1 0 0			0	1	0		0	v8 6	2
6. I get along with people I come into contact with.									
1	2	3	4	5	6	7			
0 0 0			0	0	0		2	v8 6	2
7. I pretty much keep to myself and don't have a lot of social contacts.									
1	2	3	4	5	6	7			

1	2	3	4	5	6	7	v1 03	
0	1	0	0	0	0	1	v8 6	2
19. I often do not feel very capable.								
1	2	3	4	5	6	7	v1 04	
1	1	0	0	0	0	0	v8 6	2
20. There is not much opportunity for me to decide for myself how to do things in my daily life.								
1	2	3	4	5	6	7	v1 05	
0	1	0	0	0	0	1	v8 6	2
21. People are generally pretty friendly towards me.								
1	2	3	4	5	6	7	v1 06	
0	0	0	0	1	0	1	v8 6	2

Laudium Music questionnaire

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 2 1

Age: 81

Gender: M F 1 Divorced Married

Marital status: Widow 1 Single

Date of admission into facility:

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family		1				v1	2
2. I regularly participate in activities presented at the facility		1				v2	2
3. Please give a detailed description of your daily routine.							
Physiotherapy with hand							
Watch TV							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4
5. Did you play a musical instrument or sing in a choir when				1		v4	4

you were younger?								
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only		
6. What is the access you have to making music?				1		v5	4	
7. Please describe the musical instruments you used to play and to what level of expertise?								
Not completed								
8. Please describe the musical activities you have access to								
Watch TV								
	Yes	No				For Office use only		
9. Would you like more access to taking part in making music?	1					v6		1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or	1					v7		1

development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?		1				v8 2
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?				1		v11 4
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful	1					v14 1
Disappointed		1				v15 2
Enjoying	1					v16 1
Longing	1					v17 1
Indifferent	1					v1 1

Nostalgic		1		
Relieved	1			
Tense		1		
Relaxed	1			
Thrills / Chills			1	
Angry				1
Calm	1			
Curious		1		
Frustrated			1	
Moved	1			
Empathic		1		
Anxious		1		
Amused	1			
Spiritual	1			
Jealous				1
Interested	1			
Sad				1
Confused				1
Admiring				1
Desiring				1
Regretful			1	
Loving				1
Proud		1		
Disgusted				1
Content			1	

8	
v1	
9	2
v2	
0	1
v2	
1	2
v2	
2	1
v2	
3	3
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	3
v2	
8	1
v2	
9	2
v3	
0	2
v3	
1	1
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	4
v3	
7	4
v3	
8	4
v3	
9	3
v4	
0	4
v4	
1	2
v4	
2	4
v4	
3	3

						3	
Lonely				1		v4	
Contempt				1		4	4
Enchanted		1				v4	
Honoured				1		5	4
Afraid				1		v4	
Solemn			1			6	2
Ecstatic				1		v4	
Guilty				1		7	4
Tender	1					v4	
Bored				1		8	4
Humiliated				1		v4	
Expectant				1		9	3
Surprised			1			v5	
Ashamed				1		0	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure		1				v5	
To get company / background music				1		9	2
Interest in music itself	1					v6	
To create atmosphere in social situations	1					0	2
It is hard to avoid hearing music				1		v6	
Enjoy listening to lyrics	1					1	4
						v6	
						2	1
						v6	
						3	1
						v6	
						4	4
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods		1				v6 9	2
To stir up energy				1		v7 0	4
To relax and calm down	1					v7 1	1
It helps me concentrate			1			v7 2	3
It is beautiful	1					v7 3	1
To vent emotions		1				v7 4	2
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality		1				v7 7	2
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness		1				v7 9	2
To express my feelings			1			v8 0	3
To shield out the world around me			1			v8 1	3
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings			1			v8 4	3
To master new skills		1				v8 5	2

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

<u>General information</u>							
Name:	Participant 3						1
Age:	80						
Gender:	M		F	1			
Marital status:	Widow	1	Single		Divorced		Married
Date of admission into facility:	Mar-17						

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family		1				v1	2
2. I regularly participate in activities presented at the facility	1					v2	1

3. Please give a detailed description of your daily routine.

Get up in the morning. Pray with beads. Staff cleans me. Breakfast. Go to room. If there are activities, will go to lounge. Go back to room. Go for a walk outside. Lunch time. Back to room to rest. Watch TV in the afternoon. Do exercises. Sit in lounge and talk to other people. Supper time. Go to room.

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?				1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Music in films							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2

10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?		1				v7	2
	Often	Someti mes	Not often	Never		For Office use only	
11. How often do you listen to music?			1			v8	3
	Very importa nt	importan t	not importan t/ unimport ant	Un- importa nt		For Office use only	
12. How important is music to your life?				1		v9	4
13. How important was music to your life when you were between 20 and 40 years old?				1		v10	4
	Often	Someti mes	Not often	Never		For Office use only	
14. Do you personally choose the music you listen to?			1			v11	3
15. How often do you feel emotions in response to music?		1				v12	2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only	

Happy	1				v13	1
Hopeful			1		v14	3
Disappointed	1				v15	1
Enjoying	1				v16	1
Longing		1			v17	2
Indifferent	1				v18	1
Nostalgic	1				v19	1
Relieved		1			v20	2
Tense		1			v21	2
Relaxed			1		v22	3
Thrills / Chills				1	v23	4
Angry				1	v24	4
Calm	1				v25	1
Curious				1	v26	4
Frustrated				1	v27	4
Moved	1				v28	1
Empathic	1				v29	1
Anxious		1			v30	2
Amused		1			v31	2
Spiritual		1			v32	2
Jealous				1	v33	4
Interested		1			v34	2
Sad	1				v35	1
Confused				1	v36	4
Admiring	1				v37	1
Desiring			1		v38	3
Regretful	1				v39	1
Loving	1				v40	1
Proud		1			v41	2
Disgusted				1	v42	4
Content		1			v43	2
Lonely	1				v44	1
Contempt				1	v45	4
Enchanted	1				v46	1
Honoured			1		v47	3
Afraid	1				v48	1
Solemn		1			v49	2
Ecstatic		1			v50	2
Guilty	1				v51	1
Tender				1	v52	4
Bored				1	v53	4
Humiliated			1		v54	3
Expectant		1			v55	2

Surprised				1		v56	4
Ashamed	1					v57	1
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment		1				v58	2
It evokes memories	1					v59	1
It gives me pleasure				1		v60	4
To get company / background music			1			v61	3
Interest in music itself				1		v62	4
To create atmosphere in social situations				1		v63	4
It is hard to avoid hearing music			1			v64	3
Enjoy listening to lyrics		1				v65	2
Music induces emotions		1				v66	2
To forget about the present		1				v67	2
To enhance positive moods				1		v68	4
To weaken negative moods				1		v69	4
To stir up energy				1		v70	4
To relax and calm down		1				v71	2
It helps me concentrate				1		v72	4
It is beautiful			1			v73	3
To vent emotions				1		v74	4
To reflect on my life		1				v75	2
It strengthens my self-image				1		v76	4
To express my personality				1		v77	4
To feel akin to others				1		v78	4
To reduce feelings				1		v79	4

of loneliness							
To express my feelings				1		v80	4
To shield out the world around me				1		v81	4
To strengthen self esteem		1				v82	2
It makes me feel competent		1				v83	2
To gain control of sounds in my surroundings				1		v84	4
To master new skills				1		v85	4

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 4 1

Age: 77

Gender: M F 1

Marital status: Widow Single 1 Divorced Married

Date of admission into facility: Nov. 2017

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family		1				v1	2
2. I regularly participate in activities presented at the facility		1				v2	2

3. Please give a detailed description of your daily routine.

Nurses take care to bath. Change. Lie Down until breakfast. Go back to room. Can't pray Koran but pray in mind. 11h00 Lunch. Go back to room. 15h00 Tea and TV. 17h30 Supper. Go to room and lie Down

	Often	Some-times	Not often	Never		For Office use only

4. Do you play a musical instrument or sing in a choir?				1		v3	4
5. Did you play a musical instrument or sing in a choir when you were younger?				1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2

10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?			1		v7	2
	Often	Sometimes	Not often	Never	For Office use only	
11. How often do you listen to music?			1		v8	3
	Very important	Important	not important/ unimportant	Unimportant	For Office use only	
12. How important is music to your life?				1	v9	4
13. How important was music to your life when you were between 20 and 40 years old?				1	v10	4
	Often	Sometimes	Not often	Never	For Office use only	
14. Do you personally choose the music you listen to?				1	v11	4
15. How often do you feel emotions in response to music?		1			v12	2
16. How common is it that you feel various emotions in response to music?	Often	Sometimes	Not often	Never	For Office use only	
Happy	1				v13	1
Hopeful		1			v14	2
Disappointed				1	v1	4

Enjoying		1		
Longing				1
Indifferent			1	
Nostalgic	1			
Relieved	1			
Tense				1
Relaxed	1			
Thrills / Chills	1			
Angry				1
Calm	1			
Curious				1
Frustrated				1
Moved				1
Empathic				1
Anxious		1		
Amused				1
Spiritual		1		
Jealous				1
Interested	1			
Sad		1		
Confused				1
Admiring	1			
Desiring				1
Regretful		1		
Loving	1			

5	
v1	
6	2
v1	
7	4
v1	
8	3
v1	
9	1
v2	
0	1
v2	
1	4
v2	
2	1
v2	
3	1
v2	
4	4
v2	
5	1
v2	
6	4
v2	
7	4
v2	
8	4
v2	
9	4
v3	
0	2
v3	
1	4
v3	
2	2
v3	
3	4
v3	
4	1
v3	
5	2
v3	
6	4
v3	
7	1
v3	
8	4
v3	
9	2
v4	
	1

						0	
Proud		1				v4 1	2
Disgusted			1			v4 2	3
Content				1		v4 3	4
Lonely		1				v4 4	2
Contempt				1		v4 5	4
Enchanted				1		v4 6	4
Honoured				1		v4 7	4
Afraid				1		v4 8	4
Solemn		1				v4 9	2
Ecstatic	1					v5 0	1
Guilty			1			v5 1	3
Tender				1		v5 2	4
Bored				1		v5 3	4
Humiliated				1		v5 4	4
Expectant				1		v5 5	4
Surprised		1				v5 6	2
Ashamed				1		v5 7	4
17. How often do you listen to music because of the following reasons?	Often	Sometimes	Not often	Never		For Office use only	
For entertainment			1			v5 8	3
It evokes memories		1				v5 9	2
It gives me pleasure		1				v6 0	2
To get company / background music				1		v6 1	4
Interest in music itself	1					v6 2	1

To create atmosphere in social situations				1		v6 3	4
It is hard to avoid hearing music				1		v6 4	4
Enjoy listening to lyrics		1				v6 5	2
Music induces emotions		1				v6 6	2
To forget about the present		1				v6 7	2
To enhance positive moods		1				v6 8	2
To weaken negative moods		1				v6 9	2
To stir up energy	1					v7 0	1
To relax and calm down		1				v7 1	2
It helps me concentrate		1				v7 2	2
It is beautiful		1				v7 3	2
To vent emotions		1				v7 4	2
To reflect on my life			1			v7 5	3
It strengthens my self-image				1		v7 6	4
To express my personality				1		v7 7	4
To feel akin to others		1				v7 8	2
To reduce feelings of loneliness		1				v7 9	2
To express my feelings				1		v8 0	4
To shield out the world around me		1				v8 1	2
To strengthen self esteem			1			v8 2	3
It makes me feel competent				1	v8 3	4	
To gain control of sounds in my surroundings				1	v8 4	4	
To master new skills				1	v8 5	4	

sing in a choir?							
5. Did you play a musical instrument or sing in a choir when you were younger?				1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2

Longing	1			
Indifferent	1			
Nostalgic	1			
Relieved	1			
Tense				1
Relaxed	1			
Thrills / Chills		1		
Angry		1		
Calm	1			
Curious	1			
Frustrated			1	
Moved			1	
Empathic			1	
Anxious			1	
Amused			1	
Spiritual	1			
Jealous				1
Interested		1		
Sad			1	
Confused			1	
Admiring		1		
Desiring			1	
Regretful				1
Loving	1			
Proud	1			

6	
v1	
7	1
v1	
8	1
v1	
9	1
v2	
0	1
v2	
1	4
v2	
2	1
v2	
3	2
v2	
4	2
v2	
5	1
v2	
6	1
v2	
7	3
v2	
8	3
v2	
9	3
v3	
0	3
v3	
1	3
v3	
2	1
v3	
3	4
v3	
4	2
v3	
5	3
v3	
6	3
v3	
7	2
v3	
8	3
v3	
9	4
v4	
0	1
v4	
1	1

						1	
Disgusted				1		v4	
Content	1					2	4
Lonely				1		v4	
Contempt	1					3	1
Enchanted	1					v4	
Honoured					1	4	3
Afraid					1	v4	
Solemn	1					5	1
Ecstatic	1					v4	
Guilty				1		6	1
Tender	1					v4	
Bored			1			7	4
Humiliated	1					v4	
Expectant	1					8	4
Surprised	1					v4	
Ashamed					1	9	1
						v5	
						0	1
						v5	
						1	3
						v5	
						2	1
						v5	
						3	2
						v5	
						4	1
						v5	
						5	1
						v5	
						6	1
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never			For Office use only
For entertainment	1					v5	
It evokes memories				1		8	1
It gives me pleasure		1				v5	
To get company / background music		1				9	3
Interest in music itself	1					v6	
To create atmosphere in social situations				1		0	2
						v6	
						1	2
						v6	
						2	1
						v6	
						3	3

It is hard to avoid hearing music				1		v6 4	4
Enjoy listening to lyrics		1				v6 5	2
Music induces emotions			1			v6 6	3
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods				1		v6 9	4
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1				v8 4	1	
To master new skills	1				v8 5	1	

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

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General information

Name Of institution:	Laudium all participants	Number of participants	5
Range of ages			
Gender distribution	M	1	F 4
Marital status:	Widow	4	Single 1 Divorced 0 Married 0
Date of admission into facility:			

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only		
1. I have regular contact with my family	0	4	0	0	0	v 1		4
2. I regularly participate in activities presented at the facility	1	3	0	0	0	v 2		4

3. Please give a detailed description of your daily routine.

[illegible]

[illegible]

	Yes	No			For Office use only		
9. Would you like more access to taking part in making music?	1	3			v 7		4
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	1	3			v 8		4
	Often	Someti mes	Not often	Never	For Office use only		
11. How often do you listen to music?	1	1	2	0	v 9		4
	Very import ant	import ant	not importa nt/ unimpo rtant	Un- import ant	For Office use only		
12. How important is music to your life?	2	0	0	2	v 1 0		4
13. How important was music to your life when you were between 20 and 40 years old?	1	0	0	3	v 1 1		4
	Often	Someti mes	Not often	Never	For Office use only		
14. Do you personally choose	0	0	1	3	v 1		4

the music you listen to?					2		
15. How often do you feel emotions in response to music?	1	2	0	1	v 1 3		4
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only		
Happy	4	0	0	0	v 1 4		4
Hopeful	2	1	1	0	v 1 5		4
Disappointed	1	1	1	1	v 1 6		4
Enjoying	3	1	0	0	v 1 7		4
Longing	2	1	0	1	v 1 8		4
Indifferent	3	0	1	0	v 1 9		4
Nostalgic	3	1	0	0	v 2 0		4
Relieved	3	1	0	0	v 2 1		4
Tense	0	2	0	2	v 2 2		4
Relaxed	3	0	1	0	v 2 3		4
Thrills / Chills	1	1	1	1	v 2 4		4
Angry	0	1	0	3	v 2 5		4
Calm	4	0	0	0	v 2		4

Curious	1	1	0	2
Frustrated	0	0	2	2
Moved	2	0	1	1
Empathic	1	1	1	1
Anxious	0	3	1	0
Amused	1	1	1	1
Spiritual	2	2	0	0
Jealous	0	0	0	4
Interested	2	2	0	0
Sad	1	1	1	1
Confused	0	0	1	3
Admiring	2	1	0	1
Desiring	0	0	2	2
Regretful	1	1	1	1
Loving	3	0	0	1
Proud	1	3	0	0
Disgusted	0	0	1	3

6		
v		
2		
7		4
v		
2		
8		4
v		
2		
9		4
v		
3		
0		4
v		
3		
1		4
v		
3		
2		4
v		
3		
3		4
v		
3		
4		4
v		
3		
5		4
v		
3		
6		4
v		
3		
7		4
v		
3		
8		4
v		
3		
9		4
v		
4		
0		4
v		
4		
1		4
v		
4		
2		4
v		
		4

					4		
					3		
Content					v		
	1	1	1	1	4		4
Lonely					v		
	1	1	1	1	4		
Contempt					5		4
	1	0	0	3	v		
Enchanted					4		
	2	1	0	1	6		4
Honoured					v		
	0	0	1	3	4		
Afraid					8		4
	1	0	0	3	v		
Solemn					4		
	1	2	1	0	9		4
Ecstatic					v		
	2	1	0	1	5		
Guilty					1		4
	1	0	2	1	v		
Tender					5		
	2	0	0	2	2		4
Bored					v		
	0	1	0	3	5		
Humiliated					4		4
	1	0	1	2	v		
Expectant					5		
	1	1	0	2	6		4
Surprised					v		
	1	1	1	1	5		
Ashamed					7		4
	1	0	0	3	v		
					5		
					8		4

17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	2	1	1	0		v 5 9	4
It evokes memories	1	2	1	0		v 6 0	4
It gives me pleasure	0	3	0	1		v 6 1	4
To get company / background music	0	1	1	2		v 6 2	4
Interest in music itself	3	0	0	1		v 6 3	4
To create atmosphere in social situations	1	0	1	2		v 6 4	4
It is hard to avoid hearing music	0	0	1	3		v 6 5	4
Enjoy listening to lyrics	1	3	0	0		v 6 6	4
Music induces emotions	1	2	1	0		v 6 7	4
To forget about the present	2	2	0	0		v 6 8	4
To enhance positive moods	2	1	0	1		v 6 9	4
To weaken negative moods	0	2	0	2		v 7 0	4
To stir up energy	2	0	0	2		v 7 1	4
To relax and calm down	2	2	0	0		v 7 2	4
It helps me concentrate	1	1	1	1		v 7 3	4

It is beautiful	2	1	1	0	4	v 7 4			4
To vent emotions	1	2	0	1		v 7 5			4
To reflect on my life	2	1	1	0		v 7 6			4
It strengthens my self-image	2	0	0	2		v 7 7			4
To express my personality	1	1	0	2		v 7 8			4
To feel akin to others	2	1	0	1		v 7 9			4
To reduce feelings of loneliness	1	2	0	1		v 8 0			4
To express my feelings	1	0	1	2		v 8 1			4
To shield out the world around me	1	1	1	1		v 8 2			4
To strengthen self esteem	2	1	1	0		v 8 3			4
It makes me feel competent	2	1	0	1		v 8 4			4
To gain control of sounds in my surroundings	1	0	1	2		v 8 5			4
To master new skills	1	1	0	2		v 8 6			4

Laudium Basic psychological need satisfaction in general questionnaire

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 1

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true at all			Somewhat true			

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7	
					1	v86	6

2. I really like the people I interact with.

1	2	3	4	5	6	7	
					1	v87	7

3. Often, I do not feel very competent.

1	2	3	4	5	6	7	
				1		v88	4

4. I feel pressured in my life.

1	2	3	4	5	6	7	
					1	v89	6

5. People I know tell me I am good at what I do.

1	2	3	4	5	6	7	
					1	v90	7

6. I get along with people I come into contact with.

1	2	3	4	5	6	7	
					1	v91	7

7. I pretty much keep to myself and don't have a lot of social contacts.

1	2	3	4	5	6	7	
1						v92	1

8. I generally feel free to express my ideas and opinions.

1	2	3	4	5	6	7	
				1		v93	4

9. I consider the people I regularly interact with to be my friends.

1	2	3	4	5	6	7	
					1	v94	7

10. I have been able to learn interesting new skills recently.

1	2	3	4	5	6	7	
		1				v95	3

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7
1 v96 4

12. People in my life care about me.

1 2 3 4 5 6 7
1 v97 7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7
1 v98 7

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7
1 v99 4

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7
1 v100 1

16. There are not many people that I am close to.

1 2 3 4 5 6 7
1 v101 1

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7
1 v102 4

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7
1 v103 1

19. I often do not feel very capable.

1 2 3 4 5 6 7
1 v104 7

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7
1 v105 4

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7
1 v106 7

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 2

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true					
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
				1			v86	5
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
				1			v87	5
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
						1	v88	7
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
						1	v89	6
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
				1			v90	5
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
						1	v91	6
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
						1	v92	7
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
				1			v93	5
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
				1			v94	5
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
				1			v95	5
11. In my daily life, I frequently have to do what I am told.								

- 1 2 3 4 5 6 7
1 v96 5
12. People in my life care about me.
1 2 3 4 5 6 7
1 v97 5
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7
1 v98 5
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7
1 v99 5
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7
1 v100 5
16. There are not many people that I am close to.
1 2 3 4 5 6 7
1 v101 5
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7
1 v102 4
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7
1 v103 4
19. I often do not feel very capable.
1 2 3 4 5 6 7
1 v104 4
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7
1 v105 3
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7
1 v106 5

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 3

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true					
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	1 v86	7
2. I really like the people I interact with.								
1	2	3	4	5	6	7	1 v87	7
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	1 v88	3
4. I feel pressured in my life.								
1	2	3	4	5	6	7	1 v89	6
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	1 v90	1
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	1 v91	6
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	1 v92	5
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	1 v93	6
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	1 v94	7
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7	1 v95	5
11. In my daily life, I frequently have to do what I am told.								

- 1 2 3 4 5 6 7
1 v96 6
12. People in my life care about me.
1 2 3 4 5 6 7
1 v97 5
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7
1 v98 5
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7
1 v99 3
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7
1 v100 3
16. There are not many people that I am close to.
1 2 3 4 5 6 7
1 v101 4
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7
1 v102 4
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7
1 v103 4
19. I often do not feel very capable.
1 2 3 4 5 6 7
1 v104 5
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7
1 v105 4
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7
1 v106 5

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 4

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true					
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
							1 v86	6
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
							1 v87	7
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
				1			v88	4
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
					1		v89	5
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
		1					v90	2
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
						1	v91	7
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
		1					v92	2
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
		1					v93	2
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
						1	v94	7
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
	1						v95	1
11. In my daily life, I frequently have to do what I am told.								

- 1 2 3 4 5 6 7
1 v96 6
12. People in my life care about me.
1 2 3 4 5 6 7
1 v97 7
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7
1 v98 1
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7
1 v99 5
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7
1 v100 7
16. There are not many people that I am close to.
1 2 3 4 5 6 7
1 v101 2
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7
1 v102 7
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7
1 v103 1
19. I often do not feel very capable.
1 2 3 4 5 6 7
1 v104 1
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7
1 v105 7
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7
1 v106 7

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 5

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7	
Not true at all			Somewhat true				
1. I feel like I am free to decide for myself how to live my life.							
1	2	3	4	5	6	7	
				1			v86 4
2. I really like the people I interact with.							
1	2	3	4	5	6	7	
						1	v87 7
3. Often, I do not feel very competent.							
1	2	3	4	5	6	7	
						1	v88 7
4. I feel pressured in my life.							
1	2	3	4	5	6	7	
						1	v89 7
5. People I know tell me I am good at what I do.							
1	2	3	4	5	6	7	
						1	v90 7
6. I get along with people I come into contact with.							
1	2	3	4	5	6	7	
						1	v91 7
7. I pretty much keep to myself and don't have a lot of social contacts.							
1	2	3	4	5	6	7	
						1	v92 7
8. I generally feel free to express my ideas and opinions.							
1	2	3	4	5	6	7	
						1	v93 6
9. I consider the people I regularly interact with to be my friends.							
1	2	3	4	5	6	7	
						1	v94 7
10. I have been able to learn interesting new skills recently.							
1	2	3	4	5	6	7	
						1	v95 7
11. In my daily life, I frequently have to do what I am told.							

1	2	3	4	5	6	7	
						1 v96	7
12. People in my life care about me.
- | | | | | | | | |
|---|---|---|---|---|---|-------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v97 | <input type="text" value="7"/> |
13. Most days I feel a sense of accomplishment from what I do.
- | | | | | | | | |
|---|---|---|---|---|---|-------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v98 | <input type="text" value="7"/> |
14. People I interact with on a daily basis tend to take my feelings into consideration.
- | | | | | | | | |
|---|---|---|---|---|---|-------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v99 | <input type="text" value="7"/> |
15. In my life I do not get much of a chance to show how capable I am.
- | | | | | | | | |
|---|---|---|---|---|---|--------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v100 | <input type="text" value="7"/> |
16. There are not many people that I am close to.
- | | | | | | | | |
|---|---|---|---|---|---|--------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v101 | <input type="text" value="7"/> |
17. I feel like I can pretty much be myself in my daily situations.
- | | | | | | | | |
|---|---|---|---|---|---|--------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v102 | <input type="text" value="7"/> |
18. The people I interact with regularly do not seem to like me much.
- | | | | | | | | |
|---|---|---|---|---|---|--------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v103 | <input type="text" value="7"/> |
19. I often do not feel very capable.
- | | | | | | | | |
|---|---|---|---|---|---|--------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v104 | <input type="text" value="7"/> |
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
- | | | | | | | | |
|---|---|---|---|---|---|--------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v105 | <input type="text" value="7"/> |
21. People are generally pretty friendly towards me.
- | | | | | | | | |
|---|---|---|---|---|---|--------|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | 1 v106 | <input type="text" value="7"/> |

Basic Psychological Need Satisfaction in General Questionnaire							
Laudium All participants							
Feelings I Have							
Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:							
1	2	3	4	5	6	7	
Not true at all			Somewhat true			Very true	
1. I feel like I am free to decide for myself how to live my life.							
1	2	3	4	5	6	7	
0	0	0	1	1	2	1	
2. I really like the people I interact with.							
1	2	3	4	5	6	7	
0	0	0	0	1	0	4	
3. Often, I do not feel very competent.							
1	2	3	4	5	6	7	
0	0	1	2	0	0	2	
4. I feel pressured in my life.							
1	2	3	4	5	6	7	
0	0	0	0	1	3	1	
5. People I know tell me I am good at what I do.							
1	2	3	4	5	6	7	
1	1	0	0	1	0	2	
6. I get along with people I come into contact with.							
1	2	3	4	5	6	7	
0	0	0	0	0	2	3	
7. I pretty much keep to myself and don't have a lot of social contacts.							
1	2	3	4	5	6	7	
1	1	0	0	1	0	2	
8. I generally feel free to express my ideas and opinions.							

Total completed	
5	1
5	2
5	3
5	4
5	5
5	6
5	7

1	2	3	4	5	6	7		
1	0	0	1	1	0	2	5	19
20. There is not much opportunity for me to decide for myself how to do things in my daily life.								
1	2	3	4	5	6	7		
0	0	1	2	0	0	2	5	20
21. People are generally pretty friendly towards me.								
1	2	3	4	5	6	7		
0	0	0	0	2	0	3	5	21

Mamelodi Old age home Music questionnaire

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 1 1

Age: 67

Gender: M 1 F

Marital status: ☒ Widowed ☐ Single ☐ Divorced ☐ Married

Date of admission into facility:	Jan-16

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility		1				v2	2

3. Please give a detailed description of your daily routine.

Not completed

	Often	Some- times	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?		1				v3	2

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?		1				v5	2
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?	1				For Office use only v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt	For Office use only
12. How important is music to your life?	1				v9 1
13. How important was music to your life when you were between 20 and 40 years old?		1			v1 0 2
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?		1			v1 1 2
15. How often do you feel emotions in response to music?	1				v1 2 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy	1				v1 3 1
Hopeful	1				v1 4 1
Disappointed			1		v1 5 3
Enjoying	1				v1 6 1
Longing		1			v1 7 2
Indifferent		1			v1 2

Nostalgic				1
Relieved	1			
Tense			1	
Relaxed	1			
Thrills / Chills		1		
Angry				1
Calm	1			
Curious		1		
Frustrated				1
Moved	1			
Empathic			1	
Anxious				1
Amused				1
Spiritual	1			
Jealous				1
Interested	1			
Sad				1
Confused		1		
Admiring	1			
Desiring		1		
Regretful		1		
Loving	1			
Proud	1			
Disgusted		1		
Content	1			

8	
v1	
9	4
v2	
0	1
v2	
1	3
v2	
2	1
v2	
3	2
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	4
v2	
8	1
v2	
9	3
v3	
0	4
v3	
1	4
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	2
v3	
7	1
v3	
8	2
v3	
9	2
v4	
0	1
v4	
1	1
v4	
2	2
v4	
	1

						3	
Lonely	1					v4	
Contempt			1			4	1
Enchanted	1					v4	
Honoured		1				5	3
Afraid	1					v4	
Solemn	1					6	1
Ecstatic	1					v4	
Guilty				1		7	2
Tender	1					v4	
Bored		1				8	1
Humiliated		1				v4	
Expectant	1					9	1
Surprised	1					v4	
Ashamed		1				0	1
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment		1				v5	
It evokes memories	1					8	2
It gives me pleasure	1					v5	
To get company / background music		1				9	1
Interest in music itself	1					v6	
To create atmosphere in social situations						0	1
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics	1					1	2
						v6	
						2	1
						v6	
						3	0
						v6	
						4	1
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down		1				v7 1	2
It helps me concentrate	1					v7 2	1
It is beautiful		1				v7 3	2
To vent emotions	1					v7 4	1
To reflect on my life		1				v7 5	2
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?		1				v5	2
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?		1				v10 2
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?		1				v11 2
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful	1					v14 1
Disappointed		1				v15 2
Enjoying	1					v16 1
Longing		1				v17 2
Indifferent		1				v1 2

Nostalgic		1		
Relieved	1			
Tense			1	
Relaxed	1			
Thrills / Chills		1		
Angry				1
Calm	1			
Curious		1		
Frustrated				1
Moved	1			
Empathic		1		
Anxious			1	
Amused			1	
Spiritual	1			
Jealous				1
Interested	1			
Sad				1
Confused		1		
Admiring	1			
Desiring		1		
Regretful		1		
Loving	1			
Proud	1			
Disgusted		1		
Content	1			

8	
v1	
9	2
v2	
0	1
v2	
1	3
v2	
2	1
v2	
3	2
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	4
v2	
8	1
v2	
9	2
v3	
0	3
v3	
1	3
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	2
v3	
7	1
v3	
8	2
v3	
9	2
v4	
0	1
v4	
1	1
v4	
2	2
v4	
	1

						3	
Lonely	1					v4	
Contempt			1			4	1
Enchanted	1					v4	
Honoured		1				5	3
Afraid	1					v4	
Solemn	1					6	1
Ecstatic	1					v4	
Guilty				1		7	2
Tender				1		v4	
Bored	1					8	1
Humiliated		1				v4	
Expectant	1					9	1
Surprised	1					v5	
Ashamed		1				0	1
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment		1				v5	
It evokes memories	1					8	2
It gives me pleasure	1					v5	
To get company / background music		1				9	1
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics	1					1	2
						v6	
						2	1
						v6	
						3	2
						v6	
						4	1
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present		1				v6 7	2
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate		1				v7 2	2
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

5. Did you play a musical instrument or sing in a choir when you were younger?			1			v4	3
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?		1				v5	2
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?	1				For Office use only v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt	For Office use only
12. How important is music to your life?		1			v9 2
13. How important was music to your life when you were between 20 and 40 years old?	1				v10 1
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?		1			v11 2
15. How often do you feel emotions in response to music?	1				v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy	1				v13 1
Hopeful	1				v14 1
Disappointed			1		v15 3
Enjoying	1				v16 1
Longing		1			v17 2
Indifferent		1			v1 2

Nostalgic				1
Relieved	1			
Tense				1
Relaxed	1			
Thrills / Chills		1		
Angry				1
Calm	1			
Curious		1		
Frustrated				1
Moved	1			
Empathic				1
Anxious		1		
Amused			1	
Spiritual	1			
Jealous				1
Interested	1			
Sad				1
Confused		1		
Admiring	1			
Desiring		1		
Regretful		1		
Loving	1			
Proud	1			
Disgusted		1		
Content	1			

8	
v1	
9	4
v2	
0	1
v2	
1	4
v2	
2	1
v2	
3	2
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	4
v2	
8	1
v2	
9	4
v3	
0	2
v3	
1	3
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	2
v3	
7	1
v3	
8	2
v3	
9	2
v4	
0	1
v4	
1	1
v4	
2	2
v4	
	1

						3	
Lonely	1					v4	
Contempt			1			4	1
Enchanted	1					v4	
Honoured		1				5	3
Afraid	1					v4	
Solemn	1					6	1
Ecstatic	1					v4	
Guilty				1		7	2
Tender	1					v4	
Bored		1				8	1
Humiliated		1				v4	
Expectant	1					9	1
Surprised	1					v4	
Ashamed		1				0	1
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music		1				9	1
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics	1					1	2
						v6	
						2	1
						v6	
						3	2
						v6	
						4	1
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods		1				v6 8	2
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life		1				v7 5	2
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?	1					v5	1
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?	1				For Office use only v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt	For Office use only
12. How important is music to your life?	1				v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1				v1 0 1
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?	1				v1 1 1
15. How often do you feel emotions in response to music?					v1 2 0
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy	1				v1 3 1
Hopeful	1				v1 4 1
Disappointed		1			v1 5 2
Enjoying	1				v1 6 1
Longing					v1 7 0
Indifferent		1			v1 2

Nostalgic				
Relieved	1			
Tense	1			
Relaxed	1			
Thrills / Chills	1			
Angry				1
Calm	1			
Curious				
Frustrated				1
Moved	1			
Empathic				
Anxious				
Amused				
Spiritual	1			
Jealous				1
Interested	1			
Sad	1			
Confused	1			
Admiring	1			
Desiring	1			
Regretful		1		
Loving	1			
Proud	1			
Disgusted				1
Content	1			

8	
v1	
9	0
v2	
0	1
v2	
1	1
v2	
2	1
v2	
3	1
v2	
4	4
v2	
5	1
v2	
6	0
v2	
7	4
v2	
8	1
v2	
9	0
v3	
0	0
v3	
1	0
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	1
v3	
6	1
v3	
7	1
v3	
8	1
v3	
9	2
v4	
0	1
v4	
1	1
v4	
2	4
v4	
	1

						3	
Lonely	1					v4	
Contempt		1				4	1
Enchanted	1					v4	
Honoured		1				5	2
Afraid						v4	
Solemn	1					6	1
Ecstatic	1					v4	
Guilty						7	2
Tender	1					v4	
Bored		1				8	4
Humiliated						v4	
Expectant		1				9	1
Surprised	1					v5	
Ashamed	1					0	1
						v5	
						1	4
						v5	
						2	1
						v5	
						3	2
						v5	
						4	4
						v5	
						5	2
						v5	
						6	1
						v5	
						7	1
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music		1				9	1
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music						v6	
Enjoy listening to lyrics						1	2
						v6	
						2	1
						v6	
						3	2
						v6	
						4	0
						v6	
						5	0

Music induces emotions	1					v6 6	1
To forget about the present		1				v6 7	2
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions		1				v7 4	2
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?	1					v5	1
7. Please describe the musical instruments you used to play and to what level of expertise?							
Sing							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social						v7	0

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?	1					v11 1
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful	1					v14 1
Disappointed	1					v15 1
Enjoying	1					v16 1
Longing	1					v17 1
Indifferent	1					v1 1

Nostalgic	1			
Relieved	1			
Tense	1			
Relaxed	1			
Thrills / Chills	1			
Angry	1			
Calm	1			
Curious	1			
Frustrated	1			
Moved	1			
Empathic	1			
Anxious	1			
Amused	1			
Spiritual	1			
Jealous	1			
Interested	1			
Sad	1			
Confused	1			
Admiring	1			
Desiring		1		
Regretful	1			
Loving	1			
Proud	1			
Disgusted	1			
Content	1			

8	
v1	
9	1
v2	
0	1
v2	
1	1
v2	
2	1
v2	
3	1
v2	
4	1
v2	
5	1
v2	
6	1
v2	
7	1
v2	
8	1
v2	
9	1
v3	
0	1
v3	
1	1
v3	
2	1
v3	
3	1
v3	
4	1
v3	
5	1
v3	
6	1
v3	
7	1
v3	
8	2
v3	
9	1
v4	
0	1
v4	
1	1
v4	
2	1
v4	
	1

						3	
Lonely		1				v4	
Contempt						4	2
						v4	
Enchanted				1		5	0
						v4	
Honoured	1					6	3
						v4	
Afraid				1		7	1
						v4	
Solemn	1					8	3
						v4	
Ecstatic	1					9	1
						v5	
Guilty		1				0	1
						v5	
Tender	1					1	2
						v5	
Bored				1		2	1
						v5	
Humiliated				1		3	3
						v5	
Expectant	1					4	3
						v5	
Surprised	1					5	1
						v5	
Ashamed	1					6	1
						v5	
						7	1
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
						8	1
It evokes memories	1					v5	
						9	1
It gives me pleasure	1					v6	
						0	1
To get company / background music	1					v6	
						1	1
Interest in music itself	1					v6	
						2	1
To create atmosphere in social situations		1				v6	
						3	2
It is hard to avoid hearing music	1					v6	
						4	1
Enjoy listening to lyrics	1					v6	
						5	1

Music induces emotions	1				v6 6	1
To forget about the present	1				v6 7	1
To enhance positive moods	1				v6 8	1
To weaken negative moods	1				v6 9	1
To stir up energy	1				v7 0	1
To relax and calm down	1				v7 1	1
It helps me concentrate	1				v7 2	1
It is beautiful	1				v7 3	1
To vent emotions	1				v7 4	1
To reflect on my life	1				v7 5	1
It strengthens my self-image	1				v7 6	1
To express my personality	1				v7 7	1
To feel akin to others	1				v7 8	1
To reduce feelings of loneliness	1				v7 9	1
To express my feelings	1				v8 0	1
To shield out the world around me	1				v8 1	1
To strengthen self esteem	1				v8 2	1
It makes me feel competent	1				v8 3	1
To gain control of sounds in my surroundings	1				v8 4	1
To master new skills					v8 5	0

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 6 1

Age: 82

Gender: M 1 F

Marital status: Widow Single 1 Divorced Married

Date of admission into facility: Aug-09

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility		1				v2	2
3. Please give a detailed description of your daily routine.							
Wake up in the morning							
Bathing							
Activities e.g. exercise, marabaraba							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?		1				v3	2

5. Did you play a musical instrument or sing in a choir when you were younger?		1				v4	2
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?		1				v5	2
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?		1			For Office use only v8 2
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt	For Office use only
12. How important is music to your life?		1			v9 2
13. How important was music to your life when you were between 20 and 40 years old?		1			v10 2
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?		1			v11 2
15. How often do you feel emotions in response to music?		1			v12 2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy		1			v13 2
Hopeful		1			v14 2
Disappointed		1			v15 2
Enjoying	1				v16 1
Longing	1				v17 1
Indifferent	1				v1 1

Nostalgic	1			
Relieved	1			
Tense		1		
Relaxed	1			
Thrills / Chills	1			
Angry				1
Calm	1			
Curious		1		
Frustrated				1
Moved	1			
Empathic	1			
Anxious		1		
Amused		1		
Spiritual	1			
Jealous				1
Interested	1			
Sad				1
Confused		1		
Admiring		1		
Desiring		1		
Regretful				1
Loving	1			
Proud	1			
Disgusted		1		
Content	1			

8	
v1	
9	1
v2	
0	1
v2	
1	2
v2	
2	1
v2	
3	1
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	4
v2	
8	1
v2	
9	1
v3	
0	2
v3	
1	2
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	2
v3	
7	2
v3	
8	2
v3	
9	4
v4	
0	1
v4	
1	1
v4	
2	2
v4	
	1

						3	
Lonely	1					v4	
Contempt		1				4	1
Enchanted	1					v4	
Honoured		1				5	2
Afraid						v4	
Solemn	1					6	1
Ecstatic	1					v4	
Guilty						7	2
Tender						v4	
Bored			1			8	4
Humiliated		1				v4	
Expectant	1					9	1
Surprised	1					v5	
Ashamed		1				0	1
						v5	
						1	4
						v5	
						2	4
						v5	
						3	3
						v5	
						4	2
						v5	
						5	1
						v5	
						6	1
						v5	
						7	2
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure		1				v5	
To get company / background music		1				9	1
Interest in music itself		1				v6	
To create atmosphere in social situations		1				0	2
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics		1				1	2
						v6	
						2	2
						v6	
						3	2
						v6	
						4	1
						v6	
						5	2

Music induces emotions	1					v6 6	1
To forget about the present		1				v6 7	2
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy		1				v7 0	2
To relax and calm down	1					v7 1	1
It helps me concentrate		1				v7 2	2
It is beautiful		1				v7 3	2
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality				1		v7 7	4
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me		1				v8 1	2
To strengthen self esteem	1					v8 2	1
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 7 1

Age: 64

Gender: M 1 F

Marital status: ☒ Widowed ☐ Single ☐ Divorced ☐ Married

Date of admission into facility:	Jul-05

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility		1				v2	2

3. Please give a detailed description of your daily routine.

Not completed

	Often	Some- times	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?		1				v3	2

5. Did you play a musical instrument or sing in a choir when you were younger?		1				v4	2	
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only		
6. What is the access you have to making music?		1				v5	2	
7. Please describe the musical instruments you used to play and to what level of expertise?								
Not completed								
8. Please describe the musical activities you have access to								
Not completed								
	Yes	No				For Office use only		
9. Would you like more access to taking part in making music?	1					v6		1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7		1

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?		1				v8 2
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?		1				v10 2
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?	1					v11 1
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy		1				v13 2
Hopeful		1				v14 2
Disappointed		1				v15 2
Enjoying		1				v16 2
Longing			1			v17 3
Indifferent		1				v1 2

Nostalgic	1			
Relieved	1			
Tense		1		
Relaxed	1			
Thrills / Chills	1			
Angry				1
Calm	1			
Curious		1		
Frustrated				1
Moved	1			
Empathic	1			
Anxious		1		
Amused	1			
Spiritual	1			
Jealous				
Interested		1		
Sad				1
Confused				1
Admiring		1		
Desiring	1			
Regretful		1		
Loving	1			
Proud	1			
Disgusted		1		
Content	1			

8	
v1	
9	1
v2	
0	1
v2	
1	2
v2	
2	1
v2	
3	1
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	4
v2	
8	1
v2	
9	1
v3	
0	2
v3	
1	1
v3	
2	1
v3	
3	0
v3	
4	2
v3	
5	4
v3	
6	4
v3	
7	2
v3	
8	1
v3	
9	2
v4	
0	1
v4	
1	1
v4	
2	2
v4	
	1

						3	
Lonely	1					v4	
Contempt	1					4	1
Enchanted	1					v4	
Honoured		1				5	1
Afraid				1		v4	
Solemn	1					6	1
Ecstatic	1					v4	
Guilty				1		7	2
Tender	1					v4	
Bored		1				8	4
Humiliated		1				v4	
Expectant	1					9	1
Surprised	1					v5	
Ashamed						0	1
						v5	
						1	4
						v5	
						2	1
						v5	
						3	2
						v5	
						4	2
						v5	
						5	1
						v5	
						6	1
						v5	
						7	0
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations	1					0	1
It is hard to avoid hearing music		1				v6	
Enjoy listening to lyrics						1	1
						v6	
						2	1
						v6	
						3	1
						v6	
						4	2
						v6	
						5	0

Music induces emotions	1					v6 6	1
To forget about the present		1				v6 7	2
To enhance positive moods	1					v6 8	1
To weaken negative moods						v6 9	0
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate		1				v7 2	2
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me						v8 1	0
To strengthen self esteem	1					v8 2	1
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

5. Did you play a musical instrument or sing in a choir when you were younger?		1				v4	2	
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only		
6. What is the access you have to making music?		1				v5	2	
7. Please describe the musical instruments you used to play and to what level of expertise?								
I play music with a flute and guitar								
8. Please describe the musical activities you have access to								
Not completed								
	Yes	No				For Office use only		
9. Would you like more access to taking part in making music?	1					v6		1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7		1

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?		1			For Office use only v8 2
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt	For Office use only
12. How important is music to your life?	1				v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1				v10 1
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?	1				v11 1
15. How often do you feel emotions in response to music?		1			v12 2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy	1				v13 1
Hopeful		1			v14 2
Disappointed		1			v15 2
Enjoying	1				v16 1
Longing		1			v17 2
Indifferent			1		v1 3

Nostalgic		1		
Relieved			1	
Tense				1
Relaxed			1	
Thrills / Chills		1		
Angry				1
Calm			1	
Curious	1			
Frustrated		1		
Moved			1	
Empathic				1
Anxious		1		
Amused		1		
Spiritual		1		
Jealous				1
Interested	1			
Sad	1			
Confused		1		
Admiring	1			
Desiring				1
Regretful			1	
Loving	1			
Proud				1
Disgusted			1	
Content	1			

8	
v1	
9	2
v2	
0	3
v2	
1	4
v2	
2	3
v2	
3	2
v2	
4	4
v2	
5	3
v2	
6	1
v2	
7	2
v2	
8	3
v2	
9	4
v3	
0	2
v3	
1	2
v3	
2	2
v3	
3	4
v3	
4	1
v3	
5	1
v3	
6	2
v3	
7	1
v3	
8	4
v3	
9	3
v4	
0	1
v4	
1	4
v4	
2	3
v4	
	1

						3	
Lonely	1					v4	
Contempt				1		4	1
Enchanted			1			v4	
Honoured				1		5	4
Afraid			1			v4	
Solemn	1					6	3
Ecstatic		1				v4	
Guilty				1		7	4
Tender	1					v4	
Bored				1		8	3
Humiliated			1			v4	
Expectant	1					9	1
Surprised	1					v4	
Ashamed				1		0	2
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		v5	
For entertainment				1		1	4
It evokes memories	1					v5	
It gives me pleasure		1				9	1
To get company / background music		1				v6	
Interest in music itself	1					0	2
To create atmosphere in social situations			1			v6	
It is hard to avoid hearing music		1				1	2
Enjoy listening to lyrics	1					v6	
						2	1
						v6	
						3	3
						v6	
						4	2
						v6	
						5	1

Music induces emotions		1				v6 6	2
To forget about the present			1			v6 7	3
To enhance positive moods				1		v6 8	4
To weaken negative moods		1				v6 9	2
To stir up energy	1					v7 0	1
To relax and calm down		1				v7 1	2
It helps me concentrate	1					v7 2	1
It is beautiful		1				v7 3	2
To vent emotions				1		v7 4	4
To reflect on my life	1					v7 5	1
It strengthens my self-image			1			v7 6	3
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness		1				v7 9	2
To express my feelings	1					v8 0	1
To shield out the world around me		1				v8 1	2
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings		1				v8 4	2
To master new skills			1			v8 5	3

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name Of institution:	Mamelodi All	Number of participants	8
Range of ages			
Gender distribution	M	6	F 2
Marital status:	Widow	1	Single 4 Divorced 2 Married 1
Date of admission into facility:			

Please read and complete the following:

[illegible]

[illegible]

	Yes	No			For Office use only		
9. Would you like more access to taking part in making music?	8	0			v 6		8
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	7	0			v 7		7
	Often	Someti mes	Not often	Never	For Office use only		
11. How often do you listen to music?	5	3	0	0	v 8		8
	Very import ant	import ant	not importa nt/ unimpo rtant	Un- import ant	For Office use only		
12. How important is music to your life?	6	2	0	0	v 9		8
13. How important was music to your life when you were between 20 and 40 years old?	4	4	0	0	v 1 0		8
	Often	Someti mes	Not often	Never	For Office use only		
14. Do you personally choose	4	4	0	0	v 1		8

the music you listen to?					1		
15. How often do you feel emotions in response to music?	5	2	0	0	v 1 2		7
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only		
Happy	6	2	0	0	v 1 3		8
Hopeful	5	3	0	0	v 1 4		8
Disappointed	1	5	2	0	v 1 5		8
Enjoying	7	1	0	0	v 1 6		8
Longing	2	4	1	0	v 1 7		7
Indifferent	2	5	1	0	v 1 8		8
Nostalgic	3	2	0	2	v 1 9		7
Relieved	7	0	1	0	v 2 0		8
Tense	2	2	2	2	v 2 1		8
Relaxed	7	0	1	0	v 2 2		8
Thrills / Chills	4	4	0	0	v 2 3		8
Angry	1	0	0	7	v 2 4		8
Calm	7	0	1	0	v 2		8

Curious				
	2	5	0	0
Frustrated				
	1	1	0	6
Moved				
	7	0	1	0
Empathic				
	3	1	1	2
Anxious				
	1	4	1	1
Amused				
	2	2	2	1
Spiritual				
	7	1	0	0
Jealous				
	1	0	0	6
Interested				
	7	1	0	0
Sad				
	3	0	0	5
Confused				
	2	5	0	1
Admiring				
	6	2	0	0
Desiring				
	2	5	0	1
Regretful				
	1	5	1	1
Loving				
	8	0	0	0
Proud				
	7	0	0	1
Disgusted				
	1	5	1	1

5			
v			
2			
6			7
v			
2			
7			8
v			
2			
8			8
v			
2			
9			7
v			
3			
0			7
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3			
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6			8
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7			8
v			
3			
8			8
v			
3			
9			8
v			
4			
0			8
v			
4			
1			8
v			
			8

					4		
					2		
Content					v		
	8	0	0	0	4		
					3		8
Lonely					v		
	7	1	0	0	4		
					4		8
Contempt					v		
	1	2	3	1	4		
					5		7
Enchanted					v		
	6	0	2	0	4		
					6		8
Honoured					v		
	1	6	0	1	4		
					7		8
Afraid					v		
	3	0	2	3	4		
					8		8
Solemn					v		
	8	0	0	0	4		
					9		8
Ecstatic					v		
	7	1	0	0	5		
					0		8
Guilty					v		
	0	1	0	7	5		
					1		8
Tender					v		
	6	0	0	2	5		
					2		8
Bored					v		
	1	4	2	1	5		
					3		8
Humiliated					v		
	0	5	2	1	5		
					4		8
Expectant					v		
	7	1	0	0	5		
					5		8
Surprised					v		
	8	0	0	0	5		
					6		8
Ashamed					v		
	2	4	0	1	5		
					7		7

17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	5	2	0	1		v 5 8	8
It evokes memories	8	0	0	0		v 5 9	8
It gives me pleasure	6	2	0	0		v 6 0	8
To get company / background music	2	6	0	0		v 6 1	8
Interest in music itself	7	1	0	0		v 6 2	8
To create atmosphere in social situations	1	5	1	0		v 6 3	7
It is hard to avoid hearing music	5	2	0	0		v 6 4	7
Enjoy listening to lyrics	5	1	0	0		v 6 5	6
Music induces emotions	7	1	0	0		v 6 6	8
To forget about the present	3	4	1	0		v 6 7	8
To enhance positive moods	6	1	0	1		v 6 8	8
To weaken negative moods	6	1	0	0		v 6 9	7
To stir up energy	7	1	0	0		v 7 0	8
To relax and calm down	6	2	0	0		v 7 1	8
It helps me concentrate	5	3	0	0		v 7 2	8

It is beautiful	5	3	0	0	v			8
To vent emotions	6	1	0	1	7			8
To reflect on my life	6	2	0	0	7			8
It strengthens my self-image	7	0	1	0	4			8
To express my personality	7	0	0	1	5			8
To feel akin to others	8	0	0	0	6			8
To reduce feelings of loneliness	7	1	0	0	7			8
To express my feelings	8	0	0	0	7			8
To shield out the world around me	5	2	0	0	8			7
To strengthen self esteem	8	0	0	0	1			8
It makes me feel competent	5	3	0	0	2			8
To gain control of sounds in my surroundings	7	1	0	0	8			8
To master new skills	6	0	1	0	4			7

Mamelodi Basic psychological need and satisfaction questionnaire

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 1

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

	1	2	3	4	5	6	7		
	Not true at				Somewhat true				
	all								
1. I feel like I am free to decide for myself how to live my life.	1	2	3	4	5	6	7		
							1	v86	7
2. I really like the people I interact with.	1	2	3	4	5	6	7		
							1	v87	7
3. Often, I do not feel very competent.	1	2	3	4	5	6	7		
							1	v88	7
4. I feel pressured in my life.	1	2	3	4	5	6	7		
							1	v89	7
5. People I know tell me I am good at what I do.	1	2	3	4	5	6	7		
							1	v90	7
6. I get along with people I come into contact with.	1	2	3	4	5	6	7		
							1	v91	7
7. I pretty much keep to myself and don't have a lot of social contacts.	1	2	3	4	5	6	7		
							1	v92	7
8. I generally feel free to express my ideas and opinions.	1	2	3	4	5	6	7		
							1	v93	7
9. I consider the people I regularly interact with to be my friends.	1	2	3	4	5	6	7		
							1	v94	7
10. I have been able to learn interesting new skills recently.	1	2	3	4	5	6	7		

								1	v95	7
11. In my daily life, I frequently have to do what I am told.	1	2	3	4	5	6	7			
								1	v96	7
12. People in my life care about me.	1	2	3	4	5	6	7			
								1	v97	7
13. Most days I feel a sense of accomplishment from what I do.	1	2	3	4	5	6	7			
								1	v98	7
14. People I interact with on a daily basis tend to take my feelings into consideration.	1	2	3	4	5	6	7			
								1	v99	7
15. In my life I do not get much of a chance to show how capable I am.	1	2	3	4	5	6	7			
								1	v100	7
16. There are not many people that I am close to.	1	2	3	4	5	6	7			
								1	v101	7
17. I feel like I can pretty much be myself in my daily situations.	1	2	3	4	5	6	7			
				1					v102	4
18. The people I interact with regularly do not seem to like me much.	1	2	3	4	5	6	7			
								1	v103	7
19. I often do not feel very capable.	1	2	3	4	5	6	7			
								1	v104	7
20. There is not much opportunity for me to decide for myself how to do things in my daily life.	1	2	3	4	5	6	7			
								1	v105	7
21. People are generally pretty friendly towards me.	1	2	3	4	5	6	7			
								1	v106	7

Basic Psychological Need Satisfaction in General Questionnaire

Name Participant 2

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1 2 3 4 5 6 7
Not true at Somewhat true
all

1. I feel like I am free to decide for myself how to live my life.

1 2 3 4 5 6 7
1 v86 7

2. I really like the people I interact with.

1 2 3 4 5 6 7
1 v87 7

3. Often, I do not feel very competent.

1 2 3 4 5 6 7
1 v88 4

4. I feel pressured in my life.

1 2 3 4 5 6 7
1 v89 7

5. People I know tell me I am good at what I do.

1 2 3 4 5 6 7
1 v90 7

6. I get along with people I come into contact with.

1 2 3 4 5 6 7
1 v91 7

7. I pretty much keep to myself and don't have a lot of social contacts.

1 2 3 4 5 6 7
1 v92 7

8. I generally feel free to express my ideas and opinions.

1 2 3 4 5 6 7
1 v93 7

9. I consider the people I regularly interact with to be my friends.

1 2 3 4 5 6 7
1 v94 7

10. I have been able to learn interesting new skills recently.

1 2 3 4 5 6 7

11. In my daily life, I frequently have to do what I am told.
1 2 3 4 5 6 7 1 v95 7
12. People in my life care about me.
1 2 3 4 5 6 7 1 v96 7
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7 1 v97 7
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7 1 v98 7
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7 1 v99 7
16. There are not many people that I am close to.
1 2 3 4 5 6 7 1 v100 4
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7 1 v101 1
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7 1 v102 1
19. I often do not feel very capable.
1 2 3 4 5 6 7 1 v103 7
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7 1 v104 7
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7 1 v105 7
- 1 2 3 4 5 6 7 1 v106 7

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 3
Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1 2 3 4 5 6 7
Not true at Somewhat true
all

1. I feel like I am free to decide for myself how to live my life.
1 2 3 4 5 6 7
1 v86
2. I really like the people I interact with.
1 2 3 4 5 6 7
1 v87
3. Often, I do not feel very competent.
1 2 3 4 5 6 7
1 v88
4. I feel pressured in my life.
1 2 3 4 5 6 7
1 v89
5. People I know tell me I am good at what I do.
1 2 3 4 5 6 7
1 v90
6. I get along with people I come into contact with.
1 2 3 4 5 6 7
1 v91
7. I pretty much keep to myself and don't have a lot of social contacts.
1 2 3 4 5 6 7
1 v92
8. I generally feel free to express my ideas and opinions.
1 2 3 4 5 6 7
1 v93
9. I consider the people I regularly interact with to be my friends.
1 2 3 4 5 6 7
1 v94
10. I have been able to learn interesting new skills recently.

	1	2	3	4	5	6	7	
							1	v95
								7
11. In my daily life, I frequently have to do what I am told.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | 1 | v96 |
| | | | | | | | | <input type="text" value="7"/> |
12. People in my life care about me.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | 1 | v97 |
| | | | | | | | | <input type="text" value="7"/> |
13. Most days I feel a sense of accomplishment from what I do.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | 1 | v98 |
| | | | | | | | | <input type="text" value="7"/> |
14. People I interact with on a daily basis tend to take my feelings into consideration.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | 1 | v99 |
| | | | | | | | | <input type="text" value="7"/> |
15. In my life I do not get much of a chance to show how capable I am.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | | v100 |
| | | | | | | | | <input type="text" value="4"/> |
16. There are not many people that I am close to.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | | v101 |
| | | | | | | | | <input type="text" value="1"/> |
17. I feel like I can pretty much be myself in my daily situations.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | 1 | | | | | | | v102 |
| | | | | | | | | <input type="text" value="1"/> |
18. The people I interact with regularly do not seem to like me much.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | 1 | v103 |
| | | | | | | | | <input type="text" value="7"/> |
19. I often do not feel very capable.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | 1 | v104 |
| | | | | | | | | <input type="text" value="7"/> |
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | 1 | v105 |
| | | | | | | | | <input type="text" value="7"/> |
21. People are generally pretty friendly towards me.
- | | | | | | | | | |
|--|---|---|---|---|---|---|---|--------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | | 1 | v106 |
| | | | | | | | | <input type="text" value="7"/> |

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 4

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1 2 3 4 5 6 7

Not true at all Somewhat true

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7			
						1	v86		7

2. I really like the people I interact with.

1	2	3	4	5	6	7			
						1 v87			7

3. Often, I do not feel very competent.

1	2	3	4	5	6	7
						1 v88
						7

4. I feel pressured in my life.

[illegible]

5. People I know tell me I am good at what I do.

1	2	3	4	5	6	7
						1 v90
						7

6. I get along with people I come into contact with.

1	2	3	4	5	6	7
						1 v91
						7

7. I pretty much keep to myself and don't have a lot of social contacts.

1	2	3	4	5	6	7
						v92
						7

8. I generally feel free to express my ideas and opinions.

1	2	3	4	5	6	7
						1 v93
						7

9. I consider the people I regularly interact with to be my friends.

[illegible]

10. I have been able to learn interesting new skills recently.

1 2 3 4 5 6 7
1 v95

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7
1 v96

12. People in my life care about me.

1 2 3 4 5 6 7
1 v97

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7
1 v98

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7
1 v99

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7
1 v100

16. There are not many people that I am close to.

1 2 3 4 5 6 7
1 v101

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7
1 v102

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7
1 v103

19. I often do not feel very capable.

1 2 3 4 5 6 7
1 v104

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7
1 v105

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7
1 v106

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 5

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1 2 3 4 5 6 7

Not true at all Somewhat true

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7			
						1	v86		7

2. I really like the people I interact with.

1	2	3	4	5	6	7
						v87
						7

3. Often, I do not feel very competent.

1	2	3	4	5	6	7	v88	4

4. I feel pressured in my life.

1	2	3	4	5	6	7	
	1					v89	1

5. People I know tell me I am good at what I do.

[illegible]

6. I get along with people I come into contact with.

1 2 3 4 5 6 7 v91 4

7. I pretty much keep to myself and don't have a lot of social contacts.

[illegible]

8. I generally feel free to express my ideas and opinions.

1 2 3 4 5 6 7
 1 v93 | 7 |

9. I consider the people I regularly interact with to be my friends.

[illegible]

10. I have been able to learn interesting new skills recently.

1 2 3 4 5 6 7
1 v95 7

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7
1 v96 7

12. People in my life care about me.

1 2 3 4 5 6 7
1 v97 7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7
1 v98 7

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7
1 v99 7

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7
1 v100 7

16. There are not many people that I am close to.

1 2 3 4 5 6 7
1 v101 4

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7
1 v102 7

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7
1 v103 4

19. I often do not feel very capable.

1 2 3 4 5 6 7
1 v104 7

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7
1 v105 7

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7
1 v106 4

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 6

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1 2 3 4 5 6 7

Not true at all Somewhat true

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7			
						1	v86		7

2. I really like the people I interact with.

1	2	3	4	5	6	7
						1 v87
						7

3. Often, I do not feel very competent.

[illegible]

4. I feel pressured in my life.

1	2	3	4	5	6	7
1						v89
						1

5. People I know tell me I am good at what I do.

1	2	3	4	5	6	7			
						1 v90			7

6. I get along with people I come into contact with.

1	2	3	4	5	6	7
						1 v91
						7

7. I pretty much keep to myself and don't have a lot of social contacts.

1	2	3	4	5	6	7
						1 v92
						7

8. I generally feel free to express my ideas and opinions.

1	2	3	4	5	6	7			
						1	v93		7

9. I consider the people I regularly interact with to be my friends.

1	2	3	4	5	6	7
						v94
						7

10. I have been able to learn interesting new skills recently.

1 2 3 4 5 6 7
1 v95 1

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7
1 v96 7

12. People in my life care about me.

1 2 3 4 5 6 7
1 v97 7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7
1 v98 7

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7
1 v99 7

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7
1 v100 4

16. There are not many people that I am close to.

1 2 3 4 5 6 7
1 v101 1

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7
1 v102 1

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7
1 v103 7

19. I often do not feel very capable.

1 2 3 4 5 6 7
1 v104 7

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7
1 v105 7

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7
1 v106 7

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 7

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true at all			Somewhat true			

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7	
							1 v86 7

2. I really like the people I interact with.

1	2	3	4	5	6	7	
							1 v87 7

3. Often, I do not feel very competent.

1	2	3	4	5	6	7	
							1 v88 7

4. I feel pressured in my life.

1	2	3	4	5	6	7	
							1 v89 1

5. People I know tell me I am good at what I do.

1	2	3	4	5	6	7	
							1 v90 7

6. I get along with people I come into contact with.

1	2	3	4	5	6	7	
							1 v91 7

7. I pretty much keep to myself and don't have a lot of social contacts.

1	2	3	4	5	6	7	
							1 v92 7

8. I generally feel free to express my ideas and opinions.

1	2	3	4	5	6	7	
							1 v93 7

9. I consider the people I regularly interact with to be my friends.

1	2	3	4	5	6	7	
							1 v94 7

10. I have been able to learn interesting new skills recently.

1	2	3	4	5	6	7	
							1 v95 7

11. In my daily life, I frequently have to do what I am told.

- 1 2 3 4 5 6 7
1 v96 7
12. People in my life care about me.
1 2 3 4 5 6 7
1 v97 7
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7
1 v98 7
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7
1 v99 7
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7
1 v100 7
16. There are not many people that I am close to.
1 2 3 4 5 6 7
1 v101 1
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7
1 v102 1
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7
1 v103 7
19. I often do not feel very capable.
1 2 3 4 5 6 7
1 v104 1
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7
v105 0
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7
v106 0

Basic Psychological Need Satisfaction in General Questionnaire

Name: Participant 8

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true at all			Somewhat true			

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7	
							v86
				1			4

2. I really like the people I interact with.

1	2	3	4	5	6	7	
							v87
						1	7

3. Often, I do not feel very competent.

1	2	3	4	5	6	7	
							v88
				1			4

4. I feel pressured in my life.

1	2	3	4	5	6	7	
							v89
1							1

5. People I know tell me I am good at what I do.

1	2	3	4	5	6	7	
							v90
						1	7

6. I get along with people I come into contact with.

1	2	3	4	5	6	7	
							v91
				1			4

7. I pretty much keep to myself and don't have a lot of social contacts.

1	2	3	4	5	6	7	
							v92
				1			4

8. I generally feel free to express my ideas and opinions.

1	2	3	4	5	6	7	
							v93
						1	7

9. I consider the people I regularly interact with to be my friends.

1	2	3	4	5	6	7	
							v94
				1			4

10. I have been able to learn interesting new skills recently.

1	2	3	4	5	6	7	
							v95
						1	7

11. In my daily life, I frequently have to do what I am told.

1	2	3	4	5	6	7		
				1			v96	4
12. People in my life care about me.								
1	2	3	4	5	6	7		
						1	v97	7
13. Most days I feel a sense of accomplishment from what I do.								
1	2	3	4	5	6	7		
				1			v98	4
14. People I interact with on a daily basis tend to take my feelings into consideration.								
1	2	3	4	5	6	7		
						1	v99	7
15. In my life I do not get much of a chance to show how capable I am.								
1	2	3	4	5	6	7		
						1	v100	7
16. There are not many people that I am close to.								
1	2	3	4	5	6	7		
	1						v101	1
17. I feel like I can pretty much be myself in my daily situations.								
1	2	3	4	5	6	7		
						1	v102	7
18. The people I interact with regularly do not seem to like me much.								
1	2	3	4	5	6	7		
				1			v103	4
19. I often do not feel very capable.								
1	2	3	4	5	6	7		
						1	v104	7
20. There is not much opportunity for me to decide for myself how to do things in my daily life.								
1	2	3	4	5	6	7		
				1			v105	4
21. People are generally pretty friendly towards me.								
1	2	3	4	5	6	7		
						1	v106	7

Basic Psychological Need Satisfaction in General Questionnaire									
Mamelodi All participants									
Feelings I Have									
Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:									
1	2	3	4	5	6	7			
Not true at all			Somewhat true			Very true			
1. I feel like I am free to decide for myself how to live my life.									
1	2	3	4	5	6	7			
	0	0	0	1	0	0	7	v8 6	8
2. I really like the people I interact with.									
1	2	3	4	5	6	7			
	0	0	0	0	0	0	8	v8 7	8
3. Often, I do not feel very competent.									
1	2	3	4	5	6	7			
	0	0	0	5	0	0	3	v8 8	8
4. I feel pressured in my life.									
1	2	3	4	5	6	7			
	5	0	0	0	0	0	3	v8 9	8
5. People I know tell me I am good at what I do.									
1	2	3	4	5	6	7			
	0	0	0	0	0	0	8	v9 0	8
6. I get along with people I come into contact with.									
1	2	3	4	5	6	7			
	0	0	0	2	0	0	6	v9 1	8
7. I pretty much keep to myself and don't have a lot of social contacts.									
1	2	3	4	5	6	7			

1	2	3	4	5	6	7	v1 03	
0	0	0	2	0	0	6	v1 01	8
19. I often do not feel very capable.								
1	2	3	4	5	6	7	v1 04	
2	0	0	0	0	0	6	v1 01	8
20. There is not much opportunity for me to decide for myself how to do things in my daily life.								
1	2	3	4	5	6	7	v1 05	
0	0	0	1	0	0	6	v1 01	7
21. People are generally pretty friendly towards me.								
1	2	3	4	5	6	7	v1 06	
0	0	0	1	0	0	6	v1 01	7

EWOFA Music questionnaire

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 1 1

Age: 83

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: Jan-17

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility	1					v2	1
3. Please give a detailed description of your daily routine.							
Not completed							
	Often	Sometimes	Not often	Never		For Office use only	

4. Do you play a musical instrument or sing in a choir?	1					v3	1
5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?						v5	0
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1

10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	1				v7	1
	Often	Sometimes	Not often	Never	For Office use only	
11. How often do you listen to music?		1			v8	2
	Very important	important	not important/unimportant	Unimportant	For Office use only	
12. How important is music to your life?	1				v9	1
13. How important was music to your life when you were between 20 and 40 years old?	1				v10	1
	Often	Sometimes	Not often	Never	For Office use only	
14. Do you personally choose the music you listen to?		1			v11	2
15. How often do you feel emotions in response to music?			1		v12	3
16. How common is it that you feel various emotions in response to music?	Often	Sometimes	Not often	Never	For Office use only	
Happy	1				v13	1
Hopeful			1		v14	3
Disappointed				1	v15	4
Enjoying	1				v1	1

Longing		1		
Indifferent	1			
Nostalgic	1			
Relieved		1		
Tense	1			
Relaxed	1			
Thrills / Chills	1			
Angry				1
Calm	1			
Curious		1		
Frustrated	1			
Moved		1		
Empathic	1			
Anxious		1		
Amused			1	
Spiritual	1			
Jealous				1
Interested	1			
Sad	1			
Confused		1		
Admiring		1		
Desiring		1		
Regretful		1		
Loving	1			
Proud	1			

6	
v1	
7	2
v1	
8	1
v1	
9	1
v2	
0	2
v2	
1	1
v2	
2	1
v2	
3	1
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	1
v2	
8	2
v2	
9	1
v3	
0	2
v3	
1	3
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	1
v3	
6	2
v3	
7	2
v3	
8	2
v3	
9	2
v4	
0	1
v4	
1	1

						1	
Disgusted				1		v4	
Content	1					2	4
Lonely	1					v4	
Contempt				1		3	1
Enchanted				1		v4	
Honoured	1					4	1
Afraid				1		v4	
Solemn	1					5	4
Ecstatic		1				v4	
Guilty			1			6	4
Tender	1					v4	
Bored		1				7	1
Humiliated	1					v4	
Expectant	1					8	4
Surprised				1		v4	
Ashamed				1		9	1
						v4	
						0	2
						v5	
						1	3
						v5	
						2	1
						v5	
						3	2
						v5	
						4	1
						v5	
						5	1
						v5	
						6	4
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
						v6	
						1	1
						v6	
						2	1
						v6	
						3	2

It is hard to avoid hearing music	1					v6 4	1
Enjoy listening to lyrics			1			v6 5	3
Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods			1			v6 9	3
To stir up energy			1			v7 0	3
To relax and calm down				1		v7 1	4
It helps me concentrate						v7 2	0
It is beautiful	1					v7 3	1
To vent emotions			1			v7 4	3
To reflect on my life				1		v7 5	4
It strengthens my self-image	1					v7 6	1
To express my personality				1		v7 7	4
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent				1		v8 3	4
To gain control of sounds in my surroundings	1				v8 4	1	
To master new skills	1				v8 5	1	

General information

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility	1					v2	1
3. Please give a detailed description of your daily routine.							
Not completed							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?		1				v3	2

5. Did you play a musical instrument or sing in a choir when you were younger?		1				v4	2
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?			1			v5	3
7. Please describe the musical instruments you used to play and to what level of expertise?							
Piano at school							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?	1				For Office use only v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt	For Office use only
12. How important is music to your life?		1			v9 2
13. How important was music to your life when you were between 20 and 40 years old?				1	v10 4
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?				1	v11 4
15. How often do you feel emotions in response to music?	1				v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy	1				v13 1
Hopeful	1				v14 1
Disappointed		1			v15 2
Enjoying	1				v16 1
Longing	1				v17 1
Indifferent					v1 0

Nostalgic				
Relieved				
Tense				
Relaxed	1			
Thrills / Chills				
Angry		1		
Calm	1			
Curious		1		
Frustrated		1		
Moved				
Empathic				
Anxious		1		
Amused		1		
Spiritual	1			
Jealous			1	
Interested				
Sad		1		
Confused		1		
Admiring				
Desiring				
Regretful	1			
Loving	1			
Proud				1
Disgusted				1
Content	1			

8	
v1	
9	0
v2	
0	0
v2	
1	0
v2	
2	1
v2	
3	0
v2	
4	2
v2	
5	1
v2	
6	2
v2	
7	2
v2	
8	0
v2	
9	0
v3	
0	2
v3	
1	2
v3	
2	1
v3	
3	3
v3	
4	0
v3	
5	2
v3	
6	2
v3	
7	0
v3	
8	0
v3	
9	1
v4	
0	1
v4	
1	4
v4	
2	4
v4	
	1

						3	
Lonely		1				v4	
Contempt						4	2
Enchanted						v4	
Honoured						5	0
Afraid		1				v4	
Solemn						6	0
Ecstatic						v4	
Guilty				1		7	0
Tender						v4	
Bored						8	2
Humiliated		1				v4	
Expectant						9	0
Surprised	1					v5	
Ashamed				1		0	0
						v5	
						1	4
						v5	
						2	0
						v5	
						3	0
						v5	
						4	2
						v5	
						5	0
						v5	
						6	1
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment		1				v5	
It evokes memories	1					8	2
It gives me pleasure	1					v5	
To get company / background music		1				9	1
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music		1				v6	
Enjoy listening to lyrics		1				1	2
						v6	
						2	1
						v6	
						3	2
						v6	
						4	2
						v6	
						5	2

Music induces emotions	1				v6 6	1
To forget about the present		1			v6 7	2
To enhance positive moods	1				v6 8	1
To weaken negative moods	1				v6 9	1
To stir up energy	1				v7 0	1
To relax and calm down	1				v7 1	1
It helps me concentrate	1				v7 2	1
It is beautiful		1			v7 3	2
To vent emotions					v7 4	0
To reflect on my life		1			v7 5	2
It strengthens my self-image		1			v7 6	2
To express my personality	1				v7 7	1
To feel akin to others		1			v7 8	2
To reduce feelings of loneliness		1			v7 9	2
To express my feelings		1			v8 0	2
To shield out the world around me		1			v8 1	2
To strengthen self esteem	1				v8 2	1
It makes me feel competent	1				v8 3	1
To gain control of sounds in my surroundings		1			v8 4	2
To master new skills					v8 5	0

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 3 1

Age: 65

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: 11 Feb. 2013

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family		1				v1	2
2. I regularly participate in activities presented at the facility	1					v2	1
3. Please give a detailed description of your daily routine.							
Shower, read, exercises, reading							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?	1					v3	1

5. Did you play a musical instrument or sing in a choir when you were younger?					1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible			For Office use only	
6. What is the access you have to making music?	1						v5	1
7. Please describe the musical instruments you used to play and to what level of expertise?								
Drums								
8. Please describe the musical activities you have access to								
Listen to Jazz and pop								
	Yes	No					For Office use only	
9. Would you like more access to taking part in making music?	1						v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1						v7	1

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?						v1 0 0
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?						v1 1 0
15. How often do you feel emotions in response to music?						v1 2 0
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v1 3 1
Hopeful		1				v1 4 2
Disappointed						v1 5 0
Enjoying	1					v1 6 1
Longing			1			v1 7 3
Indifferent	1					v1 1

Nostalgic		1		
Relieved				1
Tense	1			
Relaxed		1		
Thrills / Chills	1			
Angry				1
Calm	1			
Curious			1	
Frustrated				1
Moved	1			
Empathic				1
Anxious	1			
Amused				
Spiritual		1		
Jealous				1
Interested	1			
Sad	1			
Confused		1		
Admiring		1		
Desiring				1
Regretful				
Loving			1	
Proud	1			
Disgusted			1	
Content		1		

8	
v1	
9	2
v2	
0	4
v2	
1	1
v2	
2	2
v2	
3	1
v2	
4	4
v2	
5	1
v2	
6	3
v2	
7	4
v2	
8	1
v2	
9	4
v3	
0	1
v3	
1	0
v3	
2	2
v3	
3	4
v3	
4	1
v3	
5	1
v3	
6	2
v3	
7	2
v3	
8	4
v3	
9	0
v4	
0	3
v4	
1	1
v4	
2	3
v4	
	2

						3	
Lonely		1				v4	
Contempt			1			4	2
Enchanted						v4	
Honoured		1				5	3
Afraid						v4	
Solemn			1			6	0
Ecstatic						v4	
Guilty						7	2
Tender		1				v4	
Bored		1				8	4
Humiliated						v4	
Expectant			1			9	3
Surprised		1				v5	
Ashamed		1				0	4
						v5	
						1	4
						v5	
						2	2
						v5	
						3	2
						v5	
						4	4
						v5	
						5	3
						v5	
						6	2
						v5	
						7	2
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	2
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music			1			v6	
Enjoy listening to lyrics		1				1	1
						v6	
						2	1
						v6	
						3	2
						v6	
						4	3
						v6	
						5	2

Music induces emotions	1					v6 6	1
To forget about the present				1		v6 7	4
To enhance positive moods			1			v6 8	3
To weaken negative moods		1				v6 9	2
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful		1				v7 3	2
To vent emotions		1				v7 4	2
To reflect on my life			1			v7 5	3
It strengthens my self-image	1					v7 6	1
To express my personality		1				v7 7	2
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings		1				v8 0	2
To shield out the world around me			1			v8 1	3
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings		1				v8 4	2
To master new skills	1					v8 5	1

5. Did you play a musical instrument or sing in a choir when you were younger?				1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?						v6	0
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social						v7	0

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?						v8 0
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?						v9 0
13. How important was music to your life when you were between 20 and 40 years old?						v1 0 0
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?						v1 1 0
15. How often do you feel emotions in response to music?						v1 2 0
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v1 3 1
Hopeful		1				v1 4 2
Disappointed		1				v1 5 2
Enjoying		1				v1 6 2
Longing	1					v1 7 1
Indifferent	1					v1 1

Nostalgic	1			
Relieved	1			
Tense		1		
Relaxed	1			
Thrills / Chills	1			
Angry			1	
Calm		1		
Curious		1		
Frustrated			1	
Moved			1	
Empathic		1		
Anxious		1		
Amused		1		
Spiritual		1		
Jealous		1		
Interested	1			
Sad		1		
Confused				1
Admiring		1		
Desiring		1		
Regretful		1		
Loving	1			
Proud		1		
Disgusted		1		
Content		1		

8	
v1	
9	1
v2	
0	1
v2	
1	2
v2	
2	1
v2	
3	1
v2	
4	3
v2	
5	2
v2	
6	2
v2	
7	3
v2	
8	3
v2	
9	2
v3	
0	2
v3	
1	2
v3	
2	2
v3	
3	2
v3	
4	1
v3	
5	2
v3	
6	4
v3	
7	2
v3	
8	2
v3	
9	2
v4	
0	1
v4	
1	2
v4	
2	2
v4	
	2

						3	
Lonely		1				v4	
Contempt		1				4	2
Enchanted		1				v4	
Honoured		1				5	2
Afraid		1				v4	
Solemn		1				6	2
Ecstatic			1			v4	
Guilty		1				7	2
Tender		1				v4	
Bored				1		8	2
Humiliated		1				v4	
Expectant				1		9	2
Surprised		1				v5	
Ashamed		1				0	3
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment		1				v5	
It evokes memories		1				8	2
It gives me pleasure	1					v5	
To get company / background music	1					9	2
Interest in music itself	1					v6	
To create atmosphere in social situations	1					0	1
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics		1				1	1
						v6	
						2	1
						v6	
						3	1
						v6	
						4	1
						v6	
						5	2

Music induces emotions		1				v6 6	2
To forget about the present		1				v6 7	2
To enhance positive moods		1				v6 8	2
To weaken negative moods				1		v6 9	4
To stir up energy		1				v7 0	2
To relax and calm down		1				v7 1	2
It helps me concentrate		1				v7 2	2
It is beautiful		1				v7 3	2
To vent emotions		1				v7 4	2
To reflect on my life		1				v7 5	2
It strengthens my self-image		1				v7 6	2
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness		1				v7 9	2
To express my feelings		1				v8 0	2
To shield out the world around me		1				v8 1	2
To strengthen self esteem		1				v8 2	2
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

5. Did you play a musical instrument or sing in a choir when you were younger?				1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?							
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social							
						v6	0
						v7	0

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?						v8 0
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?						v9 0
13. How important was music to your life when you were between 20 and 40 years old?						v1 0 0
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?						v1 1 0
15. How often do you feel emotions in response to music?						v1 2 0
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v1 3 1
Hopeful	1					v1 4 1
Disappointed	1					v1 5 1
Enjoying			1			v1 6 3
Longing	1					v1 7 1
Indifferent			1			v1 3

Nostalgic	1			
Relieved			1	
Tense	1			
Relaxed				
Thrills / Chills			1	
Angry			1	
Calm			1	
Curious				
Frustrated				
Moved				1
Empathic				
Anxious				
Amused		1		
Spiritual			1	
Jealous		1		
Interested	1			
Sad				
Confused		1		
Admiring			1	
Desiring				
Regretful				
Loving	1			
Proud	1			
Disgusted				
Content				

8	
v1	
9	1
v2	
0	3
v2	
1	1
v2	
2	0
v2	
3	3
v2	
4	3
v2	
5	3
v2	
6	0
v2	
7	0
v2	
8	4
v2	
9	0
v3	
0	0
v3	
1	2
v3	
2	3
v3	
3	2
v3	
4	1
v3	
5	0
v3	
6	2
v3	
7	3
v3	
8	0
v3	
9	0
v4	
0	1
v4	
1	1
v4	
2	0
v4	
0	0

						3	
Lonely		1				v4	
Contempt						4	2
Enchanted						v4	
Honoured						5	0
Afraid						v4	
Solemn		1				6	0
Ecstatic						v4	
Guilty	1					7	0
Tender						v4	
Bored		1				8	0
Humiliated						v4	
Expectant		1				9	2
Surprised	1					v5	
Ashamed		1				0	0
						v5	
						1	1
						v5	
						2	0
						v5	
						3	2
						v5	
						4	0
						v5	
						5	2
						v5	
						6	1
						v5	
						7	2
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure	1					v5	
To get company / background music		1				9	2
Interest in music itself	1					v6	
To create atmosphere in social situations	1					0	1
It is hard to avoid hearing music			1			v6	
Enjoy listening to lyrics			1			1	2
						v6	
						2	1
						v6	
						3	1
						v6	
						4	3
						v6	
						5	3

Music induces emotions						v6 6	0
To forget about the present			1			v6 7	3
To enhance positive moods				1		v6 8	4
To weaken negative moods				1		v6 9	4
To stir up energy						v7 0	0
To relax and calm down				1		v7 1	4
It helps me concentrate						v7 2	0
It is beautiful	1					v7 3	1
To vent emotions		1				v7 4	2
To reflect on my life	1					v7 5	1
It strengthens my self-image						v7 6	0
To express my personality						v7 7	0
To feel akin to others						v7 8	0
To reduce feelings of loneliness	1					v7 9	1
To express my feelings		1				v8 0	2
To shield out the world around me			1			v8 1	3
To strengthen self esteem			1			v8 2	3
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills						v8 5	0

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 6 1

Age: 76

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: 29 Aug. 2016

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family					1	v1	5
2. I regularly participate in activities presented at the facility	1					v2	1
3. Please give a detailed description of your daily routine.							
Read books							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?						v3	0

5. Did you play a musical instrument or sing in a choir when you were younger?		1				v4	2
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?	1				For Office use only v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt	For Office use only
12. How important is music to your life?	1				v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1				v10 1
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?	1				v11 1
15. How often do you feel emotions in response to music?		1			v12 2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy	1				v13 1
Hopeful		1			v14 2
Disappointed	1				v15 1
Enjoying			1		v16 3
Longing					v17 0
Indifferent		1			v1 2

Nostalgic			1	
Relieved				1
Tense		1		
Relaxed				1
Thrills / Chills				1
Angry				1
Calm		1		
Curious	1			
Frustrated				1
Moved	1			
Empathic	1			
Anxious		1		
Amused			1	
Spiritual				1
Jealous	1			
Interested	1			
Sad				1
Confused	1			
Admiring			1	
Desiring		1		
Regretful	1			
Loving	1			
Proud		1		
Disgusted			1	
Content	1			

8	
v1	
9	3
v2	
0	4
v2	
1	2
v2	
2	4
v2	
3	4
v2	
4	4
v2	
5	2
v2	
6	1
v2	
7	4
v2	
8	1
v2	
9	1
v3	
0	2
v3	
1	3
v3	
2	4
v3	
3	1
v3	
4	1
v3	
5	4
v3	
6	1
v3	
7	3
v3	
8	2
v3	
9	1
v4	
0	1
v4	
1	2
v4	
2	3
v4	
	1

						3	
Lonely		1				v4	
Contempt			1			4	2
Enchanted	1					v4	
Honoured	1					5	3
Afraid		1				v4	
Solemn			1			6	1
Ecstatic				1		v4	
Guilty	1					7	1
Tender	1					v4	
Bored			1			8	2
Humiliated	1					v4	
Expectant		1				9	3
Surprised	1					v5	
Ashamed			1			0	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		v5	
For entertainment			1			1	1
It evokes memories	1					v5	
It gives me pleasure	1					2	1
To get company / background music		1				v5	
Interest in music itself		1				3	3
To create atmosphere in social situations			1			v6	
It is hard to avoid hearing music				1		4	4
Enjoy listening to lyrics	1					v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present		1				v6 7	2
To enhance positive moods			1			v6 8	3
To weaken negative moods			1			v6 9	3
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions		1				v7 4	2
To reflect on my life						v7 5	0
It strengthens my self-image			1			v7 6	3
To express my personality	1					v7 7	1
To feel akin to others					1	v7 8	4
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me		1				v8 1	2
To strengthen self esteem			1			v8 2	3
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills			1			v8 5	3

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Choir							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?		1			For Office use only v8 2
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt	For Office use only
12. How important is music to your life?		1			v9 2
13. How important was music to your life when you were between 20 and 40 years old?		1			v10 2
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?	1				v11 1
15. How often do you feel emotions in response to music?		1			v12 2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy	1				v13 1
Hopeful	1				v14 1
Disappointed		1			v15 2
Enjoying	1				v16 1
Longing		1			v17 2
Indifferent		1			v1 2

Nostalgic			1	
Relieved	1			
Tense		1		
Relaxed	1			
Thrills / Chills		1		
Angry	1			
Calm	1			
Curious		1		
Frustrated		1		
Moved	1			
Empathic				1
Anxious	1			
Amused		1		
Spiritual	1			
Jealous				1
Interested	1			
Sad		1		
Confused				1
Admiring	1			
Desiring		1		
Regretful	1			
Loving		1		
Proud	1			
Disgusted				1
Content			1	

8	
v1	
9	3
v2	
0	1
v2	
1	2
v2	
2	1
v2	
3	2
v2	
4	1
v2	
5	1
v2	
6	2
v2	
7	2
v2	
8	1
v2	
9	4
v3	
0	1
v3	
1	2
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	2
v3	
6	4
v3	
7	1
v3	
8	2
v3	
9	1
v4	
0	2
v4	
1	1
v4	
2	4
v4	
3	

						3	
Lonely		1				v4	
Contempt				1		4	2
Enchanted		1				v4	
Honoured	1					5	4
Afraid				1		v4	
Solemn		1				6	2
Ecstatic	1					v4	
Guilty		1				7	1
Tender						v4	
Bored		1				8	4
Humiliated		1				v4	
Expectant				1		9	2
Surprised	1					v5	
Ashamed				1		0	1
						v5	
						1	2
						v5	
						2	0
						v5	
						3	2
						v5	
						4	2
						v5	
						5	3
						v5	
						6	1
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure		1				v5	
To get company / background music	1					9	2
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	2
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics			1			1	1
						v6	
						2	1
						v6	
						3	2
						v6	
						4	1
						v6	
						5	3

Music induces emotions		1				v6 6	2
To forget about the present						v6 7	0
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down		1				v7 1	2
It helps me concentrate		1				v7 2	2
It is beautiful	1					v7 3	1
To vent emotions		1				v7 4	2
To reflect on my life	1					v7 5	1
It strengthens my self-image		1				v7 6	2
To express my personality			1			v7 7	3
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness		1				v7 9	2
To express my feelings		1				v8 0	2
To shield out the world around me						v8 1	0
To strengthen self esteem		1				v8 2	2
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings		1				v8 4	2
To master new skills				1		v8 5	4

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 8 1

Age: 65

Gender: M 1 F

Marital status: Widow Single Divorced 1 Married

Date of admission into facility: Feb-14

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family			1			v1	3
2. I regularly participate in activities presented at the facility	1					v2	1

3. Please give a detailed description of your daily routine.

Get up in the morning, having breakfast, sometimes exercise then sometimes choir practice. Then lunch. Then juice in the afternoon, then supper at 5 o'clock. Then bed time. That's my everyday routine!

	Often	Sometimes	Not often	Never		For Office use only

4. Do you play a musical instrument or sing in a choir?				1		v3	4
5. Did you play a musical instrument or sing in a choir when you were younger?		1				v4	2
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?		1				v5	2
7. Please describe the musical instruments you used to play and to what level of expertise?							
Mostly the drum. Cze it's easy!							
8. Please describe the musical activities you have access to							
Sing in the choir							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2

10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?							
		1				v7	1
	Often	Sometimes	Not often	Never		For Office use only	
11. How often do you listen to music?		1				v8	2
	Very important	important	not important/ unimportant	Unimportant		For Office use only	
12. How important is music to your life?		1				v9	2
13. How important was music to your life when you were between 20 and 40 years old?		1				v10	2
	Often	Sometimes	Not often	Never		For Office use only	
14. Do you personally choose the music you listen to?	1					v11	1
15. How often do you feel emotions in response to music?	1					v12	1
16. How common is it that you feel various emotions in response to music?	Often	Sometimes	Not often	Never		For Office use only	
Happy		1				v13	2
Hopeful		1				v14	2
Disappointed				1		v1	4

Enjoying		1		
Longing	1			
Indifferent		1		
Nostalgic				
Relieved		1		
Tense				1
Relaxed		1		
Thrills / Chills				1
Angry				
Calm		1		
Curious				
Frustrated	1			
Moved	1			
Empathic			1	
Anxious				1
Amused		1		
Spiritual		1		
Jealous				1
Interested				1
Sad				1
Confused		1		
Admiring		1		
Desiring	1			
Regretful			1	
Loving	1			

5	
v1	
6	2
v1	
7	1
v1	
8	2
v1	
9	0
v2	
0	2
v2	
1	4
v2	
2	2
v2	
3	4
v2	
4	0
v2	
5	2
v2	
6	0
v2	
7	1
v2	
8	1
v2	
9	3
v3	
0	4
v3	
1	2
v3	
2	2
v3	
3	4
v3	
4	4
v3	
5	4
v3	
6	2
v3	
7	2
v3	
8	1
v3	
9	3
v4	
	1

						0	
Proud	1					v4 1	1
Disgusted				1		v4 2	4
Content		1				v4 3	2
Lonely	1					v4 4	1
Contempt		1				v4 5	2
Enchanted	1					v4 6	1
Honoured		1				v4 7	2
Afraid			1			v4 8	3
Solemn		1				v4 9	2
Ecstatic				1		v5 0	4
Guilty				1		v5 1	4
Tender		1				v5 2	2
Bored				1		v5 3	4
Humiliated		1				v5 4	2
Expectant			1			v5 5	3
Surprised		1				v5 6	2
Ashamed				1		v5 7	4
17. How often do you listen to music because of the following reasons?	Often	Sometimes	Not often	Never		For Office use only	
For entertainment		1				v5 8	2
It evokes memories		1				v5 9	2
It gives me pleasure		1				v6 0	2
To get company / background music						v6 1	0
Interest in music itself						v6 2	0

To create atmosphere in social situations						v6 3	0
It is hard to avoid hearing music		1				v6 4	2
Enjoy listening to lyrics						v6 5	0
Music induces emotions						v6 6	0
To forget about the present						v6 7	0
To enhance positive moods		1				v6 8	2
To weaken negative moods	1					v6 9	1
To stir up energy						v7 0	0
To relax and calm down		1				v7 1	2
It helps me concentrate						v7 2	0
It is beautiful		1				v7 3	2
To vent emotions						v7 4	0
To reflect on my life						v7 5	0
It strengthens my self-image	1					v7 6	1
To express my personality						v7 7	0
To feel akin to others						v7 8	0
To reduce feelings of loneliness	1					v7 9	1
To express my feelings						v8 0	0
To shield out the world around me						v8 1	0
To strengthen self esteem	1					v8 2	1
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills				1		v8 5	4

General information

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family			1			v1	3
2. I regularly participate in activities presented at the facility			1			v2	3
3. Please give a detailed description of your daily routine.							
Not completed							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or				1		v3	4

sing in a choir?							
5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?			1			v5	3
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1

10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	1				v7	1
	Often	Someti mes	Not often	Never	For Office use only	
11. How often do you listen to music?	1				v8	1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt	For Office use only	
12. How important is music to your life?	1				v9	1
13. How important was music to your life when you were between 20 and 40 years old?	1				v1 0	1
	Often	Someti mes	Not often	Never	For Office use only	
14. Do you personally choose the music you listen to?	1				v1 1	1
15. How often do you feel emotions in response to music?	1				v1 2	1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only	
Happy	1				v1 3	1
Hopeful	1				v1 4	1
Disappointed				1	v1 5	4
Enjoying	1				v1	1

Longing	1			
Indifferent				1
Nostalgic	1			
Relieved	1			
Tense		1		
Relaxed	1			
Thrills / Chills				1
Angry				1
Calm		1		
Curious				1
Frustrated				1
Moved				1
Empathic		1		
Anxious				1
Amused				1
Spiritual				1
Jealous				1
Interested	1			
Sad				1
Confused				1
Admiring				1
Desiring				1
Regretful	1			
Loving	1			
Proud	1			

6	
v1	
7	1
v1	
8	4
v1	
9	1
v2	
0	1
v2	
1	2
v2	
2	1
v2	
3	4
v2	
4	4
v2	
5	2
v2	
6	4
v2	
7	4
v2	
8	4
v2	
9	2
v3	
0	4
v3	
1	4
v3	
2	4
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	4
v3	
7	4
v3	
8	4
v3	
9	1
v4	
0	1
v4	
1	1

						1	
Disgusted				1		v4	
Content	1					2	4
Lonely				1		v4	
Contempt				1		3	1
Enchanted				1		v4	
Honoured				1		4	4
Afraid				1		v4	
Solemn				1		5	4
Ecstatic				1		v4	
Guilty				1		6	4
Tender				1		v4	
Bored				1		7	4
Humiliated				1		v4	
Expectant				1		8	4
Surprised				1		v4	
Ashamed				1		9	4
				1		v4	
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations				1		0	1
						v6	
						1	1
						v6	
						2	1
						v6	
						3	4

It is hard to avoid hearing music			1			v6 4	3
Enjoy listening to lyrics	1					v6 5	1
Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down				1		v7 1	4
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

Total
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Name Of institution:	EWOFA all participants				Number of participants	9
Range of ages	_____					
Gender distribution	M	1	F	8	Divorced	1
Marital status:	Widow	8	Single	0	Married	0
Date of admission into facility:	_____					

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only		
1. I have regular contact with my family	3	2	2	0	2	1		9
2. I regularly participate in activities presented at the facility	7	1	1	0	0	2		9

3. Please give a detailed description of your daily routine.

[illegible]

[illegible]

	Yes	No		For Office use only	
9. Would you like more access to taking part in making music?	4	3		v 6	7
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	7	0		v 7	7
	Often	Sometimes	Not often	Never	
11. How often do you listen to music?	4	3	0	0	7
	Very important	important	not important/unimportant	Unimportant	
12. How important is music to your life?	4	3	0	0	7
13. How important was music to your life when you were between 20 and 40 years old?	3	2	0	1	6

	Often	Somet imes	Not often	Never		For Office use only	
14. Do you personally choose the music you listen to?	4	1	0	1		v 1 1	6
15. How often do you feel emotions in response to music?	3	2	1	0		v 1 2	6
16. How common is it that you feel various emotions in response to music?	Often	Somet imes	Not often	Never		For Office use only	
Happy	8	1	0	0		v 1 3	9
Hopeful	4	4	1	0		v 1 4	9
Disappointed	2	3	0	3		v 1 5	8
Enjoying	5	2	2	0		v 1 6	9
Longing	5	2	1	0		v 1 7	8
Indifferent	3	3	1	1		v 1 8	8
Nostalgic	4	1	2	0		v 1 9	7
Relieved	3	2	1	2		v 2 0	8
Tense	3	4	0	1		v 2 1	8
Relaxed	5	2	0	1		v 2 2	8

Thrills / Chills	3	1	1	3
Angry	1	1	2	4
Calm	4	4	1	0
Curious	1	4	1	1
Frustrated	2	2	1	3
Moved	4	1	1	2
Empathic	2	2	1	2
Anxious	2	4	0	2
Amused	0	5	2	1
Spiritual	3	3	1	2
Jealous	1	2	1	5
Interested	7	0	0	1
Sad	2	3	0	3
Confused	1	5	0	3
Admiring	1	4	2	1
Desiring	1	4	0	2
Regretful	4	2	1	0

2		
v		
2		
3		8
v		
2		
4		8
v		
2		
5		9
v		
2		
6		7
v		
2		
7		8
v		
2		
8		8
v		
2		
9		7
v		
3		
0		8
v		
3		
1		8
v		
3		
2		9
v		
3		
3		9
v		
3		
4		8
v		
3		
5		8
v		
3		
6		9
v		
3		
7		8
v		
3		
8		7
v		
		7

Loving	7	1	1	0
Proud	6	2	0	1
Disgusted	0	1	2	5
Content	4	3	1	0
Lonely	2	6	0	1
Contempt	0	2	2	3
Enchanted	2	2	0	2
Honoured	3	3	0	1
Afraid	0	3	1	4
Solemn	1	4	2	1
Ecstatic	1	1	1	4
Guilty	2	2	1	4
Tender	2	3	0	1
Bored	0	4	1	3
Humiliated	2	4	0	2
Expectant	1	2	3	2

3		
9		
v		
4		
0		9
v		
4		
1		9
v		
4		
2		8
v		
4		
3		8
v		
4		
4		9
v		
4		
5		7
v		
4		
6		6
v		
4		
7		7
v		
4		
8		8
v		
4		
9		8
v		
5		
0		7
v		
5		
1		9
v		
5		
2		6
v		
5		
3		8
v		
5		
4		8
v		
5		
5		8

Surprised	4	3	0	2		v 5 6		9
Ashamed	0	3	1	5		v 5 7		9
17. How often do you listen to music because of the following reasons?	Often	Somet imes	Not often	Never		For Office use only		
For entertainment	5	3	1	0		v 5 8		9
It evokes memories	4	5	0	0		v 5 9		9
It gives me pleasure	7	2	0	0		v 6 0		9
To get company / background music	5	3	0	0		v 6 1		8
Interest in music itself	7	1	0	0		v 6 2		8
To create atmosphere in social situations	2	4	1	1		v 6 3		8
It is hard to avoid hearing music	3	2	3	1		v 6 4		9
Enjoy listening to lyrics	2	3	3	0		v 6 5		8
Music induces emotions	5	2	0	0		v 6 6		7
To forget about the present	2	3	1	1		v 6 7		7
To enhance positive moods	4	2	2	1		v 6 8		9
To weaken negative moods	4	1	2	2		v 6 9		9
To stir up energy	5	1	1	0		v 7 0		7

To relax and calm down	3	3	0	3	v 7 1			9
It helps me concentrate	4	2	0	0	v 7 2			6
It is beautiful	5	4	0	0	v 7 3			9
To vent emotions	1	5	1	0	v 7 4			7
To reflect on my life	3	2	1	1	v 7 5			7
It strengthens my self-image	4	3	1	0	v 7 6			8
To express my personality	4	1	1	1	v 7 7			7
To feel akin to others	5	1	0	1	v 7 8			7
To reduce feelings of loneliness	6	3	0	0	v 7 9			9
To express my feelings	3	5	0	0	v 8 0			8
To shield out the world around me	2	3	2	0	v 8 1			7
To strengthen self esteem	5	2	2	0	v 8 2			9
It makes me feel competent	6	2	0	1	v 8 3			9
To gain control of sounds in my surroundings	6	3	0	0	v 8 4			9
To master new skills	4	0	1	2	v 8 5			7

EWOFA basic psychological needs satisfaction questionnaire

Basic Psychological Need Satisfaction in General Questionnaire

Participant 1

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not			Somewhat			Very
true at			true			true
all						

1. I feel like I am free to decide for myself how to live my life.	1	2	3	4	5	6	7		
	1							v86	1
2. I really like the people I interact with.	1	2	3	4	5	6	7		
	1							v87	1
3. Often, I do not feel very competent.	1	2	3	4	5	6	7		
		1						v88	2
4. I feel pressured in my life.	1	2	3	4	5	6	7		
	1							v89	1
5. People I know tell me I am good at what I do.	1	2	3	4	5	6	7		
	1							v90	1
6. I get along with people I come into contact with.	1	2	3	4	5	6	7		
	1							v91	1
7. I pretty much keep to myself and don't have a lot of social contacts.	1	2	3	4	5	6	7		
							1	v92	7
8. I generally feel free to express my ideas and opinions.	1	2	3	4	5	6	7		
						1		v93	6
9. I consider the people I regularly interact with to be my friends.	1	2	3	4	5	6	7		
						1		v94	6

10. I have been able to learn interesting new skills recently.

1 2 3 4 5 6 7

1

v95

6

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

6

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

6

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

6

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

6

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

6

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

6

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

6

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

6

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

6

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

6

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

6

Basic Psychological Need Satisfaction in General Questionnaire

Participant 2

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.	1	2	3	4	5	6	7	
			1					v86
								4
2. I really like the people I interact with.	1	2	3	4	5	6	7	
			1					v87
								3
3. Often, I do not feel very competent.	1	2	3	4	5	6	7	
								v88
								0
4. I feel pressured in my life.	1	2	3	4	5	6	7	
								v89
								0
5. People I know tell me I am good at what I do.	1	2	3	4	5	6	7	
				1				v90
								4
6. I get along with people I come into contact with.	1	2	3	4	5	6	7	
								v91
						1		6
7. I pretty much keep to myself and don't have a lot of social contacts.	1	2	3	4	5	6	7	
								v92
							1	7
8. I generally feel free to express my ideas and opinions.	1	2	3	4	5	6	7	
	1							v93
								1
9. I consider the people I regularly interact with to be my friends.	1	2	3	4	5	6	7	
	1							v94
								1
10. I have been able to learn interesting new skills recently.	1	2	3	4	5	6	7	
	1							v95
								1

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

1

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

4

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

4

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

4

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

2

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

6

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

v103

0

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

3

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

5

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

7

Basic Psychological Need Satisfaction in General Questionnaire

Participant 3

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true at all			Somewhat true			Very true

1. I feel like I am free to decide for myself how to live my life.

	2	3	4	5	6	7		
1							1 v86	7

2. I really like the people I interact with.

[illegible]

3. Often, I do not feel very competent.

[illegible]

4. I feel pressured in my life.

1	2	3	4	5	6	7		
							1 v89	7

5. People I know tell me I am good at what I do.

1	2	3	4	5	6	7
						1 v90 7

6. I get along with people I come into contact with.

1	2	3	4	5	6	7
					1 v91	7

7. I pretty much keep to myself and don't have a lot of social contacts.

1	2	3	4	5	6	7			
						1 v92			7

8. I generally feel free to express my ideas and opinions.

[illegible]

9. I consider the people I regularly interact with to be my friends.

1	2	3	4	5	6	7
						v94
						7

10. I have been able to learn interesting new skills recently.

1	2	3	4	5	6	7	1 v95	7

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

1

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

7

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

1

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

7

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

7

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

7

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

1

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

7

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

1

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

7

Basic Psychological Need Satisfaction in General Questionnaire

Participant 4

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	v86	4
			1					
2. I really like the people I interact with.								
1	2	3	4	5	6	7	v87	4
			1					
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	v88	4
			1					
4. I feel pressured in my life.								
1	2	3	4	5	6	7	v89	4
			1					
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	v90	4
			1					
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	v91	4
			1					
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	v92	4
			1					
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	v93	4
			1					
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	v94	4
			1					
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7	v95	4
			1					

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

4

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

4

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

4

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

4

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

4

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

4

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

4

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

4

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

4

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

4

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

4

Basic Psychological Need Satisfaction in General Questionnaire

Participant 5

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true at all			Somewhat true			Very true

1. I feel like I am free to decide for myself how to live my life.

[illegible]

2. I really like the people I interact with.

1		2		3		4		5		6		7		
												1 v87		7

3. Often, I do not feel very competent.

1	2	3	4	5	6	7	1 v88	7

4. I feel pressured in my life.

1	2	3	4	5	6	7
						1 v89
						7

5. People I know tell me I am good at what I do.

[illegible]

6. I get along with people I come into contact with.

[illegible]

7. I pretty much keep to myself and don't have a lot of social contacts.

[illegible]

8. I generally feel free to express my ideas and opinions.

1	2	3	4	5	6	7
					1 v93	7

9. I consider the people I regularly interact with to be my friends.

[illegible]

10. I have been able to learn interesting new skills recently.

1	2	3	4	5	6	7	1 v95	7

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1 v96

12. People in my life care about me.

1 2 3 4 5 6 7

1 v97

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1 v98

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1 v99

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1 v100

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1 v101

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1 v102

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1 v103

19. I often do not feel very capable.

1 2 3 4 5 6 7

1 v104

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1 v105

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1 v106

Basic Psychological Need Satisfaction in General Questionnaire

Participant 6

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
					1		v86	6
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
1							v87	1
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
		1					v88	3
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
			1				v89	4
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
						1	v90	7
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
						1	v91	7
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
				1			v92	5
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
						1	v93	7
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
						1	v94	7
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
	1						v95	2

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

3

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

5

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

7

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

6

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

4

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

3

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

4

19. I often do not feel very capable.

1 2 3 4 5 6 7

v104

0

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

3

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

7

Basic Psychological Need Satisfaction in General Questionnaire

Participant 7

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not			Somewhat			Very
true at			true			true
all						

1. I feel like I am free to decide for myself how to live my life.	1	2	3	4	5	6	7		
								1	v86
									7
2. I really like the people I interact with.	1	2	3	4	5	6	7		
								1	v87
									7
3. Often, I do not feel very competent.	1	2	3	4	5	6	7		
				1					v88
									4
4. I feel pressured in my life.	1	2	3	4	5	6	7		
								1	v89
									7
5. People I know tell me I am good at what I do.	1	2	3	4	5	6	7		
								1	v90
									7
6. I get along with people I come into contact with.	1	2	3	4	5	6	7		
				1					v91
									4
7. I pretty much keep to myself and don't have a lot of social contacts.	1	2	3	4	5	6	7		
								1	v92
									7
8. I generally feel free to express my ideas and opinions.	1	2	3	4	5	6	7		
								1	v93
									7
9. I consider the people I regularly interact with to be my friends.	1	2	3	4	5	6	7		
								1	v94
									7
10. I have been able to learn interesting new skills recently.	1	2	3	4	5	6	7		

11. In my daily life, I frequently have to do what I am told.
1 2 3 4 5 6 7 v95
12. People in my life care about me.
1 2 3 4 5 6 7 v96
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7 v97
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7 v98
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7 v99
16. There are not many people that I am close to.
1 2 3 4 5 6 7 v100
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7 v101
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7 v102
19. I often do not feel very capable.
1 2 3 4 5 6 7 v103
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7 v104
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7 v105
- 1 v106

Basic Psychological Need Satisfaction in General Questionnaire

Participant 8

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true			Somewhat			Very
at all			true			true

1. I feel like I am free to decide for myself how to live my life.

1234567

1 v86

7
2. I really like the people I interact with.

1234567

1 v87

7
3. Often, I do not feel very competent.

1234567

1 v88

1
4. I feel pressured in my life.

1234567

1 v89

6
5. People I know tell me I am good at what I do.

1234567

1 v90

7
6. I get along with people I come into contact with.

1234567

1 v91

7
7. I pretty much keep to myself and don't have a lot of social contacts.

1234567

1 v92

7
8. I generally feel free to express my ideas and opinions.

1234567

1 v93

7
9. I consider the people I regularly interact with to be my friends.

1234567

1 v94

7
10. I have been able to learn interesting new skills recently.

1234567

1 v95

6
11. In my daily life, I frequently have to do what I am told.

1234567

12. People in my life care about me. 1 v96
1 2 3 4 5 6 7
13. Most days I feel a sense of accomplishment from what I do. 1 v97
1 2 3 4 5 6 7
14. People I interact with on a daily basis tend to take my feelings into consideration. 1 v98
1 2 3 4 5 6 7
15. In my life I do not get much of a chance to show how capable I am. 1 v99
1 2 3 4 5 6 7
16. There are not many people that I am close to. 1 v100
1 2 3 4 5 6 7
17. I feel like I can pretty much be myself in my daily situations. 1 v101
1 2 3 4 5 6 7
18. The people I interact with regularly do not seem to like me much. 1 v102
1 2 3 4 5 6 7
19. I often do not feel very capable. 1 v103
1 2 3 4 5 6 7
20. There is not much opportunity for me to decide for myself how to do things in my daily life. 1 v104
1 2 3 4 5 6 7
21. People are generally pretty friendly towards me. 1 v105
1 2 3 4 5 6 7
- 1 v106

Basic Psychological Need Satisfaction in General Questionnaire						

EWOFA All participants

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not true at all			Somewhat true			Very true

1. I feel like I am free to decide for myself how to live my life.

1	2	3	4	5	6	7
1	0	0	2	0	1	4

v8
6

2. I really like the people I interact with.

1	2	3	4	5	6	7
2	0	1	1	0	0	4

v8
7

3. Often, I do not feel very competent.

1	2	3	4	5	6	7
1	1	1	3	0	0	1

v8
8

4. I feel pressured in my life.

1	2	3	4	5	6	7
1	0	0	2	0	1	3

v8
9

5. People I know tell me I am good at what I do.

1	2	3	4	5	6	7
1	0	0	2	0	0	5

v9
0

6. I get along with people I come into contact with.

1	2	3	4	5	6	7
1	0	0	2	0	1	4

v9
1

7. I pretty much keep to myself and don't have a lot of social contacts.

Total completed

8

8

7

7

8

8

1	2	3	4	5	6	7			
0	0	0	1	1	0	6	v9		8
8. I generally feel free to express my ideas and opinions.									
1	2	3	4	5	6	7			
1	0	0	1	0	1	5	v9		8
9. I consider the people I regularly interact with to be my friends.									
1	2	3	4	5	6	7			
1	0	0	1	0	1	5	v9		8
10. I have been able to learn interesting new skills recently.									
1	2	3	4	5	6	7			
1	1	0	2	0	2	2	v9		8
11. In my daily life, I frequently have to do what I am told.									
1	2	3	4	5	6	7			
2	0	1	1	0	1	3	v9		8
12. People in my life care about me.									
1	2	3	4	5	6	7			
0	0	0	1	0	1	6	v9		8
13. Most days I feel a sense of accomplishment from what I do.									
1	2	3	4	5	6	7			
1	0	0	3	1	1	2	v9		8
14. People I interact with on a daily basis tend to take my feelings into consideration.									
1	2	3	4	5	6	7			
1	0	0	2	0	1	4	v9		8
15. In my life I do not get much of a chance to show how capable I am.									
1	2	3	4	5	6	7			
0	0	0	3	0	2	3	v1		8
16. There are not many people that I am close to.									
1	2	3	4	5	6	7			
0	2	0	3	0	1	2	v1		8
17. I feel like I can pretty much be myself in my daily situations.									
1	2	3	4	5	6	7			
0	0	1	1	0	2	4	v1		8

18. The people I interact with regularly do not seem to like me much.							
1	2	3	4	5	6	7	
1	0	0	4	0	2	0	v1 03 7
19. I often do not feel very capable.							
1	2	3	4	5	6	7	
0	0	1	1	0	1	4	v1 04 7
20. There is not much opportunity for me to decide for myself how to do things in my daily life.							
1	2	3	4	5	6	7	
1	0	1	2	1	1	2	v1 05 8
21. People are generally pretty friendly towards me.							
1	2	3	4	5	6	7	
0	0	0	1	0	2	5	v1 06 8

Jaffa Music questionnaire

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 1 1

Age: 83

Gender: M 1 F

Marital status: Widow Single Divorced Married

Date of admission into facility: Apr-17

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility	1					v2	1
3. Please give a detailed description of your daily routine.							
Participate in local activities							
Like sport on TV							
	Often	Sometimes	Not often	Never		For Office use only	

4. Do you play a musical instrument or sing in a choir?				1		v3	4
5. Did you play a musical instrument or sing in a choir when you were younger?				1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Only radio and TV							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1

10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	1				v7	1
	Often	Someti mes	Not often	Never	For Office use only	
11. How often do you listen to music?		1			v8	2
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt	For Office use only	
12. How important is music to your life?	1				v9	1
13. How important was music to your life when you were between 20 and 40 years old?	1				v1 0	1
	Often	Someti mes	Not often	Never	For Office use only	
14. Do you personally choose the music you listen to?	1				v1 1	1
15. How often do you feel emotions in response to music?	1				v1 2	1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only	
Happy	1				v1 3	1
Hopeful		1			v1 4	2
Disappointed			1		v1 5	3
Enjoying	1				v1	1

Longing		1		
Indifferent		1		
Nostalgic	1			
Relieved	1			
Tense		1		
Relaxed	1			
Thrills / Chills		1		
Angry		1		
Calm	1			
Curious		1		
Frustrated		1		
Moved	1			
Empathic			1	
Anxious	1			
Amused	1			
Spiritual		1		
Jealous	1			
Interested		1		
Sad		1		
Confused		1		
Admiring	1			
Desiring		1		
Regretful		1		
Loving	1			
Proud	1			

6	
v1	
7	2
v1	
8	2
v1	
9	1
v2	
0	1
v2	
1	2
v2	
2	1
v2	
3	2
v2	
4	2
v2	
5	1
v2	
6	2
v2	
7	2
v2	
8	1
v2	
9	3
v3	
0	1
v3	
1	1
v3	
2	2
v3	
3	1
v3	
4	2
v3	
5	2
v3	
6	2
v3	
7	1
v3	
8	2
v3	
9	2
v4	
0	1
v4	
1	1

						1	
Disgusted	1					v4	
Content	1					2	1
Lonely	1					v4	
Contempt					1	3	1
Enchanted	1					v4	
Honoured			1			4	1
Afraid				1		v4	
Solemn			1			5	4
Ecstatic			1			v4	
Guilty					1	6	1
Tender			1			v4	
Bored			1			7	3
Humiliated			1			v4	
Expectant			1			8	4
Surprised			1			v4	
Ashamed			1			9	3
						v4	
						0	3
						v5	
						1	4
						v5	
						2	3
						v5	
						3	3
						v5	
						4	3
						v5	
						5	3
						v5	
						6	3
						v5	
						7	3
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations	1					0	1
						v6	
						1	1
						v6	
						2	1
						v6	
						3	1

It is hard to avoid hearing music				1		v6 4	4
Enjoy listening to lyrics	1					v6 5	1
Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills				1		v8 5	4

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 2 1

Age: 80

Gender: M F 1

Marital status: Widow Single Divorced Married

Date of admission into facility: Apr-17

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility	1					v2	1
3. Please give a detailed description of your daily routine.							
Every day different							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?				1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?			1			v5	3
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Radio							
Musicals							
CD							
Concerts							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social		1				v7	2

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?			1			v8 3
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?		1				v9 2
13. How important was music to your life when you were between 20 and 40 years old?		1				v1 0 2
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?			1			v1 1 3
15. How often do you feel emotions in response to music?	1					v1 2 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v1 3 1
Hopeful		1				v1 4 2
Disappointed			1			v1 5 3
Enjoying	1					v1 6 1
Longing		1				v1 7 2
Indifferent				1		v1 4

Nostalgic	1			
Relieved			1	
Tense				1
Relaxed	1			
Thrills / Chills				1
Angry				1
Calm	1			
Curious			1	
Frustrated			1	
Moved	1			
Empathic	1			
Anxious			1	
Amused		1		
Spiritual	1			
Jealous				1
Interested	1			
Sad	1			
Confused			1	
Admiring	1			
Desiring			1	
Regretful		1		
Loving	1			
Proud			1	
Disgusted			1	
Content		1		

8	
v1	
9	1
v2	
0	3
v2	
1	4
v2	
2	1
v2	
3	4
v2	
4	4
v2	
5	1
v2	
6	3
v2	
7	3
v2	
8	1
v2	
9	1
v3	
0	3
v3	
1	2
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	1
v3	
6	3
v3	
7	1
v3	
8	3
v3	
9	2
v4	
0	1
v4	
1	3
v4	
2	3
v4	
	2

						3	
Lonely			1			v4	
Contempt				1		4	3
Enchanted		1				v4	
Honoured				1		5	4
Afraid			1			v4	
Solemn			1			6	2
Ecstatic			1			v4	
Guilty			1			7	4
Tender	1					v4	
Bored			1			8	3
Humiliated				1		v4	
Expectant		1				9	3
Surprised		1				v5	
Ashamed				1		0	3
						v5	
						1	3
						v5	
						2	1
						v5	
						3	3
						v5	
						4	4
						v5	
						5	2
						v5	
						6	2
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself			1			v6	
To create atmosphere in social situations	1					0	1
It is hard to avoid hearing music			1			v6	
Enjoy listening to lyrics	1					1	1
						v6	
						2	3
						v6	
						3	1
						v6	
						4	3
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present			1			v6 7	3
To enhance positive moods	1					v6 8	1
To weaken negative moods			1			v6 9	3
To stir up energy				1		v7 0	4
To relax and calm down	1					v7 1	1
It helps me concentrate				1		v7 2	4
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life		1				v7 5	2
It strengthens my self-image				1		v7 6	4
To express my personality				1		v7 7	4
To feel akin to others				1		v7 8	4
To reduce feelings of loneliness				1		v7 9	4
To express my feelings				1		v8 0	4
To shield out the world around me				1		v8 1	4
To strengthen self esteem				1		v8 2	4
It makes me feel competent				1		v8 3	4
To gain control of sounds in my surroundings				1		v8 4	4
To master new skills				1		v8 5	4

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?	1					v11 1
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful		1				v14 2
Disappointed				1		v15 4
Enjoying	1					v16 1
Longing			1			v17 3
Indifferent				1		v1 4

Nostalgic	1			
Relieved			1	
Tense				1
Relaxed	1			
Thrills / Chills		1		
Angry				1
Calm	1			
Curious			1	
Frustrated				1
Moved	1			
Empathic		1		
Anxious				1
Amused		1		
Spiritual	1			
Jealous				1
Interested	1			
Sad			1	
Confused				1
Admiring	1			
Desiring		1		
Regretful				1
Loving			1	
Proud			1	
Disgusted				1
Content	1			

8	
v1	
9	1
v2	
0	3
v2	
1	4
v2	
2	1
v2	
3	2
v2	
4	4
v2	
5	1
v2	
6	3
v2	
7	4
v2	
8	1
v2	
9	2
v3	
0	4
v3	
1	2
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	3
v3	
6	4
v3	
7	1
v3	
8	2
v3	
9	4
v4	
0	3
v4	
1	3
v4	
2	4
v4	
	1

						3	
Lonely			1			v4	
Contempt	1					4	3
Enchanted		1				v4	
Honoured			1			5	1
Afraid				1		v4	
Solemn			1			6	2
Ecstatic		1				v4	
Guilty			1			7	3
Tender		1				v4	
Bored				1		8	4
Humiliated				1		v4	
Expectant			1			9	3
Surprised			1			v5	
Ashamed				1		0	2
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		v5	
For entertainment	1					1	3
It evokes memories	1					v5	
It gives me pleasure	1					2	2
To get company / background music		1				v5	
Interest in music itself	1					3	4
To create atmosphere in social situations			1			v5	
It is hard to avoid hearing music		1				4	4
Enjoy listening to lyrics	1					v5	
						5	3
						v5	
						6	3
						v5	
						7	4
						v5	
						8	1
						v5	
						9	1
						v6	
						0	1
						v6	
						1	2
						v6	
						2	1
						v6	
						3	3
						v6	
						4	2
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods		1				v6 8	2
To weaken negative moods				1		v6 9	4
To stir up energy			1			v7 0	3
To relax and calm down		1				v7 1	2
It helps me concentrate		1				v7 2	2
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality		1				v7 7	2
To feel akin to others		1				v7 8	2
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me		1				v8 1	2
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills			1			v8 5	3

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1	
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only		
6. What is the access you have to making music?				1		v5	4	
7. Please describe the musical instruments you used to play and to what level of expertise?								
Not completed								
8. Please describe the musical activities you have access to								
Not completed								
	Yes	No				For Office use only		
9. Would you like more access to taking part in making music?						v6		0
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social						v7		0

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?						v8 0
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?						v9 0
13. How important was music to your life when you were between 20 and 40 years old?						v1 0 0
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?						v1 1 0
15. How often do you feel emotions in response to music?						v1 2 0
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v1 3 1
Hopeful						v1 4 0
Disappointed	1					v1 5 1
Enjoying	1					v1 6 1
Longing						v1 7 0
Indifferent						v1 0

Nostalgic				
Relieved	1			
Tense				
Relaxed	1			
Thrills / Chills	1			
Angry				
Calm	1			
Curious	1			
Frustrated	1			
Moved	1			
Empathic	1			
Anxious	1			
Amused	1			
Spiritual	1			
Jealous				
Interested	1			
Sad	1			
Confused	1			
Admiring	1			
Desiring	1			
Regretful	1			
Loving	1			
Proud	1			
Disgusted	1			
Content	1			

8	
v1	
9	0
v2	
0	1
v2	
1	0
v2	
2	1
v2	
3	1
v2	
4	0
v2	
5	1
v2	
6	1
v2	
7	1
v2	
8	1
v2	
9	1
v3	
0	1
v3	
1	1
v3	
2	1
v3	
3	0
v3	
4	1
v3	
5	1
v3	
6	1
v3	
7	1
v3	
8	1
v3	
9	1
v4	
0	1
v4	
1	1
v4	
2	1
v4	
	1

						3	
Lonely	1					v4	
Contempt	1					4	1
Enchanted	1					v4	
Honoured	1					5	1
Afraid	1					v4	
Solemn	1					6	1
Ecstatic	1					v4	
Guilty	1					7	1
Tender	1					v4	
Bored	1					8	1
Humiliated	1					v4	
Expectant	1					9	1
Surprised	1					v5	
Ashamed	1					0	1
						v5	
						1	1
						v5	
						2	1
						v5	
						3	1
						v5	
						4	1
						v5	
						5	1
						v5	
						6	1
						v5	
						7	1
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations	1					0	1
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics	1					1	1
						v6	
						2	1
						v6	
						3	1
						v6	
						4	1
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods		1				v6 9	2
To stir up energy		1				v7 0	2
To relax and calm down	1					v7 1	1
It helps me concentrate						v7 2	0
It is beautiful	1					v7 3	1
To vent emotions						v7 4	0
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me		1				v8 1	2
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings		1				v8 4	2
To master new skills		1				v8 5	2

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 5 1

Age: 84

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: Jul-05

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility		1				v2	2

3. Please give a detailed description of your daily routine.

Wake up early 6-6:30 am. Shower go to breakfast

Then take part (most times!) what's going on at JAFFA - otherwise out with friends to shops - or just for tea -

Jaffa is: Just Amazing Fantastic accomplishment Fabulous Accommodation

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?		1				v4	2
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Piano							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social		1				v7	2

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?						v8 0
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt		For Office use only
12. How important is music to your life?		1				v9 2
13. How important was music to your life when you were between 20 and 40 years old?	1					v1 0 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?			1			v1 1 3
15. How often do you feel emotions in response to music?	1					v1 2 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v1 3 1
Hopeful						v1 4 0
Disappointed						v1 5 0
Enjoying	1					v1 6 1
Longing	1					v1 7 1
Indifferent						v1 0

Nostalgic	1			
Relieved				
Tense				
Relaxed	1			
Thrills / Chills				
Angry				
Calm	1			
Curious				
Frustrated				
Moved	1			
Empathic	1			
Anxious				
Amused			1	
Spiritual	1			
Jealous				1
Interested		1		
Sad		1		
Confused				1
Admiring		1		
Desiring		1		
Regretful				
Loving	1			
Proud			1	
Disgusted				1
Content		1		

8	
v1	
9	1
v2	
0	0
v2	
1	0
v2	
2	1
v2	
3	0
v2	
4	0
v2	
5	1
v2	
6	0
v2	
7	0
v2	
8	1
v2	
9	1
v3	
0	0
v3	
1	3
v3	
2	1
v3	
3	4
v3	
4	2
v3	
5	2
v3	
6	4
v3	
7	2
v3	
8	2
v3	
9	0
v4	
0	1
v4	
1	3
v4	
2	4
v4	
	2

						3	
Lonely			1			v4	
Contempt				1		4	3
Enchanted		1				v4	
Honoured				1		5	4
Afraid				1		v4	
Solemn		1				6	2
Ecstatic		1				v4	
Guilty				1		7	4
Tender		1				v4	
Bored				1		8	4
Humiliated				1		v4	
Expectant				1		9	2
Surprised						v5	
Ashamed				1		0	2
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		v5	
For entertainment	1					1	4
It evokes memories	1					v5	
It gives me pleasure	1					2	2
To get company / background music		1				v5	
Interest in music itself			1			3	4
To create atmosphere in social situations		1				v5	
It is hard to avoid hearing music		1				4	4
Enjoy listening to lyrics		1				v5	
						5	0
						v5	
						6	4
						v5	
						7	4
						v5	
						8	1
						v5	
						9	1
						v6	
						0	1
						v6	
						1	2
						v6	
						2	3
						v6	
						3	2
						v6	
						4	2
						v6	
						5	2

Music induces emotions	1					v6 6	1
To forget about the present		1				v6 7	2
To enhance positive moods		1				v6 8	2
To weaken negative moods						v6 9	0
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate			1			v7 2	3
It is beautiful	1					v7 3	1
To vent emotions		1				v7 4	2
To reflect on my life		1				v7 5	2
It strengthens my self-image		1				v7 6	2
To express my personality			1			v7 7	3
To feel akin to others		1				v7 8	2
To reduce feelings of loneliness			1			v7 9	3
To express my feelings		1				v8 0	2
To shield out the world around me			1			v8 1	3
To strengthen self esteem			1			v8 2	3
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings			1			v8 4	3
To master new skills			1			v8 5	3

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 6 1

Age: 68

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: Jan-18

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility		1				v2	2
3. Please give a detailed description of your daily routine.							
Play Bingo							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Piano							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social		1				v7	2

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?				1	For Office use only v8 4
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt	For Office use only
12. How important is music to your life?			1		v9 3
13. How important was music to your life when you were between 20 and 40 years old?				1	v1 0 4
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?		1			v1 1 2
15. How often do you feel emotions in response to music?		1			v1 2 2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy	1				v1 3 1
Hopeful	1				v1 4 1
Disappointed		1			v1 5 2
Enjoying	1				v1 6 1
Longing		1			v1 7 2
Indifferent	1				v1 1

Nostalgic	1			
Relieved	1			
Tense	1			
Relaxed	1			
Thrills / Chills	1			
Angry	1			
Calm	1			
Curious		1		
Frustrated		1		
Moved	1			
Empathic	1			
Anxious	1			
Amused	1			
Spiritual	1			
Jealous	1			
Interested	1			
Sad	1			
Confused	1			
Admiring	1			
Desiring	1			
Regretful	1			
Loving	1			
Proud	1			
Disgusted	1			
Content	1			

8	
v1	
9	1
v2	
0	1
v2	
1	1
v2	
2	1
v2	
3	1
v2	
4	1
v2	
5	1
v2	
6	2
v2	
7	2
v2	
8	1
v2	
9	1
v3	
0	1
v3	
1	1
v3	
2	1
v3	
3	1
v3	
4	1
v3	
5	1
v3	
6	1
v3	
7	1
v3	
8	1
v3	
9	1
v4	
0	1
v4	
1	1
v4	
2	1
v4	
	1

						3	
Lonely	1					v4	
Contempt	1					4	1
Enchanted	1					v4	
Honoured	1					5	1
Afraid	1					v4	
Solemn	1					6	1
Ecstatic	1					v4	
Guilty	1					7	1
Tender	1					v4	
Bored	1					8	1
Humiliated	1					v4	
Expectant	1					9	1
Surprised	1					v5	
Ashamed				1		0	1
						v5	
						1	1
						v5	
						2	1
						v5	
						3	1
						v5	
						4	1
						v5	
						5	1
						v5	
						6	1
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations	1					0	1
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics	1					1	1
						v6	
						2	1
						v6	
						3	1
						v6	
						4	1
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills	1					v8 5	1

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 7 1

Age: 74

Gender: M 1 F

Marital status: Widow Single Divorced Married

Date of admission into facility: Dec-16

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family				1		v1	4
2. I regularly participate in activities presented at the facility			1			v2	3

3. Please give a detailed description of your daily routine.

Wake up 6h15

Bath etc. - breakfast- walk for about one hour

Attend to personal hobbies - few friends etc.. Lunch - read rest. Go to tea

Supper. And what ever crops up

Watch news. Little bit of TV

About 9h45 Sleep

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Classical piano for about 3 or 4 years. Age 7 to 10.							
Did not enjoy							
8. Please describe the musical activities you have access to							
TV Radio							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social		1				v7	2

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?			1			v8 3
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?			1			v9 3
13. How important was music to your life when you were between 20 and 40 years old?			1			v1 0 3
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?						v1 1 0
15. How often do you feel emotions in response to music?				1		v1 2 4
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy			1			v1 3 3
Hopeful				1		v1 4 4
Disappointed			1			v1 5 3
Enjoying			1			v1 6 3
Longing				1		v1 7 4
Indifferent			1			v1 3

Nostalgic			1	
Relieved				1
Tense			1	
Relaxed			1	
Thrills / Chills			1	
Angry				1
Calm			1	
Curious			1	
Frustrated			1	
Moved			1	
Empathic				
Anxious				
Amused			1	
Spiritual			1	
Jealous				1
Interested			1	
Sad			1	
Confused				1
Admiring			1	
Desiring				1
Regretful			1	
Loving			1	
Proud			1	
Disgusted				1
Content			1	

8	
v1	
9	3
v2	
0	4
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1	3
v2	
2	3
v2	
3	3
v2	
4	4
v2	
5	3
v2	
6	3
v2	
7	3
v2	
8	3
v2	
9	0
v3	
0	0
v3	
1	3
v3	
2	3
v3	
3	4
v3	
4	3
v3	
5	3
v3	
6	4
v3	
7	3
v3	
8	4
v3	
9	3
v4	
0	3
v4	
1	3
v4	
2	4
v4	
	3

						3	
Lonely			1			v4	
Contempt			1			4	3
Enchanted			1			v4	
Honoured			1			5	3
Afraid			1			v4	
Solemn			1			6	3
Ecstatic			1			v4	
Guilty			1			7	3
Tender				1		v4	
Bored				1		8	3
Humiliated			1			v4	
Expectant						9	3
Surprised				1		v5	
Ashamed				1		0	3
						v5	
						1	3
						v5	
						2	4
						v5	
						3	4
						v5	
						4	3
						v5	
						5	0
						v5	
						6	4
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment				1		v5	
It evokes memories			1			8	4
It gives me pleasure			1			v5	
To get company / background music				1		9	3
Interest in music itself				1		v6	
To create atmosphere in social situations			1			0	3
It is hard to avoid hearing music			1			v6	
Enjoy listening to lyrics			1			1	4
						v6	
						2	4
						v6	
						3	3
						v6	
						4	3
						v6	
						5	3

Music induces emotions			1			v6 6	3
To forget about the present				1		v6 7	4
To enhance positive moods				1		v6 8	4
To weaken negative moods				1		v6 9	4
To stir up energy				1		v7 0	4
To relax and calm down				1		v7 1	4
It helps me concentrate			1			v7 2	3
It is beautiful			1			v7 3	3
To vent emotions			1			v7 4	3
To reflect on my life			1			v7 5	3
It strengthens my self-image			1			v7 6	3
To express my personality			1			v7 7	3
To feel akin to others			1			v7 8	3
To reduce feelings of loneliness			1			v7 9	3
To express my feelings						v8 0	0
To shield out the world around me			1			v8 1	3
To strengthen self esteem				1		v8 2	4
It makes me feel competent				1		v8 3	4
To gain control of sounds in my surroundings			1			v8 4	3
To master new skills				1		v8 5	4

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 8 1

Age: 84

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: Jul-05

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility	1					v2	1

3. Please give a detailed description of your daily routine.

Breakfast in the dining room. Go to occupational therapy from 9h00 to 12h30. Go for lunch, lie Down for an hour. Come and sit in lounge. Go for dinner. Listen to story CD's for the blind for about 2 hours.

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

support or development of creativity?					
	Often	Someti mes	Not often	Never	
11. How often do you listen to music?	1				For Office use only v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt	For Office use only
12. How important is music to your life?	1				v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1				v10 1
	Often	Someti mes	Not often	Never	For Office use only
14. Do you personally choose the music you listen to?		1			v11 2
15. How often do you feel emotions in response to music?	1				v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never	For Office use only
Happy			1		v13 3
Hopeful		1			v14 2
Disappointed		1			v15 2
Enjoying	1				v16 1
Longing	1				v17 1
Indifferent	1				v1 1

Nostalgic		1		
Relieved		1		
Tense		1		
Relaxed			1	
Thrills / Chills		1		
Angry		1		
Calm			1	
Curious		1		
Frustrated			1	
Moved	1			
Empathic		1		
Anxious			1	
Amused		1		
Spiritual			1	
Jealous			1	
Interested		1		
Sad			1	
Confused			1	
Admiring		1		
Desiring		1		
Regretful			1	
Loving		1		
Proud		1		
Disgusted			1	
Content			1	

8	
v1	
9	2
v2	
0	2
v2	
1	2
v2	
2	3
v2	
3	2
v2	
4	2
v2	
5	3
v2	
6	2
v2	
7	3
v2	
8	1
v2	
9	2
v3	
0	3
v3	
1	2
v3	
2	3
v3	
3	3
v3	
4	2
v3	
5	3
v3	
6	3
v3	
7	2
v3	
8	2
v3	
9	3
v4	
0	2
v4	
1	2
v4	
2	3
v4	
3	3

						3	
Lonely		1				v4	
Contempt			1			4	2
Enchanted			1			v4	
Honoured			1			5	3
Afraid			1			v4	
Solemn			1			6	3
Ecstatic			1			v4	
Guilty				1		7	3
Tender				1		v4	
Bored				1		8	3
Humiliated		1				v4	
Expectant			1			9	3
Surprised			1			v5	
Ashamed			1			0	3
						v5	
						1	4
						v5	
						2	4
						v5	
						3	4
						v5	
						4	2
						v5	
						5	3
						v5	
						6	3
						v5	
						7	3
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure		1				v5	
To get company / background music	1					9	2
Interest in music itself			1			v6	
To create atmosphere in social situations		1				0	2
It is hard to avoid hearing music		1				v6	
Enjoy listening to lyrics		1				1	1
						v6	
						2	3
						v6	
						3	2
						v6	
						4	2
						v6	
						5	2

Music induces emotions			1			v6 6	3
To forget about the present		1				v6 7	2
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy		1				v7 0	2
To relax and calm down			1			v7 1	3
It helps me concentrate			1			v7 2	3
It is beautiful		1				v7 3	2
To vent emotions		1				v7 4	2
To reflect on my life		1				v7 5	2
It strengthens my self-image		1				v7 6	2
To express my personality			1			v7 7	3
To feel akin to others			1			v7 8	3
To reduce feelings of loneliness		1				v7 9	2
To express my feelings		1				v8 0	2
To shield out the world around me		1				v8 1	2
To strengthen self esteem			1			v8 2	3
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills			1			v8 5	3

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 9 1

Age: 90

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: Jan-10

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family		1				v1	2
2. I regularly participate in activities presented at the facility		1				v2	2

3. Please give a detailed description of your daily routine.

work in library

Listen to talks

Watch movies

Watch TV

Read

Chat with friends

Go to the shops

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?			1			v4	3
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Piano as a child							
8. Please describe the musical activities you have access to							
Musical movies							
Musical concerts sometimes							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social		1				v7	2

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?		1				v8 2
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?		1				v11 2
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful		1				v14 2
Disappointed				1		v15 4
Enjoying	1					v16 1
Longing		1				v17 2
Indifferent				1		v1 4

Nostalgic	1			
Relieved			1	
Tense				1
Relaxed	1			
Thrills / Chills				1
Angry				1
Calm	1			
Curious		1		
Frustrated				
Moved	1			
Empathic		1		
Anxious				1
Amused	1			
Spiritual			1	
Jealous				1
Interested	1			
Sad				1
Confused				1
Admiring	1			
Desiring	1			
Regretful				1
Loving	1			
Proud			1	
Disgusted				1
Content	1			

8	
v1	
9	1
v2	
0	3
v2	
1	4
v2	
2	1
v2	
3	4
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	0
v2	
8	1
v2	
9	2
v3	
0	4
v3	
1	1
v3	
2	3
v3	
3	4
v3	
4	1
v3	
5	4
v3	
6	4
v3	
7	1
v3	
8	1
v3	
9	4
v4	
0	1
v4	
1	3
v4	
2	4
v4	
	1

						3	
Lonely				1		v4	
Contempt				1		4	4
						v4	
Enchanted	1					5	4
Honoured		1				v4	
						6	1
Afraid				1		v4	
Solemn				1		7	2
						v4	
Ecstatic	1					8	4
Guilty				1		v4	
Tender	1					9	4
Bored				1		v4	
Humiliated				1		0	1
Expectant				1		v5	
Surprised				1		1	4
Ashamed				1		v5	
						2	1
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations	1					0	1
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics	1					1	1
						v6	
						2	1
						v6	
						3	1
						v6	
						4	1
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods	1					v6 8	1
To weaken negative moods	1					v6 9	1
To stir up energy	1					v7 0	1
To relax and calm down	1					v7 1	1
It helps me concentrate	1					v7 2	1
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life	1					v7 5	1
It strengthens my self-image	1					v7 6	1
To express my personality	1					v7 7	1
To feel akin to others	1					v7 8	1
To reduce feelings of loneliness	1					v7 9	1
To express my feelings	1					v8 0	1
To shield out the world around me	1					v8 1	1
To strengthen self esteem	1					v8 2	1
It makes me feel competent	1					v8 3	1
To gain control of sounds in my surroundings	1					v8 4	1
To master new skills				1		v8 5	3

	Yes	No			For Office use only	
9. Would you like more access to taking part in making music?	0	8			v 6	8
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	0	7			v 7	7
	Often	Somet imes	Not often	Never	For Office use only	
11. How often do you listen to music?	2	2	2	1	v 8	7
	Very import ant	import ant	not import ant/ unimp ortant	Un- import ant	For Office use only	
12. How important is music to your life?	4	2	2	0	v 9	8
13. How important was music to your life when you were between 20 and 40 years old?	5	1	1	1	v 1 0	8

	Often	Somet imes	Not often	Never		For Office use only	
14. Do you personally choose the music you listen to?	2	3	2	0		v 1 1	7
15. How often do you feel emotions in response to music?	6	1	0	1		v 1 2	8
16. How common is it that you feel various emotions in response to music?	Often	Somet imes	Not often	Never		For Office use only	
Happy	7	0	2	0		v 1 3	9
Hopeful	1	5	0	1		v 1 4	7
Disappointed	1	2	3	2		v 1 5	8
Enjoying	8	0	1	0		v 1 6	9
Longing	2	4	1	1		v 1 7	8
Indifferent	2	1	1	3		v 1 8	7
Nostalgic	6	1	1	0		v 1 9	8
Relieved	3	1	3	1		v 2 0	8
Tense	1	2	1	3		v 2 1	7
Relaxed	7	0	2	0		v 2 2	9

Thrills / Chills				
	2	3	1	2
Angry				
	1	2	0	4
Calm				
	7	0	2	0
Curious				
	1	4	3	0
Frustrated				
	1	2	3	1
Moved				
	8	0	1	0
Empathic				
	4	3	1	0
Anxious				
	3	0	2	2
Amused				
	4	3	2	0
Spiritual				
	5	1	3	0
Jealous				
	2	0	1	5
Interested				
	5	3	1	0
Sad				
	3	2	3	1
Confused				
	2	1	2	4
Admiring				
	6	2	1	0
Desiring				
	3	4	1	1
Regretful				
	2	2	2	2

2		
v		
2		
3		8
v		
2		
4		7
v		
2		
5		9
v		
2		
6		8
v		
2		
7		7
v		
2		
8		9
v		
2		
9		8
v		
3		
0		7
v		
3		
1		9
v		
3		
2		9
v		
3		
3		8
v		
3		
4		9
v		
3		
5		9
v		
3		
6		9
v		
3		
7		9
v		
3		
8		9
v		
		8

Loving	6	1	2	0
Proud	3	1	5	0
Disgusted	3	0	2	4
Content	5	2	2	0
Lonely	3	1	4	1
Contempt	3	0	2	4
Enchanted	4	3	2	0
Honoured	2	1	4	2
Afraid	2	0	3	4
Solemn	2	1	5	1
Ecstatic	3	2	4	0
Guilty	2	0	3	4
Tender	4	2	1	2
Bored	2	0	2	5
Humiliated	2	1	2	4
Expectant	2	1	3	2

3		
9		
v		
4		
0		9
v		
4		
1		9
v		
4		
2		9
v		
4		
3		9
v		
4		
4		9
v		
4		
5		9
v		
4		
6		9
v		
4		
7		9
v		
4		
8		9
v		
4		
9		9
v		
5		
0		9
v		
5		
1		9
v		
5		
2		9
v		
5		
3		9
v		
5		
4		9
v		
5		
5		8

Surprised	2	1	3	2		v 5 6		8
Ashamed	1	0	2	6		v 5 7		9
17. How often do you listen to music because of the following reasons?	Often	Somet imes	Not often	Never		For Office use only		
For entertainment	8	0	0	1		v 5 8		9
It evokes memories	7	1	1	0		v 5 9		9
It gives me pleasure	7	1	1	0		v 6 0		9
To get company / background music	6	2	0	1		v 6 1		9
Interest in music itself	5	0	3	1		v 6 2		9
To create atmosphere in social situations	5	2	2	0		v 6 3		9
It is hard to avoid hearing music	3	3	2	1		v 6 4		9
Enjoy listening to lyrics	6	2	1	0		v 6 5		9
Music induces emotions	7	0	2	0		v 6 6		9
To forget about the present	5	2	1	1		v 6 7		9
To enhance positive moods	6	2	0	1		v 6 8		9
To weaken negative moods	4	1	1	2		v 6 9		8
To stir up energy	4	2	1	2		v 7 0		9

To relax and calm down	6	1	1	1	v 7 1		9
It helps me concentrate	3	1	3	1	v 7 2		8
It is beautiful	7	1	1	0	v 7 3		9
To vent emotions	5	2	1	0	v 7 4		8
To reflect on my life	5	3	1	0	v 7 5		9
It strengthens my self-image	5	2	1	1	v 7 6		9
To express my personality	4	1	3	1	v 7 7		9
To feel akin to others	4	2	2	1	v 7 8		9
To reduce feelings of loneliness	5	1	2	1	v 7 9		9
To express my feelings	5	2	0	1	v 8 0		8
To shield out the world around me	3	3	2	1	v 8 1		9
To strengthen self esteem	5	0	2	2	v 8 2		9
It makes me feel competent	5	2	0	2	v 8 3		9
To gain control of sounds in my surroundings	5	1	2	1	v 8 4		9
To master new skills	1	1	4	3	v 8 5		9

Jaffa Basic psychological need satisfaction in general questionnaire

Basic Psychological Need Satisfaction in General Questionnaire

Participant 1

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	1 v86	7
2. I really like the people I interact with.								
1	2	3	4	5	6	7	1 v87	7
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	1 v88	7
4. I feel pressured in my life.								
1	2	3	4	5	6	7	1 v89	7
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	1 v90	4
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	1 v91	6
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	1 v92	4
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	1 v93	4
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	1 v94	5
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		

11. In my daily life, I frequently have to do what I am told.
1 2 3 4 5 6 7 1 v95
12. People in my life care about me.
1 2 3 4 5 6 7 1 v96
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7 1 v97
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7 1 v98
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7 1 v99
16. There are not many people that I am close to.
1 2 3 4 5 6 7 1 v100
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7 1 v101
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7 1 v102
19. I often do not feel very capable.
1 2 3 4 5 6 7 1 v103
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7 1 v104
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7 1 v105
- 1 v106

Basic Psychological Need Satisfaction in General Questionnaire

Participant 2

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
				1			v86	5
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
					1		v87	6
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
				1			v88	5
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
				1			v89	5
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
				1			v90	5
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
					1		v91	6
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
				1			v92	5
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
					1		v93	6
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
				1			v94	5
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
					1		v95	6

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

4

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

6

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

7

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

5

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

2

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

v102

0

1

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

v103

1

1

19. I often do not feel very capable.

1 2 3 4 5 6 7

v104

1

1

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

v105

1

1

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

v106

1

1

Basic Psychological Need Satisfaction in General Questionnaire

Participant 3

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	v86	1
1								
2. I really like the people I interact with.								
1	2	3	4	5	6	7	v87	3
		1						
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	v88	2
	1							
4. I feel pressured in my life.								
1	2	3	4	5	6	7	v89	3
		1						
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	v90	1
1								
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	v91	1
1								
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	v92	2
	1							
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	v93	1
1								
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	v94	1
1								
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7	v95	4
			1					

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

2

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

2

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

1

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

3

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

1

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

4

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

0

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

1

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

1

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

v105

1

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

v106

1

Basic Psychological Need Satisfaction in General Questionnaire

Participant 4

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not			Somewhat			Very
true at			true			true
all						

1. I feel like I am free to decide for myself how to live my life.	1	2	3	4	5	6	7		
								1	v86
									7
2. I really like the people I interact with.	1	2	3	4	5	6	7		
						1			v87
									6
3. Often, I do not feel very competent.	1	2	3	4	5	6	7		
				1					v88
									4
4. I feel pressured in my life.	1	2	3	4	5	6	7		
				1					v89
									4
5. People I know tell me I am good at what I do.	1	2	3	4	5	6	7		
								1	v90
									7
6. I get along with people I come into contact with.	1	2	3	4	5	6	7		
								1	v91
									7
7. I pretty much keep to myself and don't have a lot of social contacts.	1	2	3	4	5	6	7		
	1								v92
									1
8. I generally feel free to express my ideas and opinions.	1	2	3	4	5	6	7		
								1	v93
									6
9. I consider the people I regularly interact with to be my friends.	1	2	3	4	5	6	7		
					1				v94
									5
10. I have been able to learn interesting new skills recently.	1	2	3	4	5	6	7		

- v95
11. In my daily life, I frequently have to do what I am told.
1 2 3 4 5 6 7
- v96
12. People in my life care about me.
1 2 3 4 5 6 7
- v97
13. Most days I feel a sense of accomplishment from what I do.
1 2 3 4 5 6 7
- v98
14. People I interact with on a daily basis tend to take my feelings into consideration.
1 2 3 4 5 6 7
- v99
15. In my life I do not get much of a chance to show how capable I am.
1 2 3 4 5 6 7
- v100
16. There are not many people that I am close to.
1 2 3 4 5 6 7
- v101
17. I feel like I can pretty much be myself in my daily situations.
1 2 3 4 5 6 7
- v102
18. The people I interact with regularly do not seem to like me much.
1 2 3 4 5 6 7
- v103
19. I often do not feel very capable.
1 2 3 4 5 6 7
- v104
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
1 2 3 4 5 6 7
- v105
21. People are generally pretty friendly towards me.
1 2 3 4 5 6 7
- v106

Basic Psychological Need Satisfaction in General Questionnaire

Participant 5

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	v86	4
			1					
2. I really like the people I interact with.								
1	2	3	4	5	6	7	v87	3
		1						
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	v88	5
				1				
4. I feel pressured in my life.								
1	2	3	4	5	6	7	v89	4
			1					
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	v90	2
	1							
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	v91	4
			1					
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	v92	2
	1							
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	v93	3
		1						
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	v94	3
		1						
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7	v95	2
	1							

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

3

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

4

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

4

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

4

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

4

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

v102

0

1

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

v103

1

1

19. I often do not feel very capable.

1 2 3 4 5 6 7

v104

1

1

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

v105

1

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

v106

1

1

Basic Psychological Need Satisfaction in General Questionnaire

Participant 6

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	v86	4
			1					
2. I really like the people I interact with.								
1	2	3	4	5	6	7	v87	4
			1					
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	v88	5
				1				
4. I feel pressured in my life.								
1	2	3	4	5	6	7	v89	5
				1				
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	v90	6
					1			
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	v91	5
				1				
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	v92	6
					1			
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	v93	2
	1							
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	v94	3
		1						
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7	v95	4
			1					

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

5

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

5

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

6

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

4

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

1

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

3

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

v102

0

1

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

v103

1

1

19. I often do not feel very capable.

1 2 3 4 5 6 7

v104

1

1

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

v105

1

1

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

v106

1

1

Basic Psychological Need Satisfaction in General Questionnaire

Participant 7

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
					1		v86	6
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
					1		v87	6
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
			1				v88	4
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
		1					v89	3
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
				1			v90	5
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
				1			v91	5
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
		1					v92	3
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
				1			v93	5
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
			1				v94	4
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
1							v95	1

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

3

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

3

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

4

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

2

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

2

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

2

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

v102

0

1

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

v103

1

1

19. I often do not feel very capable.

1 2 3 4 5 6 7

v104

1

1

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

v105

1

1

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

v106

1

1

Basic Psychological Need Satisfaction in General Questionnaire

Participant 8

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
					1		v86	6
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
					1		v87	6
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
		1					v88	3
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
				1			v89	5
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
						1	v90	7
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
			1				v91	4
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
	1						v92	2
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
					1		v93	6
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
					1		v94	6
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
		1					v95	3

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

5

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

6

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

2

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

6

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

5

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

v102

0

1

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

v103

1

1

19. I often do not feel very capable.

1 2 3 4 5 6 7

v104

1

1

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

v105

1

1

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

v106

1

1

Basic Psychological Need Satisfaction in General Questionnaire

Participant 9

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
Not			Somewhat			Very
true at			true			true
all						

1. I feel like I am free to decide for myself how to live my life.	1	2	3	4	5	6	7		
								1	v86
									7
2. I really like the people I interact with.	1	2	3	4	5	6	7		
								1	v87
									7
3. Often, I do not feel very competent.	1	2	3	4	5	6	7		
				1					v88
									4
4. I feel pressured in my life.	1	2	3	4	5	6	7		
	1								v89
									1
5. People I know tell me I am good at what I do.	1	2	3	4	5	6	7		
								1	v90
									7
6. I get along with people I come into contact with.	1	2	3	4	5	6	7		
								1	v91
									7
7. I pretty much keep to myself and don't have a lot of social contacts.	1	2	3	4	5	6	7		
	1								v92
									1
8. I generally feel free to express my ideas and opinions.	1	2	3	4	5	6	7		
								1	v93
									7
9. I consider the people I regularly interact with to be my friends.	1	2	3	4	5	6	7		
								1	v94
									7
10. I have been able to learn interesting new skills recently.	1	2	3	4	5	6	7		
				1					v95
									4

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1 v96

7

12. People in my life care about me.

1 2 3 4 5 6 7

1 v97

7

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1 v98

7

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1 v99

7

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1 v100

7

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

4

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

v102

0

1

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

v103

1

1

19. I often do not feel very capable.

1 2 3 4 5 6 7

v104

1

1

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

v105

1

1

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

v106

1

1

Basic Psychological Need Satisfaction in General Questionnaire									
Jaffa all participants									
Feelings I Have									
Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:									
1	2	3	4	5	6	7			
Not true at all			Somewhat true			Very true			
									Total completed
1. I feel like I am free to decide for myself how to live my life.									
1	2	3	4	5	6	7			
1	0	0	2	1	2	3			9
2. I really like the people I interact with.									
1	2	3	4	5	6	7			
0	0	2	1	0	4	2			9
3. Often, I do not feel very competent.									
1	2	3	4	5	6	7			
0	1	1	3	3	0	1			9
4. I feel pressured in my life.									
1	2	3	4	5	6	7			
1	0	2	2	3	0	1			9
5. People I know tell me I am good at what I do.									
1	2	3	4	5	6	7			
1	1	0	1	2	1	3			9
6. I get along with people I come into contact with.									
1	2	3	4	5	6	7			
1	0	0	2	2	2	2			9
7. I pretty much keep to myself and don't have a lot of social contacts.									
1	2	3	4	5	6	7			
2	3	1	1	1	1	0			9
8. I generally feel free to express my ideas and opinions.									
1	2	3	4	5	6	7			
1	1	1	1	1	3	1			9
9. I consider the people I regularly interact with to be my friends.									

1	2	3	4	5	6	7		
1	0	2	1	3	1	1		9
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
1	1	1	3	0	1	1		8
11. In my daily life, I frequently have to do what I am told.								
1	2	3	4	5	6	7		
0	1	2	1	3	0	1		8
12. People in my life care about me.								
1	2	3	4	5	6	7		
0	1	1	0	1	0	5		8
13. Most days I feel a sense of accomplishment from what I do.								
1	2	3	4	5	6	7		
1	0	0	2	0	4	1		8
14. People I interact with on a daily basis tend to take my feelings into consideration.								
1	2	3	4	5	6	7		
0	2	1	2	0	1	2		8
15. In my life I do not get much of a chance to show how capable I am.								
1	2	3	4	5	6	7		
2	1	0	1	1	2	1		8
16. There are not many people that I am close to.								
1	2	3	4	5	6	7		
0	2	1	3	1	1	0		8
17. I feel like I can pretty much be myself in my daily situations.								
1	2	3	4	5	6	7		
1	1	0	2	1	2	1		8
18. The people I interact with regularly do not seem to like me much.								
1	2	3	4	5	6	7		
1	2	1	3	0	1	0		8
19. I often do not feel very capable.								
1	2	3	4	5	6	7		
0	2	1	3	0	1	1		8
20. There is not much opportunity for me to decide for myself how to do things in my daily life.								
1	2	3	4	5	6	7		
1	0	1	3	1	1	0		7
21. People are generally pretty friendly towards me.								
1	2	3	4	5	6	7		
0	1	2	1	0	3	1		8

Queenswood Methodist Music questionnaire

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 1 1

Age: 80

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: Jun-16

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility	1					v2	1
3. Please give a detailed description of your daily routine.							
Wake up at 7am. Take pills and have breakfast. Mondays we have craft.							
	Often	Sometimes	Not often	Never	CHOIR	For Office use only	

4. Do you play a musical instrument or sing in a choir?		1				v3	2
5. Did you play a musical instrument or sing in a choir when you were younger?		1				v4	2
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not completed							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2

10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?								
			1				v7	2
	Often	Someti mes	Not often	Never			For Office use only	
11. How often do you listen to music?	1						v8	1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt			For Office use only	
12. How important is music to your life?		1					v9	2
13. How important was music to your life when you were between 20 and 40 years old?		1					v1 0	2
	Often	Someti mes	Not often	Never			For Office use only	
14. Do you personally choose the music you listen to?		1					v1 1	2
15. How often do you feel emotions in response to music?		1					v1 2	2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never			For Office use only	
Happy	1						v1 3	1
Hopeful		1					v1 4	2
Disappointed		1					v1 5	2
Enjoying	1						v1	1

Longing	1			
Indifferent				1
Nostalgic		1		
Relieved		1		
Tense				1
Relaxed		1		
Thrills / Chills		1		
Angry				1
Calm	1			
Curious			1	
Frustrated			1	
Moved		1		
Empathic			1	
Anxious				1
Amused		1		
Spiritual	1			
Jealous				1
Interested		1		
Sad		1		
Confused			1	
Admiring		1		
Desiring			1	
Regretful			1	
Loving		1		
Proud		1		

6	
v1	
7	1
v1	
8	4
v1	
9	2
v2	
0	2
v2	
1	4
v2	
2	2
v2	
3	2
v2	
4	4
v2	
5	1
v2	
6	3
v2	
7	3
v2	
8	2
v2	
9	3
v3	
0	4
v3	
1	2
v3	
2	1
v3	
3	4
v3	
4	2
v3	
5	2
v3	
6	3
v3	
7	2
v3	
8	3
v3	
9	3
v4	
0	2
v4	
2	2

						1	
Disgusted			1			v4	
Content	1					2	3
Lonely		1				v4	
Contempt				1		3	1
Enchanted		1				v4	
Honoured		1				4	2
Afraid				1		v4	
Solemn			1			5	4
Ecstatic		1				v4	
Guilty			1			6	2
Tender		1				v4	
Bored			1			7	2
Humiliated				1		v4	
Expectant		1				8	4
Surprised		1				v4	
Ashamed				1		9	3
						v4	
						0	2
						v5	
						1	3
						v5	
						2	2
						v5	
						3	3
						v5	
						4	4
						v5	
						5	2
						v5	
						6	2
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music		1				9	1
Interest in music itself	1					v6	
To create atmosphere in social situations			1			0	1
						v6	
						1	2
						v6	
						2	1
						v6	
						3	3

It is hard to avoid hearing music	1					v6 4	1
Enjoy listening to lyrics		1				v6 5	2
Music induces emotions			1			v6 6	3
To forget about the present	1					v6 7	1
To enhance positive moods		1				v6 8	2
To weaken negative moods	1					v6 9	1
To stir up energy		1				v7 0	2
To relax and calm down	1					v7 1	1
It helps me concentrate		1				v7 2	2
It is beautiful	1					v7 3	1
To vent emotions			1			v7 4	3
To reflect on my life		1				v7 5	2
It strengthens my self-image		1				v7 6	2
To express my personality	1					v7 7	1
To feel akin to others		1				v7 8	2
To reduce feelings of loneliness	1					v7 9	1
To express my feelings		1				v8 0	2
To shield out the world around me			1			v8 1	3
To strengthen self esteem				1		v8 2	4
It makes me feel competent			1			v8 3	3
To gain control of sounds in my surroundings			1		v8 4	3	
To master new skills				1	v8 5	4	

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 2 1

Age: 78

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: 1-May-14

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family			1			v1	3
2. I regularly participate in activities presented at the facility			1			v2	3

3. Please give a detailed description of your daily routine.

Wake up at 6h00. Thank Lord for day especially sunshine. Make bed. Potter around for a while. Decide what to eat/ drink. What to wear. Breakfast. Shower. Neaten kitchen. Listen to gospel TV. Maybe some needlework, visit friends just to say Hi. Perhaps go to shops - own a car. Lunch - in din room for the pleasure of meeting other folks. Potter around - until 4 in afternoon. Go visit 3 friends. Watch TV eat something. Shave pyjamas - 9h30 pm in bed. Music.

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?				1		v4	4
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?			1			v5	3
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Not really any. I'm interested in							
Line dancing							
Dawn's comes Sing along							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social		1				v7	2

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt		For Office use only
12. How important is music to your life?		1				v9 2
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?	1					v11 1
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful				1		v14 4
Disappointed				1		v15 4
Enjoying	1					v16 1
Longing	1					v17 1
Indifferent				1		v1 4

Nostalgic	1			
Relieved				1
Tense				1
Relaxed	1			
Thrills / Chills				1
Angry				1
Calm	1			
Curious				1
Frustrated				1
Moved				1
Empathic				1
Anxious				1
Amused				1
Spiritual		1		
Jealous				1
Interested				1
Sad				1
Confused				1
Admiring				1
Desiring				1
Regretful				1
Loving				1
Proud				1
Disgusted				1
Content				1

8	
v1	
9	1
v2	
0	4
v2	
1	4
v2	
2	1
v2	
3	4
v2	
4	4
v2	
5	1
v2	
6	4
v2	
7	4
v2	
8	4
v2	
9	4
v3	
0	4
v3	
1	4
v3	
2	2
v3	
3	4
v3	
4	4
v3	
5	4
v3	
6	4
v3	
7	4
v3	
8	4
v3	
9	4
v4	
0	4
v4	
1	4
v4	
2	4
v4	
	4

						3	
Lonely			1			v4	
Contempt				1		4	3
Enchanted						v4	
Honoured				1		5	4
Afraid						v4	
Solemn				1		6	4
Ecstatic						v4	
Guilty				1		7	4
Tender						v4	
Bored				1		8	4
Humiliated						v4	
Expectant				1		9	4
Surprised						v4	
Ashamed				1		0	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment		1				v5	2
It evokes memories		1				8	
It gives me pleasure		1				v5	2
To get company / background music		1				9	
Interest in music itself				1		v6	2
To create atmosphere in social situations		1				0	
It is hard to avoid hearing music				1		v6	2
Enjoy listening to lyrics					1	1	4
						v6	4
						2	
						v6	2
						3	
						v6	4
						4	
						v6	4
						5	

Music induces emotions		1				v6 6	2
To forget about the present				1		v6 7	4
To enhance positive moods		1				v6 8	2
To weaken negative moods		1				v6 9	2
To stir up energy				1		v7 0	4
To relax and calm down		1				v7 1	2
It helps me concentrate				1		v7 2	4
It is beautiful		1				v7 3	2
To vent emotions				1		v7 4	4
To reflect on my life				1		v7 5	4
It strengthens my self-image				1		v7 6	4
To express my personality				1		v7 7	4
To feel akin to others				1		v7 8	4
To reduce feelings of loneliness		1				v7 9	2
To express my feelings				1		v8 0	4
To shield out the world around me				1		v8 1	4
To strengthen self esteem				1		v8 2	4
It makes me feel competent				1		v8 3	4
To gain control of sounds in my surroundings				1		v8 4	4
To master new skills				1		v8 5	4

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 3 1

Age: 81.5

Gender: M 1 F

Marital status: Widow Single Divorced Married

Date of admission into facility: 1 Feb. 2012

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility	1					v2	1

3. Please give a detailed description of your daily routine.

8h00 Wake up; get up; shower, shave, dress

9h00 Breakfast. Take medication. Drink water Small glass per hour (aim!)

10h30 Morning tea

12h30 Dinner

14h00 Rest

16h00 Afternoon tea. Watch TV. Walk in garden

18h30 Supper. Watch TV. Medication

21h00 Chang; wash; go to bed

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1		v3	4

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?		1				v5	2
7. Please describe the musical instruments you used to play and to what level of expertise?							
Mouth organ - a few tunes							
8. Please describe the musical activities you have access to							
Guest performers at the home							
Mas' Boys once a year							
Dan once a month							
Church music							
Radio and TV programmes							
CD's, Cassettes, Vinyl records							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?		1				v6	2
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social		1				v7	2

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?		1				v11 2
15. How often do you feel emotions in response to music?	1					v12 1
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful	1					v14 1
Disappointed			1			v15 3
Enjoying	1					v16 1
Longing		1				v17 2
Indifferent				1		v1 4

Nostalgic	1			
Relieved		1		
Tense				1
Relaxed	1			
Thrills / Chills		1		
Angry				1
Calm	1			
Curious		1		
Frustrated				1
Moved		1		
Empathic	1			
Anxious			1	
Amused		1		
Spiritual	1			
Jealous				1
Interested	1			
Sad		1		
Confused				1
Admiring		1		
Desiring		1		
Regretful	1			
Loving		1		
Proud			1	
Disgusted				1
Content	1			

8	
v1	
9	1
v2	
0	2
v2	
1	4
v2	
2	1
v2	
3	2
v2	
4	4
v2	
5	1
v2	
6	2
v2	
7	4
v2	
8	2
v2	
9	1
v3	
0	3
v3	
1	2
v3	
2	1
v3	
3	4
v3	
4	1
v3	
5	2
v3	
6	4
v3	
7	2
v3	
8	2
v3	
9	1
v4	
0	2
v4	
1	3
v4	
2	4
v4	
	1

						3	
Lonely		1				v4	
Contempt				1		4	2
Enchanted		1				v4	
Honoured		1				5	4
Afraid				1		v4	
Solemn		1				6	2
Ecstatic		1				v4	
Guilty				1		7	2
Tender		1				v4	
Bored		1				8	4
Humiliated				1		v4	
Expectant		1				9	2
Surprised		1				v5	
Ashamed				1		0	2
						v5	
						1	4
						v5	
						2	2
						v5	
						3	2
						v5	
						4	4
						v5	
						5	2
						v5	
						6	2
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations			1			0	1
It is hard to avoid hearing music	1					v6	
Enjoy listening to lyrics	1					1	1
						v6	
						2	1
						v6	
						3	3
						v6	
						4	1
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present	1					v6 7	1
To enhance positive moods		1				v6 8	2
To weaken negative moods		1				v6 9	2
To stir up energy			1			v7 0	3
To relax and calm down		1				v7 1	2
It helps me concentrate			1			v7 2	3
It is beautiful	1					v7 3	1
To vent emotions	1					v7 4	1
To reflect on my life		1				v7 5	2
It strengthens my self-image			1			v7 6	3
To express my personality		1				v7 7	2
To feel akin to others		1				v7 8	2
To reduce feelings of loneliness			1			v7 9	3
To express my feelings	1					v8 0	1
To shield out the world around me			1			v8 1	3
To strengthen self esteem		1				v8 2	2
It makes me feel competent					1	v8 3	4
To gain control of sounds in my surroundings		1				v8 4	2
To master new skills					1	v8 5	4

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 4 1

Age: 74

Gender: M F 1

Marital status: Widow Single Divorced Married

Date of admission into facility: Feb 2012

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility		1				v2	2
3. Please give a detailed description of your daily routine.							
Rise 7:00 Dress							
Eat 8:00 Medication							
Tea 10:30 Watch TV Read Wed exercises Wash dishes Tidy up Knit							
Lunch 12:30							
14:00 Watch TV (tennis; cycling)							
Aft tea 16h00							
Supper 18h30 TV Medication Read Knit							
Bed 22h00							
	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?			1		CHOIR	v3	3

5. Did you play a musical instrument or sing in a choir when you were younger?			1			v4	3
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?		1				v5	2
7. Please describe the musical instruments you used to play and to what level of expertise?							
Recorder (blokfluit - Small)							
1 exam + qualifying theory (long ago 1962)							
8. Please describe the musical activities you have access to							
Guest performers at the home							
Ma's boys once a year							
Dan once a month							
Church music							
Radio and TV programmes							
CD's Cassettes Vinyl records							
Circle dancing							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?	1					v9 1
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?		1				v11 2
15. How often do you feel emotions in response to music?		1				v12 2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful		1				v14 2
Disappointed			1			v15 3
Enjoying	1					v16 1
Longing		1				v17 2
Indifferent				1		v1 4

Nostalgic	1			
Relieved		1		
Tense				1
Relaxed		1		
Thrills / Chills				1
Angry				1
Calm		1		
Curious		1		
Frustrated		1		
Moved		1		
Empathic		1		
Anxious		1		
Amused		1		
Spiritual		1		
Jealous				1
Interested	1			
Sad		1		
Confused			1	
Admiring		1		
Desiring		1		
Regretful		1		
Loving		1		
Proud		1		
Disgusted				1
Content		1		

8	
v1	
9	1
v2	
0	2
v2	
1	4
v2	
2	2
v2	
3	4
v2	
4	4
v2	
5	2
v2	
6	2
v2	
7	2
v2	
8	2
v2	
9	2
v3	
0	2
v3	
1	2
v3	
2	2
v3	
3	4
v3	
4	1
v3	
5	2
v3	
6	3
v3	
7	2
v3	
8	2
v3	
9	2
v4	
0	2
v4	
1	2
v4	
2	4
v4	
	2

						3	
Lonely		1				v4	
Contempt				1		4	2
Enchanted		1				v4	
Honoured		1				5	4
Afraid		1				v4	
Solemn		1				6	2
Ecstatic		1				v4	
Guilty				1		7	2
Tender		1				v4	
Bored			1			8	2
Humiliated				1		v4	
Expectant		1				9	2
Surprised		1				v5	
Ashamed				1		0	2
						v5	
						1	4
						v5	
						2	2
						v5	
						3	3
						v5	
						4	4
						v5	
						5	2
						v5	
						6	2
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories	1					8	1
It gives me pleasure	1					v5	
To get company / background music	1					9	1
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music		1				v6	
Enjoy listening to lyrics	1					1	1
						v6	
						2	1
						v6	
						3	2
						v6	
						4	2
						v6	
						5	1

Music induces emotions		1				v6 6	2
To forget about the present		1				v6 7	2
To enhance positive moods		1				v6 8	2
To weaken negative moods		1				v6 9	2
To stir up energy		1				v7 0	2
To relax and calm down		1				v7 1	2
It helps me concentrate			1			v7 2	3
It is beautiful	1					v7 3	1
To vent emotions			1			v7 4	3
To reflect on my life			1			v7 5	3
It strengthens my self-image			1			v7 6	3
To express my personality		1				v7 7	2
To feel akin to others		1				v7 8	2
To reduce feelings of loneliness		1				v7 9	2
To express my feelings	1					v8 0	1
To shield out the world around me		1				v8 1	2
To strengthen self esteem			1			v8 2	3
It makes me feel competent		1				v8 3	2
To gain control of sounds in my surroundings		1				v8 4	2
To master new skills		1				v8 5	2

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 5 1

Age: 78

Gender: M F 1

Marital status: Widow 1 Single Divorced Married

Date of admission into facility: May-00

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility	1					v2	1

3. Please give a detailed description of your daily routine.

I get up at 6:30. Shower and get dressed read a message from the Bible and say a pray of thanks for another day, go to a craft morning on Mondays if there is someone who needs help in any way. I try and help them, go to do shopping for my friends who are not able to or in wheelchairs. I also go to a cell group at church once a week and woodcarving on a Friday and help at a Golden oldies club + fellowship group

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?				1	CHOIR	v3	4

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?		1				v8 2
	Very importa nt	importa nt	not importan t/ unimport ant	Un- importa nt		For Office use only
12. How important is music to your life?		1				v9 2
13. How important was music to your life when you were between 20 and 40 years old?	1					v10 1
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?		1				v11 2
15. How often do you feel emotions in response to music?		1				v12 2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful		1				v14 2
Disappointed		1				v15 2
Enjoying		1				v16 2
Longing		1				v17 2
Indifferent		1				v1 2

Nostalgic	1			
Relieved		1		
Tense	1			
Relaxed		1		
Thrills / Chills		1		
Angry		1		
Calm		1		
Curious		1		
Frustrated		1		
Moved		1		
Empathic		1		
Anxious			1	
Amused		1		
Spiritual	1			
Jealous			1	
Interested		1		
Sad		1		
Confused		1		
Admiring	1			
Desiring		1		
Regretful			1	
Loving		1		
Proud		1		
Disgusted		1		
Content	1			

8	
v1	
9	1
v2	
0	2
v2	
1	1
v2	
2	2
v2	
3	2
v2	
4	2
v2	
5	2
v2	
6	2
v2	
7	2
v2	
8	2
v2	
9	2
v3	
0	3
v3	
1	2
v3	
2	1
v3	
3	3
v3	
4	2
v3	
5	2
v3	
6	2
v3	
7	1
v3	
8	2
v3	
9	3
v4	
0	2
v4	
1	2
v4	
2	2
v4	
	1

						3	
Lonely	1					v4	
Contempt		1				4	1
Enchanted			1			v4	
Honoured				1		5	2
Afraid				1		v4	
Solemn					1	6	2
Ecstatic		1				v4	
Guilty						7	4
Tender		1				v4	
Bored			1			8	3
Humiliated				1		v4	
Expectant					1	9	4
Surprised		1				v5	
Ashamed				1		0	2
						v5	
						1	0
						v5	
						2	2
						v5	
						3	2
						v5	
						4	4
						v5	
						5	4
						v5	
						6	2
						v5	
						7	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure	1					v5	
To get company / background music		1				9	2
Interest in music itself	1					v6	
To create atmosphere in social situations		1				0	1
It is hard to avoid hearing music		1				v6	
Enjoy listening to lyrics		1				1	2
						v6	
						2	1
						v6	
						3	2
						v6	
						4	2
						v6	
						5	2

Music induces emotions	1				v6 6	1
To forget about the present	1				v6 7	1
To enhance positive moods	1				v6 8	1
To weaken negative moods	1				v6 9	1
To stir up energy	1				v7 0	1
To relax and calm down	1				v7 1	1
It helps me concentrate	1				v7 2	1
It is beautiful	1				v7 3	1
To vent emotions		1			v7 4	2
To reflect on my life	1				v7 5	1
It strengthens my self-image	1				v7 6	1
To express my personality	1				v7 7	1
To feel akin to others		1			v7 8	2
To reduce feelings of loneliness	1				v7 9	1
To express my feelings	1				v8 0	1
To shield out the world around me	1				v8 1	1
To strengthen self esteem	1				v8 2	1
It makes me feel competent	1				v8 3	1
To gain control of sounds in my surroundings	1				v8 4	1
To master new skills		1			v8 5	2

Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng.

General information

Name: Participant 6 1

Age: 86

Gender: M F 1

Marital status: Widow Single Divorced 1 Married

Date of admission into facility: 11-May-18

Please read and complete the following:

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only	
1. I have regular contact with my family	1					v1	1
2. I regularly participate in activities presented at the facility		1				v2	2

3. Please give a detailed description of your daily routine.

7h00 get up. Have breakfast + bath + dress

9h00 Mondays: attend Prayer group at church
Presbyterian

11h30 Back at home Wed:10h15-11h00 Exercises in dining room

12h30 Lunch Thurs (last Thursday of the month) Music programme in dining room

3h30 Coffee and read

6pm News

9:30 pm News

Read till bed time 10:30

	Often	Sometimes	Not often	Never		For Office use only	
4. Do you play a musical instrument or sing in a choir?	1				CHOIR	v3	1

5. Did you play a musical instrument or sing in a choir when you were younger?	1					v4	1
	Regularly accessible	Sometimes accessible	Not often accessible	Never accessible		For Office use only	
6. What is the access you have to making music?				1		v5	4
7. Please describe the musical instruments you used to play and to what level of expertise?							
Not completed							
8. Please describe the musical activities you have access to							
Attend musical concert once a month in dining room							
	Yes	No				For Office use only	
9. Would you like more access to taking part in making music?	1					v6	1
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social	1					v7	1

support or development of creativity?						
	Often	Someti mes	Not often	Never		For Office use only
11. How often do you listen to music?	1					v8 1
	Very importa nt	importa nt	not importan t/ unimport ant	Un-importa nt		For Office use only
12. How important is music to your life?		1				v9 2
13. How important was music to your life when you were between 20 and 40 years old?			1			v10 3
	Often	Someti mes	Not often	Never		For Office use only
14. Do you personally choose the music you listen to?	1					v11 1
15. How often do you feel emotions in response to music?		1				v12 2
16. How common is it that you feel various emotions in response to music?	Often	Someti mes	Not often	Never		For Office use only
Happy	1					v13 1
Hopeful		1				v14 2
Disappointed			1			v15 3
Enjoying	1					v16 1
Longing				1		v17 4
Indifferent			1			v1 3

Nostalgic		1		
Relieved			1	
Tense				1
Relaxed	1			
Thrills / Chills				1
Angry				1
Calm		1		
Curious				1
Frustrated				1
Moved		1		
Empathic			1	
Anxious				1
Amused			1	
Spiritual				1
Jealous				1
Interested			1	
Sad			1	
Confused				1
Admiring			1	
Desiring				1
Regretful				1
Loving			1	
Proud				1
Disgusted				1
Content			1	

8	
v1	
9	2
v2	
0	3
v2	
1	4
v2	
2	1
v2	
3	4
v2	
4	4
v2	
5	2
v2	
6	4
v2	
7	4
v2	
8	2
v2	
9	3
v3	
0	4
v3	
1	3
v3	
2	4
v3	
3	4
v3	
4	3
v3	
5	3
v3	
6	4
v3	
7	3
v3	
8	4
v3	
9	4
v4	
0	3
v4	
1	4
v4	
2	4
v4	
	3

						3	
Lonely				1		v4	
Contempt				1		4	4
Enchanted			1			v4	
Honoured				1		5	4
Afraid				1		6	3
Solemn			1			v4	
Ecstatic				1		7	4
Guilty				1		v4	
Tender			1			8	4
Bored				1		v4	
Humiliated				1		9	3
Expectant				1		v5	
Surprised			1			0	4
Ashamed				1		v5	
						1	4
17. How often do you listen to music because of the following reasons?	Often	Someti mes	Not often	Never		For Office use only	
For entertainment	1					v5	
It evokes memories		1				8	1
It gives me pleasure	1					v5	
To get company / background music		1				9	2
Interest in music itself		1				v6	
To create atmosphere in social situations			1			0	1
It is hard to avoid hearing music			1			v6	
Enjoy listening to lyrics	1					1	2
						v6	
						2	2
						v6	
						3	3
						v6	
						4	3
						v6	
						5	1

Music induces emotions	1					v6 6	1
To forget about the present		1				v6 7	2
To enhance positive moods		1				v6 8	2
To weaken negative moods			1			v6 9	3
To stir up energy			1			v7 0	3
To relax and calm down		1				v7 1	2
It helps me concentrate			1			v7 2	3
It is beautiful		1				v7 3	2
To vent emotions			1			v7 4	3
To reflect on my life			1			v7 5	3
It strengthens my self-image			1			v7 6	3
To express my personality			1			v7 7	3
To feel akin to others			1			v7 8	3
To reduce feelings of loneliness			1			v7 9	3
To express my feelings			1			v8 0	3
To shield out the world around me			1			v8 1	3
To strengthen self esteem			1			v8 2	3
It makes me feel competent			1			v8 3	3
To gain control of sounds in my surroundings			1			v8 4	3
To master new skills				1		v8 5	4

Total
answe
d

Name Of institution:	<u>Queenswood Methodist</u>	Numb er of partici pants	6
Range of ages	<u> </u>		
Range of genders	M 1 F 5		
Marital status:	<u>Widow</u> 3 <u>Single</u> 0 Divorc <u>ed</u> 1 Mar <u>ried</u>		2
Date of admission into facility:			

	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	For office use only		
1. I have regular contact with my family	5	0	1	0	0	1		6
2. I regularly participate in activities presented at the facility	3	2	1	0	0	2		6

[illegible]

[illegible]

	Yes	No			For Office use only		
9. Would you like more access to taking part in making music?	2	4			v 6		6
10. Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	3	3			v 7		6
	Often	Somet imes	Not often	Never	For Office use only		
11. How often do you listen to music?	5	1	0	0	v 8		6
	Very import ant	import ant	not import ant/ unimp ortant	Un- import ant	For Office use only		
12. How important is music to your life?	2	4	0	0	v 9		6
13. How important was music to your life when you were between 20 and 40 years old?	4	1	1	0	v 1 0		6

	Often	Somet imes	Not often	Never		For Office use only	
14. Do you personally choose the music you listen to?	2	4	0	0		v 1 1	6
15. How often do you feel emotions in response to music?	2	4	0	0		v 1 2	6
16. How common is it that you feel various emotions in response to music?	Often	Somet imes	Not often	Never		For Office use only	
Happy	6	0	0	0		v 1 3	6
Hopeful	1	4	0	1		v 1 4	6
Disappointed	0	2	3	1		v 1 5	6
Enjoying	5	1	0	0		v 1 6	6
Longing	2	3	0	1		v 1 7	6
Indifferent	0	1	1	4		v 1 8	6
Nostalgic	4	2	0	0		v 1 9	6
Relieved	0	4	1	1		v 2 0	6
Tense	1	0	0	5		v 2 1	6
Relaxed	3	3	0	0		v 2 2	6

Thrills / Chills				
	0	3	0	3
Angry				
	0	1	0	5
Calm				
	3	3	0	0
Curious				
	0	3	1	2
Frustrated				
	0	2	1	3
Moved				
	0	5	0	1
Empathic				
	1	2	2	1
Anxious				
	0	1	2	3
Amused				
	0	4	1	1
Spiritual				
	3	2	0	1
Jealous				
	0	0	1	5
Interested				
	2	2	1	1
Sad				
	0	4	1	1
Confused				
	0	1	2	3
Admiring				
	1	3	1	1
Desiring				
	0	3	1	2
Regretful				
	1	1	2	2

2		
v		
2		
3		6
v		
2		
4		6
v		
2		
5		6
v		
2		
6		6
v		
2		
7		6
v		
2		
8		6
v		
2		
9		6
v		
3		
0		6
v		
3		
1		6
v		
3		
2		6
v		
3		
3		6
v		
3		
4		6
v		
3		
5		6
v		
3		
6		6
v		
3		
7		6
v		
3		
8		6
v		
		6

Loving	0	4	1	1
Proud	0	3	1	2
Disgusted	0	1	1	4
Content	3	1	1	1
Lonely	1	3	1	1
Contempt	0	1	0	5
Enchanted	0	4	1	1
Honoured	0	3	0	3
Afraid	0	1	1	4
Solemn	0	2	2	2
Ecstatic	0	4	0	2
Guilty	0	0	1	4
Tender	0	4	1	1
Bored	0	2	2	2
Humiliated	0	0	0	6
Expectant	0	3	0	3

3		
9		
v		
4		
0		6
v		
4		
1		6
v		
4		
2		6
v		
4		
3		6
v		
4		
4		6
v		
4		
5		6
v		
4		
6		6
v		
4		
7		6
v		
4		
8		6
v		
4		
9		6
v		
5		
0		6
v		
5		
1		5
v		
5		
2		6
v		
5		
3		6
v		
5		
4		6
v		
5		
5		6

Surprised	0	4	1	1		v 5 6		6
Ashamed	0	0	0	6		v 5 7		6
17. How often do you listen to music because of the following reasons?	Often	Somet imes	Not often	Never		For Office use only		
For entertainment	5	1	0	0		v 5 8		6
It evokes memories	3	3	0	0		v 5 9		6
It gives me pleasure	5	1	0	0		v 6 0		6
To get company / background music	2	4	0	0		v 6 1		6
Interest in music itself	4	1	0	1		v 6 2		6
To create atmosphere in social situations	0	3	3	0		v 6 3		6
It is hard to avoid hearing music	2	2	1	1		v 6 4		6
Enjoy listening to lyrics	3	2	0	1		v 6 5		6
Music induces emotions	3	2	1	0		v 6 6		6
To forget about the present	3	2	0	1		v 6 7		6
To enhance positive moods	1	5	0	0		v 6 8		6
To weaken negative moods	2	3	1	0		v 6 9		6
To stir up energy	1	2	2	1		v 7 0		6

To relax and calm down	2	4	0	0	v 7 1		6
It helps me concentrate	1	1	3	1	v 7 2		6
It is beautiful	4	2	0	0	v 7 3		6
To vent emotions	1	1	3	1	v 7 4		6
To reflect on my life	1	2	2	1	v 7 5		6
It strengthens my self-image	1	1	3	1	v 7 6		6
To express my personality	2	2	1	1	v 7 7		6
To feel akin to others	0	4	1	1	v 7 8		6
To reduce feelings of loneliness	2	2	2	0	v 7 9		6
To express my feelings	3	1	1	1	v 8 0		6
To shield out the world around me	1	1	3	1	v 8 1		6
To strengthen self esteem	1	1	2	2	v 8 2		6
It makes me feel competent	1	1	2	2	v 8 3		6
To gain control of sounds in my surroundings	1	2	2	1	v 8 4		6
To master new skills	0	2	0	4	v 8 5		6

Queenswood Methodist Basic psychological need satisfaction questionnaire

Basic Psychological Need Satisfaction in General Questionnaire

Participant 1

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1 2 3 4 5 6 7
Not true Somewhat true
at all

1. I feel like I am free to decide for myself how to live my life.

1 2 3 4 5 6 7
v86

2. I really like the people I interact with.

1 2 3 4 5 6 7
v87

3. Often, I do not feel very competent.

1 2 3 4 5 6 7
v88

4. I feel pressured in my life.

1 2 3 4 5 6 7
v89

5. People I know tell me I am good at what I do.

1 2 3 4 5 6 7
v90

6. I get along with people I come into contact with.

1 2 3 4 5 6 7
v91

7. I pretty much keep to myself and don't have a lot of social contacts.

1 2 3 4 5 6 7
v92

8. I generally feel free to express my ideas and opinions.

1 2 3 4 5 6 7
v93

9. I consider the people I regularly interact with to be my friends.

1 2 3 4 5 6 7
v94

10. I have been able to learn interesting new skills recently.

[illegible]

Basic Psychological Need Satisfaction in General Questionnaire

Participant 2

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
					1		v86	6
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
				1			v87	5
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
				1			v88	5
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
			1				v89	4
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
				1			v90	5
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
					1		v91	6
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
				1			v92	5
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
				1			v93	5
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
			1				v94	4
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
	1						v95	2

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

2

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

5

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

5

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

4

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

4

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

5

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

5

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

2

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

2

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

2

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

5

Basic Psychological Need Satisfaction in General Questionnaire

Participant 3

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
				1			v86	5
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
			1				v87	4
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
			1				v88	4
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
			1				v89	4
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
			1				v90	4
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
			1				v91	4
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
			1				v92	4
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
			1				v93	4
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
			1				v94	4
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
		1					v95	3

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

4

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

5

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

3

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

4

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

4

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

5

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

4

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

4

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

4

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

4

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

5

Basic Psychological Need Satisfaction in General Questionnaire

Participant 4

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	v86	4
			1					
2. I really like the people I interact with.								
1	2	3	4	5	6	7	v87	4
			1					
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	v88	5
				1				
4. I feel pressured in my life.								
1	2	3	4	5	6	7	v89	5
				1				
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	v90	4
			1					
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	v91	4
			1					
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	v92	4
			1					
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	v93	4
			1					
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	v94	4
			1					
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7	v95	4
			1					

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

4

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

6

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

4

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

4

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

4

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

5

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

4

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

4

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

5

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

5

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

4

Basic Psychological Need Satisfaction in General Questionnaire

Participant 5

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7	1 v86	7
2. I really like the people I interact with.								
1	2	3	4	5	6	7	1 v87	7
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7	1 v88	4
4. I feel pressured in my life.								
1	2	3	4	5	6	7	1 v89	4
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7	1 v90	7
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7	1 v91	7
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7	1 v92	3
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7	1 v93	4
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7	1 v94	7
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7	1 v95	7

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1 v96

12. People in my life care about me.

1 2 3 4 5 6 7

1 v97

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1 v98

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1 v99

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1 v102

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1 v106

Basic Psychological Need Satisfaction in General Questionnaire

Participant 6

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7		
Not true at all			Somewhat true			Very true		
1. I feel like I am free to decide for myself how to live my life.								
1	2	3	4	5	6	7		
				1			v86	5
2. I really like the people I interact with.								
1	2	3	4	5	6	7		
			1				v87	4
3. Often, I do not feel very competent.								
1	2	3	4	5	6	7		
			1				v88	4
4. I feel pressured in my life.								
1	2	3	4	5	6	7		
		1					v89	3
5. People I know tell me I am good at what I do.								
1	2	3	4	5	6	7		
			1				v90	4
6. I get along with people I come into contact with.								
1	2	3	4	5	6	7		
				1			v91	5
7. I pretty much keep to myself and don't have a lot of social contacts.								
1	2	3	4	5	6	7		
					1		v92	6
8. I generally feel free to express my ideas and opinions.								
1	2	3	4	5	6	7		
			1				v93	4
9. I consider the people I regularly interact with to be my friends.								
1	2	3	4	5	6	7		
				1			v94	5
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
			1				v95	4

11. In my daily life, I frequently have to do what I am told.

1 2 3 4 5 6 7

1

v96

3

12. People in my life care about me.

1 2 3 4 5 6 7

1

v97

5

13. Most days I feel a sense of accomplishment from what I do.

1 2 3 4 5 6 7

1

v98

4

14. People I interact with on a daily basis tend to take my feelings into consideration.

1 2 3 4 5 6 7

1

v99

5

15. In my life I do not get much of a chance to show how capable I am.

1 2 3 4 5 6 7

1

v100

3

16. There are not many people that I am close to.

1 2 3 4 5 6 7

1

v101

4

17. I feel like I can pretty much be myself in my daily situations.

1 2 3 4 5 6 7

1

v102

5

18. The people I interact with regularly do not seem to like me much.

1 2 3 4 5 6 7

1

v103

2

19. I often do not feel very capable.

1 2 3 4 5 6 7

1

v104

2

20. There is not much opportunity for me to decide for myself how to do things in my daily life.

1 2 3 4 5 6 7

1

v105

2

21. People are generally pretty friendly towards me.

1 2 3 4 5 6 7

1

v106

5

Basic Psychological Need Satisfaction in General Questionnaire

Queenswood Methodist all participants

Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	Not true at all			Somewhat true			Very true	
	1. I feel like I am free to decide for myself how to live my life.							
	1	2	3	4	5	6	7	
	0	0	0	1	2	2	1	v86
	2. I really like the people I interact with.							
	1	2	3	4	5	6	7	
	0	0	0	4	1	0	1	v87
	3. Often, I do not feel very competent.							
	1	2	3	4	5	6	7	
	0	0	1	3	2	0	0	v88
	4. I feel pressured in my life.							
	1	2	3	4	5	6	7	
	0	0	1	3	2	0	0	v89
	5. People I know tell me I am good at what I do.							
	1	2	3	4	5	6	7	
	0	0	0	4	1	0	1	v90
	6. I get along with people I come into contact with.							
	1	2	3	4	5	6	7	
	0	0	0	3	1	1	1	v91
	7. I pretty much keep to myself and don't have a lot of social contacts.							
	1	2	3	4	5	6	7	
	0	0	1	3	1	1	0	v92
	8. I generally feel free to express my ideas and opinions.							
	1	2	3	4	5	6	7	
	0	0	1	4	1	0	0	v93
	9. I consider the people I regularly interact with to be my friends.							

1	2	3	4	5	6	7		
0	0	0	3	2	0	1	v94	6
10. I have been able to learn interesting new skills recently.								
1	2	3	4	5	6	7		
0	1	1	3	0	0	1	v95	6
11. In my daily life, I frequently have to do what I am told.								
1	2	3	4	5	6	7		
0	1	2	2	0	0	1	v96	6
12. People in my life care about me.								
1	2	3	4	5	6	7		
0	0	0	0	3	1	2	v97	6
13. Most days I feel a sense of accomplishment from what I do.								
1	2	3	4	5	6	7		
0	0	1	3	1	0	1	v98	6
14. People I interact with on a daily basis tend to take my feelings into consideration.								
1	2	3	4	5	6	7		
0	0	0	3	2	0	1	v99	6
15. In my life I do not get much of a chance to show how capable I am.								
1	2	3	4	5	6	7		
0	1	2	3	0	0	0	v100	6
16. There are not many people that I am close to.								
1	2	3	4	5	6	7		
1	1	0	1	3	0	0	v101	6
17. I feel like I can pretty much be myself in my daily situations.								
1	2	3	4	5	6	7		
0	0	0	3	2	0	1	v102	6
18. The people I interact with regularly do not seem to like me much.								
1	2	3	4	5	6	7		
1	2	0	2	1	0	0	v103	6
19. I often do not feel very capable.								
1	2	3	4	5	6	7		
0	2	1	2	1	0	0	v104	6
20. There is not much opportunity for me to decide for myself how to do things in my daily life.								
1	2	3	4	5	6	7		
1	2	0	2	1	0	0	v105	6
21. People are generally pretty friendly towards me.								
1	2	3	4	5	6	7		
0	0	0	1	3	0	2	v106	6

8.6. Appendix F: Spreadsheets with data totals from all participants

Music questionnaire totals

Total participants	Male	Female	Widowed	Single	Married	divorced
40	12	28	23	6	6	4

Age ranges
77

Relationship with music				
V3	Do you play a musical instrument or sing in a choir?	Often	9	23%
V3		sometimes	9	23%
V3		Not often	3	8%
V3		Never	17	43%
v4	Did you play a musical instrument or sing in a choir when you were younger?	Often	13	33%
v4		sometimes	10	25%
v4		Not often	3	8%
v4		Never	12	30%
v8	How often do you listen to music?	Often	19	48%
v8		sometimes	11	28%
v8		Not often	4	10%
v8		Never	1	3%
v9	How important is music to your life?	Very important	20	50%
v9		important	12	30%

v9		not important/ unimportant	2	5%
v9		Un-important	2	5%
v10	How important was music to your life when you were between 20 and 40 years old?	Very important	19	48%
v10		important	9	23%
v10		not important/ unimportant	2	5%
v10		Un-important	5	13%
v11		Often	12	30%
v11	Do you personally choose the music you listen to?	sometimes	12	30%
v11		Not often	4	10%
v11		Never	6	15%
v12		Often	20	50%
v12	How often do you feel emotions in response to music?	sometimes	11	28%
v12		Not often	1	3%
v12		Never	2	5%

Access to music				
v6	Would you like more access to taking part in making music?	Yes	18	45%
v6		No	18	45%
v7	Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	Yes	21	53%
v7		No	13	33%

v11	Do you personally choose the music you listen to?	Often	13	33%
v11		sometimes	11	28%
v11		Not often	4	10%
v11		Never	6	15%
V5	What is the access you have to making music?	Regularly accessible	7	18%
V5		sometimes	9	23%
V5		Not often	4	10%
V5		Never	18	45%
V3	Do you play a musical instrument or sing in a choir?	Often	9	23%
V3		sometimes	9	23%
v3		Not often	3	8%
v3		Never	17	43%
V4	Did you play a musical instrument or sing in a choir when you were younger?	Often	13	33%
V4		sometimes	10	25%
v4		Not often	3	8%
v4		Never	12	30%

Relatedness				
V1	I have regular contact with my family	Strongly agree	22	55%
V1		Agree	8	20%
V1		Don't agree or disagree	4	10%
V1		Disagree	2	5%
V1				

v1		Strongly disagree	3	8%
V2	I regularly participate in activities presented at the facility	Often	15	38%
V2		sometimes	20	50%
V2		Not often	2	5%
V2		Never	0	0%

Emotions to music totals				Percentage
Happy	v13	Often	34	85%
	v13	sometimes	3	8%
	v13	Not often	2	5%
	v13	Never	0	0%
Hopeful	v14	Often	16	40%
	v14	sometimes	17	43%
	v14	Not often	2	5%
	v14	Never	2	5%
Disappointed	v15	Often	6	15%
	v15	sometimes	13	33%
	v15	Not often	11	28%
	v15	Never	7	18%
Enjoying	v16	Often	31	78%
	v16	sometimes	5	13%
	v16	Not often	3	8%
	v16	Never	0	0%
Longing	v17	Often	14	35%
	v17	sometimes	14	35%
	v17	Not often	3	8%
	v17	Never	5	13%
Indifferent	v18	Often	10	25%
	v18	sometimes	11	28%
	v18	Not often	6	15%
	v18	Never	9	23%
Nostalgic	v19	Often	22	55%
	v19	sometimes	7	18%
	v19	Not often	4	10%
	v19	Never	2	5%
Relieved	v20	Often	19	48%

	v20	sometimes	8	20%
	v20	Not often	6	15%
	v20	Never	4	10%
Tense	v21	Often	7	18%
	v21	sometimes	10	25%
	v21	Not often	4	10%
	v21	Never	15	38%
Relaxed	v22	Often	27	68%
	v22	sometimes	6	15%
	v22	Not often	4	10%
	v22	Never	1	3%
Thrills / Chills	v23	Often	11	28%
	v23	sometimes	14	35%
	v23	Not often	3	8%
	v23	Never	9	23%
Angry	v24	Often	3	8%
	v24	sometimes	5	13%
	v24	Not often	2	5%
	v24	Never	25	63%
Calm	v25	Often	27	68%
	v25	sometimes	7	18%
	v25	Not often	4	10%
	v25	Never	0	0%
Curious	v26	Often	6	15%
	v26	sometimes	18	45%
	v26	Not often	5	13%
	v26	Never	5	13%
Frustrated	v27	Often	4	10%
	v27	sometimes	7	18%
	v27	Not often	8	20%
	v27	Never	16	40%

Emotions total				percentage
Moved	v28	Often	23	58%
	v28	sometimes	6	15%
	v28	Not often	4	10%
	v28	Never	4	10%
Empathic	v29	Often	11	28%

	v29	sometimes	9	23%
	v29	Not often	6	15%
	v29	Never	8	20%
Anxious	v30	Often	6	15%
	v30	sometimes	13	33%
	v30	Not often	6	15%
	v30	Never	9	23%
Amused	v31	Often	7	18%
	v31	sometimes	16	40%
	v31	Not often	8	20%
	v31	Never	5	13%
Spiritual	v32	Often	21	53%
	v32	sometimes	10	25%
	v32	Not often	4	10%
	v32	Never	3	8%
Jealous	v33	Often	4	10%
	v33	sometimes	2	5%
	v33	Not often	3	8%
	v33	Never	27	68%
Interested	v34	Often	25	63%
	v34	sometimes	8	20%
	v34	Not often	2	5%
	v34	Never	2	5%
Sad	v35	Often	9	23%
	v35	sometimes	10	25%
	v35	Not often	5	13%
	v35	Never	13	33%
Confused	v36	Often	5	13%
	v36	sometimes	12	30%
	v36	Not often	5	13%
	v36	Never	16	40%
Admiring	v37	Often	18	45%
	v37	sometimes	12	30%
	v37	Not often	4	10%
	v37	Never	3	8%
Desiring	v38	Often	8	20%
	v38	sometimes	16	40%
	v38	Not often	4	10%
	v38	Never	8	20%
Regretful	v39	Often	9	23%
	v39	sometimes	11	28%

	v39	Not often	7	18%
	v39	Never	8	20%
Loving	v40	Often	26	65%
	v40	sometimes	6	15%
	v40	Not often	4	10%
	v40	Never	2	5%
Proud	v41	Often	19	48%
	v41	sometimes	9	23%
	v41	Not often	6	15%
	v41	Never	4	10%
Disgusted	v42	Often	4	10%
	v42	sometimes	7	18%
	v42	Not often	7	18%
	v42	Never	19	48%

Emotions total				percentage
Content	v43	Often	23	58%
	v43	sometimes	7	18%
	v43	Not often	5	13%
	v43	Never	2	5%
Lonely	v44	Often	15	38%
	v44	sometimes	12	30%
	v44	Not often	6	15%
	v44	Never	5	13%
Contempt	v45	Often	5	13%
	v45	sometimes	5	13%
	v45	Not often	7	18%
	v45	Never	18	45%
Enchanted	v46	Often	14	35%
	v46	sometimes	12	30%
	v46	Not often	5	13%
	v46	Never	4	10%
Honoured	v47	Often	8	20%
	v47	sometimes	13	33%
	v47	Not often	5	13%
	v47	Never	10	25%
Afraid	v48	Often	6	15%
	v48	sometimes	4	10%
	v48	Not often	7	18%
	v48	Never	20	50%

Solemn	v49	Often	14	35%
	v49	sometimes	9	23%
	v49	Not often	10	25%
	v49	Never	4	10%
Ecstatic	v50	Often	13	33%
	v50	sometimes	10	25%
	v50	Not often	5	13%
	v50	Never	8	20%
Guilty	v51	Often	5	13%
	v51	sometimes	3	8%
	v51	Not often	7	18%
	v51	Never	22	55%
Tender	v52	Often	16	40%
	v52	sometimes	9	23%
	v52	Not often	2	5%
	v52	Never	8	20%
Bored	v53	Often	3	8%
	v53	sometimes	11	28%
	v53	Not often	7	18%
	v53	Never	16	40%
Humiliated	v54	Often	5	13%
	v54	sometimes	10	25%
	v54	Not often	5	13%
	v54	Never	17	43%
Expectant	v55	Often	12	30%
	v55	sometimes	9	23%
	v55	Not often	6	15%
	v55	Never	9	23%
Surprised	v56	Often	16	40%
	v56	sometimes	9	23%
	v56	Not often	5	13%
	v56	Never	7	18%
Ashamed	v57	Often	4	10%
	v57	sometimes	7	18%
	v57	Not often	3	8%
	v57	Never	23	58%

Reasons to listen to music				
For entertainment	v58	Often	27	68%
	v58	sometimes	7	18%
	v58	Not often	2	5%
	v58	Never	2	5%
It evokes memories	v59	Often	23	58%
	v59	sometimes	12	30%
	v59	Not often	2	5%
	v59	Never	1	3%
It gives me pleasure	v60	Often	27	68%
	v60	sometimes	9	23%
	v60	Not often	1	3%
	v60	Never	1	3%
To get company / background music	v61	Often	17	43%
	v61	sometimes	16	40%
	v61	Not often	1	3%
	v61	Never	3	8%
Interest in music itself	v62	Often	28	70%
	v62	sometimes	3	8%
	v62	Not often	3	8%
	v62	Never	3	8%
To create atmosphere in social situations	v63	Often	9	23%
	v63	sometimes	16	40%
	v63	Not often	8	20%
	v63	Never	3	8%
It is hard to avoid hearing music	v64	Often	14	35%
	v64	sometimes	10	25%
	v64	Not often	8	20%
	v64	Never	5	13%
Enjoy listening to lyrics	v65	Often	18	45%
	v65	sometimes	11	28%
	v65	Not often	4	10%
	v65	Never	2	5%
Music induces emotions	v66	Often	24	60%
	v66	sometimes	7	18%
	v66	Not often	5	13%
	v66	Never	0	0%
To forget about the present	v67	Often	17	43%
	v67	sometimes	13	33%
	v67	Not often	3	8%
	v67	Never	3	8%

To enhance positive moods	v68	Often	21	53%
	v68	sometimes	11	28%
	v68	Not often	2	5%
	v68	Never	4	10%
To weaken negative moods	v69	Often	18	45%
	v69	sometimes	8	20%
	v69	Not often	4	10%
	v69	Never	6	15%
To stir up energy	v70	Often	19	48%
	v70	sometimes	7	18%
	v70	Not often	5	13%
	v70	Never	5	13%
To relax and calm down	v71	Often	21	53%
	v71	sometimes	12	30%
	v71	Not often	1	3%
	v71	Never	4	10%
It helps me concentrate	v72	Often	16	40%
	v72	sometimes	8	20%
	v72	Not often	7	18%
	v72	Never	3	8%
Reasons to listen to music				
It is beautiful	v73	Often	25	63%
	v73	sometimes	11	28%
	v73	Not often	2	5%
	v73	Never	0	0%
To vent emotions	v74	Often	15	38%
	v74	sometimes	12	30%
	v74	Not often	5	13%
	v74	Never	3	8%
To reflect on my life	v75	Often	17	43%
	v75	sometimes	12	30%
	v75	Not often	5	13%
	v75	Never	2	5%
It strengthens my self-image	v76	Often	20	50%
	v76	sometimes	7	18%
	v76	Not often	6	15%
	v76	Never	4	10%
To express my personality	v77	Often	19	48%
	v77	sometimes	6	15%
	v77	Not often	5	13%
	v77	Never	6	15%

To feel akin to others	v78	Often	19	48%
	v78	sometimes	8	20%
	v78	Not often	4	10%
	v78	Never	5	13%
To reduce feelings of loneliness	v79	Often	23	58%
	v79	sometimes	9	23%
	v79	Not often	4	10%
	v79	Never	2	5%
To express my feelings	v80	Often	22	55%
	v80	sometimes	8	20%
	v80	Not often	2	5%
	v80	Never	4	10%
To shield out the world around me	v81	Often	12	30%
	v81	sometimes	10	25%
	v81	Not often	8	20%
	v81	Never	5	13%
To strengthen self esteem	v82	Often	23	58%
	v82	sometimes	4	10%
	v82	Not often	7	18%
	v82	Never	4	10%
It makes me feel competent	v83	Often	20	50%
	v83	sometimes	10	25%
	v83	Not often	2	5%
	v83	Never	6	15%
To gain control of sounds in my surroundings	v84	Often	22	55%
	v84	sometimes	7	18%
	v84	Not often	5	13%
	v84	Never	4	10%
To master new skills	v85	Often	14	35%
	v85	sometimes	4	10%
	v85	Not often	6	15%
	v85	Never	11	28%

Basic psychological needs satisfaction totals

Participant	Autonomy	average	%	Competence	average	%	Relatedness	average	%
EWOFA Participant 1	30	4.29	61 %	23	3.83	64 %	25	3.13	39 %
EWOFA Participant 2	33	4.71	67 %	26	4.33	72 %	31	3.88	48 %
EWOFA Participant 3	37	5.29	76 %	27	4.50	75 %	44	5.50	69 %
EWOFA Participant 4	28	4.00	57 %	24	4.00	67 %	32	4.00	50 %
EWOFA Participant 5	31	4.43	63 %	24	4.00	67 %	39	4.88	61 %
EWOFA Participant 6	37	5.29	76 %	21	3.50	58 %	40	5.00	63 %
EWOFA Participant 7	34	4.86	69 %	24	4.00	67 %	41	5.13	64 %
EWOFA Participant 8	32	4.57	65 %	23	3.83	64 %	45	5.63	70 %
HLS Participant 1	0	0.00	0%	0	0.00	0%	0	0.00	0%
HLS Participant 2	19	2.71	39 %	28	4.67	78 %	44	5.50	69 %
HLS Participant 3	36	5.14	73 %	27	4.50	75 %	39	4.88	61 %
L Participant 1	28	4.00	57 %	29	4.83	81 %	56	7.00	88 %
L Participant 2	29	4.14	59 %	23	3.83	64 %	34	4.25	53 %
L Participant 3	28	4.00	57 %	24	4.00	67 %	41	5.13	64 %
L Participant 4	26	3.71	53 %	16	2.67	44 %	54	6.75	84 %
L	27	3.86	55 %	24	4.00	67 %	38	4.75	59 %

Participant 5			%			%			%
M Participant 1	28	4.00	57 %	24	4.00	67 %	38	4.75	59 %
M Participant 2	25	3.57	51 %	30	5.00	83 %	44	5.50	69 %
M Participant 3	25	3.57	51 %	30	5.00	83 %	44	5.50	69 %
M Participant 4	31	4.43	63 %	30	5.00	83 %	44	5.50	69 %
M Participant 5	37	5.29	76 %	27	4.50	75 %	38	4.75	59 %
M Participant 6	31	4.43	63 %	24	4.00	67 %	44	5.50	69 %
M Participant 7	30	4.29	61 %	30	5.00	83 %	37	4.63	58 %
M Participant 8	40	5.71	82 %	24	4.00	67 %	44	5.50	69 %
J Participant 1	28	4.00	57 %	27	4.50	75 %	39	4.88	61 %
J Participant 2	32	4.57	65 %	30	5.00	83 %	41	5.13	64 %
J Participant 3	23	3.29	47 %	26	4.33	72 %	25	3.13	39 %
J Participant 4	17	2.43	35 %	11	1.83	31 %	25	3.13	39 %
J Participant 5	20	2.86	41 %	22	3.67	61 %	35	4.38	55 %
J Participant 6	23	3.29	47 %	33	5.50	92 %	32	4.00	50 %
J Participant 7	30	4.29	61 %	27	4.50	75 %	37	4.63	58 %
J Participant 8	27	3.86	55 %	30	5.00	83 %	40	5.00	63 %

J Participant t 9	36	5.14	73 %	30	5.00	83 %	47	5.88	73 %
QM Participant t 1	30	4.29	61 %	27	4.50	75 %	40	5.00	63 %
QM Participant t 2	36	5.14	73 %	25	4.17	69 %	37	4.63	58 %
QM Participant t 3	29	4.14	59 %	22	3.67	61 %	33	4.13	52 %
QM Participant t 4	26	3.71	53 %	22	3.67	61 %	33	4.13	52 %
QM Participant t 5	37	5.29	76 %	35	5.83	97 %	54	6.75	84 %
QM Participant t 6	35	5.00	71 %	27	4.50	75 %	36	4.50	56 %
Totals	4.14	4.14	59 %	4.17	4.17	70 %	4.78	4.78	60 %

8.7. Appendix G: Verbatim transcriptions with first level codes

8.8. Appendix H: List of first level codes

Code	<u>EWOFA focus group Refer to as (E, page nr., Line nr.)</u>
E1,11.	Boere musiek
E1, 13.	Country music
E1, 15.	Country music
E1, 17	Spiritual music
E1, 19.	Spiritual music
E1, 25.	Beatles
E1, 25.	Elvis
E2,1.	Jim Reeves
E2,1.	Jimmy Swagger
E2,5.	Nat King Cole
E2,6.	Frank Sinatra
E2,8.	Nat King Cole
E2,13.	Music listening for relaxation
E2,15.	Music listening to cool you down
E2,17.	Music listening for relaxation
E2,19.	Music listening to cool you down
E2,23.	Music listening because it is pleasant
E2,27.	Music brings people together
E3,3.	Music makes you feel happy

E3,7.	Music listening for reminiscence
E3,11.	Music listening for reminiscence
E3,21.	Music makes you miss something
E3,21.	Music makes you think of where you are now
E4,4.	Played piano as child
E4,6.	Sang in choir as child
E4,7.	Sang in choir
E4,11.	Played Trompie as child
E4,16.	Played the Trompie as a child
E4,25.	Playing an instrument made me feel good because I could play it
E5,10.	Used music as emotional expression
E5,12.	Used music as emotional expression
E5,17.	Stopped singing in the choir
E5,20.	Singing in the choir makes me feel good
E5,23.	Singing in the choir presents a change in the daily routine
E5,25.	Singing in a choir as performance
E6,3.	Music makes me feel good
E6,7.	Don't like Heavy Metal
E6,17.	Taste in music differs form young people
E6,21.	Rap is rubbish. Don't like rap.
E6,28.	Don't know term New Age music
E7,2.	Don't know term New Age music
E7,6.	Do not like eastern music

E7,9.	Walks away when music plays that he doesn't like
E7,10.	Eastern music makes her feel confused
E7,14.	Rap music makes him feel confused
E7,17.	No idea about Heavy Metal
E7,20.	Classical music is fine
E7,19.	Classical music is Calmness
E7,22.	Listens to Opera now and then
E7,25.	She will listen to Opera
E8,4.	Preference in music changed since she was younger
E8,6.	Preference in music hasn't changed since he was younger
E8,12.	Country music is still the same
E8,16.	Country music can be modernised
E8,22.	Heavy Metal is Stormy music
E8,26.	Taste in music has changed
E9,1.	People aren't nice anymore
E9,4,5.	More choice in music
E9,5.	Better music
E9,15.	Nice soft background music
E9,18.	Not Jazz
E9,19,20.	Nice soft background music
E9,21,22.	TV takes away music listening
E9,22,23.	People are more interested in TV

E9,26.	Radio and TV
E9,27.	Radio on cell phone
E10,3.	Listens to music on cell phone
E10,6.	Seldom listens to music on cell phone
E10,10.	Listens to music on Television
E10,16,17,18.	Wants radio with a CD player to listen to radio as well as play CD's
E10,20.	Don't play CD's
E10,21.	.CD's are expensive
E10,22.	More interested in books
E10,22,23.	Rather sit and read
E10,23, 24.	Watch TV at night
E11,5.	Would rather listen to music than make music
E11,11.	Wants to listen to Gospel music
E11,13.	Doesn't want to make gospel music
E11,23.	Wants to make group music
E11,24.	Are we too old for that?
E11,26.	Enjoyable to make music with other people
E12,6.	Wants own radio
E12,7,8.	Wants choice about what music to listen to

E12,11.	Would like to make music in a group
E12,20.	Danced very seldom
E12,21.	Only listens to music
E12,24.	Used to dance when she was younger
E12,26.	Loves to dance
E13,1,2,3,4.	Dancing in dance halls with a partner
E13,7.	Dancing to an orchestra
E13,9,10.	Danced until we dropped
E13,12.	Drank a lot as youngster
E13,14.	Didn't like people drinking too much
E13,18.	Would sing now and then while inebriated
E13,22.	Knows a couple of drink songs
E13,26.	Sometimes sang with children
E14,4.	It's the mother's job to sing with the children
E14,6.	It's the mother's job to sing with the children
E16,8.	It's the mother's job to sing with the children
E14,17.	You can sing with nieces and nephews
E14,22.	loved to play guitar
E14,23,24.	Couldn't find tuition for guitar
E14,24,25.	Stopped playing guitar
E14,25,26.	People took guitar away
E15,1.	Guitar was important to me
E15,2,3.	If i could learn to play now
E15,14.	If it wasn't for you we wouldn't be here
E15,20.	When will you come back to us?
E15,23.	Come make music with us

<u>Jaffa focus group. Refer to as (J, page nr., Line nr.)</u>	
J1,18.	I love music
J1,18,19.	I can adapt to music
J1,22,23.	Don't like heavy classical music
J1,26.	I Love all music
J2,1.	Like opera
J2,1.	Like light opera
J2,3.	Come from Jazz era.
J2,5.	Really into Jazz.
J2,6.	Don't like rap.
J2,7,8.	Daughter likes rap
J2,9.	Don't understand how the kids be hop be hop
J2,13.	Not my scene at all (rap/hip-hop)
J2,15.	Rap and hip-hop is very noisy.
J2, 17,18,19.	Can not understand what the singers are saying
J2,21.	Prefer older classic music

J2,21,22.	My era music
J2,25.	Jazz
J3,4,5.	Classic is first love.
J3,5.	Like all music.
J3,6,7.	Don't like reggae
J3,11.	Don't like heavy classics
J3,14.	Don't like heavy classics
J3,15.	Don't like heavy Opera
J3,17.	Like every other music
J3,17.	Not Reggae
J3,19.	Like classical music
J3,20.	Jazz.
J3,21.	Rap is gross
J3,24.	Don't like heavy metal
J3,25.	Like all music.
J3,26.	Many different genres.
J3,27.	Broad spectrum.
J4,8.	Don't want to be racist
J4,11.	Don't like African music
J4,17.	. I'm not a music person
J4,18.	Piano lessons as child
J4,18,19.	No sense of rhythm
J4,23.	Music hasn't been a big part of my life.
J5,3.	When I was young Jazz.
J5,6,7,8.	Didn't regard myself as someone that can play the piano

J5,8.	I've got no rhythm
J5,9.	I've got no ear for music.
J5,10,11.	Music has never been a part of my life
J5,24,25.	Never played musical instruments
J5,25,26.	Enjoy listening to music.
J5,26.	Background music.
J5,27.	Light classics is fine
J6,1.	Don't like opera
J6,2.	Don't like heavy classical music
J6,7.	Puts music on for background
J6,8.	Music is calming
J6,9.	Music is relaxing
J6,9,10.	You just in another world.
J6,15.	We enjoy listening to music.
J6,16.	Music is relaxing.
J6,16.	Music is beautiful
J6,26.	Music absolutely evokes memories.
J6,28-J7, 2.	When you listen to music you replay an incident that happened in your life.
J7,2,3.	Music brings back memories
J7,20.	Associate a lot of our CD's with music of our era
J7,22,23,24,25,26.	When you hear a bid of music on the radio and you say "hey do you remember this" and it spans a long era

J8,1,2,3.	Reminds me of girlfriend I had before.
J8,7,8.	Music makes you feel nostalgic.
J8,10,11.	Romantic memories
J8,14,15.	Grandson sings opera
J8,17,18,19.	Greatest enjoyment is when grandson gives her a concert.
J8,19,20.	I sit and I'm gone.
J8,21.	Mesmerised
J9,3.	Played piano when younger
J9,5.	Played piano before teenage years
J9,6.	Everybody was forced to have piano lessons.
J9,12,13.	Style was Eleanor Moore on 702 on a Saturday evening. Not any more
J9,16.	Jazz.
J9,18.	Jazz, Nice music, our era.
J9,20.	Used to dance to music.
J9,26,27.	Body starts preaching. You get the rhythm.
J10,3.	Those were the days
J10,3,4.	Good days
J10,4,5.	Life changes unfortunately.
J10,9.	Life is not what it was.
J10,12.	Plenty memories

J10,17.	Preference in music hasn't really changed
J10,19,20,21.	Still love the same music I loved when I was young.
J10,22, 23.	Like the more modern songs
J10,26.	Like songs the teenagers have here.
J10,27,28.	Nice to watch grand children dance.
J14,4.	Prefer live music over recorded music
J14,4.	Live music is personal
J14,7.	Prefer live music over recorded music
J14,10,11,12,13.	Prefer live music over recorded music
J14,14.	Worked for theatres for 20 years
J14,20,21.	Everything was available to us.
J14,24.	Watched a lot of live shows
J14,25-J15,2.	Lived in various cities
J15,6,7,8.	Interest in Music Therapy
J17,13.	What is Music Therapy?

<u>Laudium focus group. Refer to as (L, Page nr., Line nr..)</u>	
L1, 4.	Speaks 3 languages
L1, 8.	Speaks English, Afrikaans and own language
L1, 16.	Also understands and speaks Hindi

L2, 4	Learnt Afrikaans at school
L3, 5	It is difficult when you don't know how to talk to your own people
L3,11	The young girls don't want to learn
L3,12	They love English
L3,19	Mr L just sits there to pass time
L3,24-28	Mr L. Passes time in TV room. Goes to his room after lunch and comes out at tea time. Goes back to room after supper time
L4,1	There's nothing to do here
L4,7	Can hear here and there
L4,9	Mr L couldn't hear yesterday
L4,12	Can hear when there are only 2 or 3 people
L4,20	Talks stories about the past where he worked and what happened.
L4,23	Happy when someone comes from home town.
L5,23	Thank you for taking interest in us
L6,19	Only like soft Spiritual music
L6,24	Hindu music
L7,1	Listens to and sings Hindu music
L7,4	Like all kinds of music
L7,6	Like spiritual music
L7,7	Muslim music
L7,10	They pray on me
L7,15	Muslim music is like prayer
L7,18	two different kinds of Hindu music.
L7,21	Like a music prayer for 10 days

L8,3	Doesn't make music
L8,7	Because of culture
L8,8	Peace of mind
L8,11	In our culture
L8,12	you have to listen to it
L8,15	Duty
L8,16	it is our culture
L8,19	Have to listen to it.
L8,20	Have to pray in the morning
L8,23	Pray at different hours
L8,25	Have beads to pray
L9,3	No music for Hindu prayer
L9,7	Listen to music after prayer
L9,12	Koran
L9,19	Love all types of music
L9,22	Feel happy
L10,1	Daily routine
L10,5-9	End the day with bible reading, singing and music
L10,15	Had difficult life
L10,16-17	Have time to think about God
L10,23	A lot of music when young

L10,26-28	Was naughty when younger and listened to all kinds of music.
L10,28-L11,3	Listened to different languages and culture music
L11,5-7	As you get old you must ask forgiveness to God for listening to music.
L11,10-11	So many sins
L11,12	Watching TV is a sin
L11,15-23	find time to pray in the morning and at night
L11,26-27	Never really had a favourite music
L12,1-2	Brought up in orthodox family
L12,2-3	Not much opportunity
L12,6	Got married in 20's
L12,7	Busy all the time
L12,9	Married the priest
L12,10	No time
L12,12-13	working in pharmacy 25yrs
L12,20	Didn't make music or sing
L12,21	Didn't make music or sing
L12,22	sing with my children
L12,26	whatever children sing, I sing along
L13,1	Sing Modern music
L13,1	Sing prayer music
L13,6	Didn't really sing or play instruments when younger

L13,9	Daily routine to sing spiritual music
L13,11-13	No instruments in our culture
L13,13-16	Sing and pray without band/instruments
L13,18-21	No instruments at a wedding
L13,18-21	Sing/pray without instruments at a wedding
L13,20-24	Listen to other ladies who have good voices
L13,24-28	Sing/pray to ourselves while working
L13,27-28	Minds keep on praying
L14,4-6	if they want a wedding more modern they get a band
L14,7	Normally they don't
L14,10	Didn't like to listen to live music
L14,11-12	From small you have prayer
L14,19	It would be nice to have more access to music
L14,19-20	At least we could do something
L14,22-23	We were brought up like this
L14,24-25	It would not be nice to change our ways now
L14,26	This age might be lively
L14,27	Not music like that
L14,28	you have to lively at this age
L15,1-3	will listen to someone else's music that is playing

L15,12-,13	We grew up in a different way
L15,15-17	No music, no this, no that, no going to movies.
L15,19-24	Not all old people are the same.
L15,25-26	Some old people are more modern
L16,1	It's not for us to go out with our friends
L16,2	You must be more in the house
L16,3-5	We were brought up to clean the house on our knees, scrub and polish.
L16,8	Grew up at home
L16,9	Most of the time in the house
L16,10	Don't go out
L16,11-12	Its custom to stay at home
L16,14-15	We make our little way to what opportunity we get
L16,20	Listen to spiritual music only
L16,27	I want to play an instrument
L17,1	Didn't play an instrument as a child
L17,1	would like to play an instrument now
L17,4	Want to learn Piano
L17,13-16	Used to learn piano at school
L17,16	I've forgotten
L17,19	We go according to our culture
L17,23	Follow the tradition
L17,26-28	We will play all kinds of instruments in the temple
L18,3	big temple in Laudium
L18,6-9	They play instruments at the temple
L18,11-12	Play flute, drums and piano
L18,16	Likes to listen to music in the temple
L18,18	music in the temple is a prayer
L18,20-23	We don't play instruments, we sing
L18,25	in our culture they play all instruments
L18,26-27	Music is a big part of me
L19,4-8	Music is no playing in the Muslim culture for prayer songs

L19,9	Prayer at 4h30 am
L19,14-20	No sung prayer at 5am, only spoken prayer
L20,1	Sung prayer at 7h30pm
L20,9	thank you for giving up your time to be with us

<u>Mamelodi Old age home focus group (refer to as M, Page nr., Line nr.)</u>	
M, 1-3	Most of the participants can not write
M10, 18	Regular contact with family
M13, 10	Play games during the day
M13,13	As if we are at home
M13,17	I feel like I'm at home
M14, 22-24	I feel like I am at home
M15,4	WE sit and talk to each other
M15, 10-12	sing a song for church
M15, 21-24	Help others to take care and clean
M16,16-18	Group of women singing and praying together
M16, 10-11	Enjoy singing in the church choir
M16,20-21	Play games during the day

M16,24	Play board games
M16, 25	Play board games
M17,11-14	Like to listen to music during the day
M17,16	Listen to church music
M17,18	Listen to any music
M17,19	I can't sing
M17,21	Like to play drafts
M17,23-24	Listen to music
M17,26	Likes Jazz
M18,6	Like to play drafts
M18,20	works in kitchen
M18,22	Mops floors
M18,25	I am healthy
M19,15	sings daily
M19,23	plays the trumpet
M20,9	sing at church when younger
M20,22	Likes Frank Sinatra
M30,6	Listen to gospel
M35,3	don't like the modern music
M35,4-5	Don't like the style of the youth
M60,17	Learned reading and writing recently
M62,16	recently learned how to do pillows
M62,17	recently learned how to make beds
M63,4-6	Learned how to draw pictures recently

M63,9	Learned to write names recently
M63,15	Learned to make cards recently
M68,4	Everybody likes each other at Mamelodi Old age ho
M68,14-15	We help each other at Mamelodi Old age home
M70,14	Like Gospel music
M70,18	Like Jazz music
M70, 21	Like Jazz music
M70,21	Like Gospel music
M70,26	Listen to music because you can move/dance
M71,18-20	remember the old times
M71,25	Played the saxophone
M72,4	used to sing
M72,8	enjoyed singing
M72,10	love to sing
M72,11-12	Singing refreshes your mind
M72,17-18	Making music makes you feel lucky
M72,17-18	Making music makes you feel happy
M72,18-19	Making music is not so easy
M73,1	Taste in music has changed a lot
M73,4	The jive is different
M73,8	The music has different keys now
M73,19	Don't like modern music

M73,23	Like Elvis
M73,24	Like Diana Ross
M73,26-27	for the older songs
M74,3	used to like John Rodgers
M74,8	Still likes John Rodgers
M74,19	Like to listen to Piano
M74,20	Listen to piano to concentrate
M74,22-25	I can remember
M75,14-15	if I want the song, i know the song (refers to singing)
M75,16-17	You keep going with the music
M75,19-21	If I don't know the song I will just listen
M75,27	Likes Michael Jackson
M76,10	Want to dance
M76,14	Likes to listen to music

Queenswood Methodist focus group. (Refer to as QM, Page nr., Line nr.)

QM1,12	Kind of music you like depends on how you feel
QM1,15-21	Music genre like soft and romantic or fast depends on how you feel

QM1,23-25	sometimes something operatic
QM1,26-QM2, 1-2	Don't like deep chamber music
QM2,3-4	Like Classical music up to a point
QM2,6-10	Like most types of music
QM2,11-12	Don't like hard rock
QM2,13-14	Don't like Metal
QM2,24-24-QM3,1	Like mostly music that they could dance to as youngsters
QM3,3-6	Like music that brings back memories
QM3,10-14	Like Elvis Priestly
QM3,23-24	Like Elvis Priestly gospel music
QM4,2-4	Like Elvis love songs
QM4,15-19	Like calming music like Mozart when driving to Johannesburg
QM4,20-27	Vivaldi too upsetting when driving – can not concentrate on driving
QM5,4-5	Mozart is soothing
QM5, 11-27	Remembers music connected to a famous tennis player
QM7,2-3	Like the three tenors
QM7,8	Like Light classical
QM7,10-11	Like some of the operettas
QM7,12-13	Like some of the operas
QM7,18-19	Like Cliff Richards
QM7,22	Like Neil Diamond
QM8,2-4	Like sentimental music
QM8,5-6	Makes me think of the past

QM8,8-12	Makes me think of when I was growing up and nice times
QM9,14-16	Don't listen to music that I've got
QM9,17-18	Listens to Radio Pretoria
QM9,20-25	Reminded of dancing with husband
QM9,26	Likes La Paloma that was husband's favourite
QM10,4-11	Can not find music on the radio on a Sunday except on Afrikaans stations
QM10,15	Some of the music is highfaluting
QM10,16-18	Others are easy to listen to
QM	1025-26: You get Afrikaans songs on TV
QM11,1-11	Some Afrikaans radio stations play English or German music as well as Afrikaans music
QM11,12-13	Listens to Impact radio
QM11,15	Listens to Gospel music
QM12,1	Remember Glen Miller
QM12,1-4	Learned to Jive with "In the mood"
QM13,3-7	Listens to music for reminiscence
QM13,8-9	Elvis Presley's love songs
QM13,11	Sentimental about music
QM13,14-18	Listens to radio for company
QM14,1-3	Likes background music
QM14,4-5	Listens to music while reading
QM14,5-6	Doesn't watch TV

QM14,7-16	Will stop reading and listen to a song I like.`
QM14,19-21	Listens to music that husband listens to
QM14,22-24	Likes Camira Burana
QM15,8 – QM16,5	Remembers and knows Camira Burana because of an advertisement on television
QM16,10	Likes the Musicals
QM16,21 –QM18,9	Used to go watch musicals performed by Boys High school.
QM18,15	Enjoyed going to live music shows and dances
QM18,16-18	Enjoyed going to live music shows and dances when the opportunity arose
QM18,19-21	Can not go to live shows because she can not drive at night anymore
QM18,22-QM19,2	Live entertainers come to QM to perform shows
QM19,6-14	Goes to Brooklyn once a month for senior tea to watch a live music performance
QM19,16-22	Pretoria Boys high Dixie band – rousing, noisy music but pleasant
QM20,1	Bag piper at Valley senior day was wonderful
QM20,10-11	Likes the bag pipes
QM20,17-QM21,10	Reminiscing about bag pipe band performance from youth
QM21,19-20	Sang with a church choir when younger
QM22,1-4	Wasn't good enough to sing in the school choir
QM22,10-12	Played the mouth organ
QM22,16-22	Used to have piano lessons
QM22,20-22	Used to have lessons on the recorder
QM22,24-27	Self taught on the mouth organ

QM23,7-9	Played sentimental songs on the mouth organ
QM23,9-12	Can play fast songs on the mouth organ if he wants to
QM24,8-10	Plays mouth organ when wife presents it to him
QM25,1-3	Playing mouth organ gives you a sentimental feeling that makes you want to cry
QM25,7-17	Enjoyed listening to a girl who played the accordion
QM25,18-20	Would have loved to play the piano
QM25,21-22	Likes piano music
QM25,27-QM26,1	Loves to listen to piano
QM26,6	Sings in choir because I enjoy it
QM26,10-13	Singing in church choir taught me a lot about music
QM26,19	Sings alto
QM26,19-27	Learning a different melody as an alto was difficult
QM26,25-27	Learning a different melody as an alto was difficult, but I did manage
QM27,8-10	It feels wonderful to sing in a choir
QM27,8-16	It's wonderful to sing in a choir because the audience is so grateful
QM27,16-19	When we didn't sing they missed us
QM27,19-24	Had to attain a certain level in order to sing in the choir.
QM28,12	Singing in the choir gave a feeling of enjoyment
QM28,21	Music can affect your emotions
QM30,5-8	Don't like music that is screaming or screeching

QM30,21-24	Radio is on most of the day
QM30,26-QM31,2	Husband chooses most of the music they listen to
QM31,3-9	Every now and then would listen to own music.
QM31,11-17	Has many CD's but no CD player
QM31,18-19	Has CDs with church music
QM31,20-21	Likes classical music
QM31,22	Likes Swan Lake
QM31,24-27	Used to watch ballet on TV
QM32,1	Likes Roger Whitaker
QM32,4-10	Some music can be rousing
QM33,10-13	Listens to Gospel music to think of the Lord
QM33,16-17	Listens to the lyrics of Gospel songs
QM33,18-21	Doesn't know the words of the songs on contemporary gospel CD's
QM33,25-26	Would sing along to gospel CD's if they know the words
QM34, 1-10	Quotes a chorus from an Elvis song
QM34,17-19	Thinking of the music makes him sentimental
QM34,27	Music preference has changed
QM35,4-8	Become more interested in classical music than when she was younger
QM35,8-10	had to learn to appreciate classical music
QM35,13-21	Music that is sung in church overseas that are the same as at home makes her feel at home immediate
QM36,2	Liked Jazz when he was younger
QM36,4	Like Glenn Miller
QM36,5	Like Bennie Goodman
QM36,10-12	Had wonderful musicians when he was younger
QM36, 13	Eddie Calvert
QM36,15	Frank Sinatra
QM36,16	Nat King Cole
QM36,18	Does exercises
QM36,26-QM37,4	Music is only background to exercises
QM37,12	Taste in music hasn't particularly changed
QM37,20-24	Still like the old music

QM37,23-24	Old music is better
QM37,25-26	Taste in music broadens as you grow older
QM38,17-22	the verses of the new music is very repetitive
QM38,23-27	You could understand every word of an Elvis song
QM39,3-10	You could understand every word of a Frank Sinatra song
QM39,10-16	You can not understand the words of modern music
QM39,14-16	Modern music is too repetitive
QM39,19-23	Songs from the past has sentimental value
QM39,24-26	Songs from the past doesn't die out
QM40,1-4	You still hear songs form the past frequently on the radio
QM41,1-15	Reminisces about a music programme on the radio that his father forced him to listen to that he did
QM42,1-9	Refers to same radio programme that he didn't like but now listens to every Saturday evening.
QM43,11-17	Listens to music as background while watching tennis
QM46,8-10	Would only be able to bang a drum
QM46,17-18	Plays the triangle
QM47,10-12	Dreams of slow sentimental songs
QM47,17-27	Would like to have music like Andre Rieu played in his concerts.
QM48,22-23	We lose our voices at this age
QM48,27-QM49,6	used to have a small group that met once a month
QM49,7-13	A man used to come with 30 min music and 30 min poetry
QM50,3-8	Very few of the residents attended the event
QM50,9-23	A man comes once a month to play music and play games.
QM51,5	No live music performers comes to the home
QM51,8-12	The man sings with back tracks
QM51,20	Don't participate in making own music at the home
QM52,11	Would enjoy to participate in a drum circle
QM52,19-27	Attended a drum circle at Brooklyn
QM52,27	Enjoyed participating in drum circle
QM53,5-10	Attended a drum circle on Arbour day
QM53,13-16	Likes Afrikaans song "Ek verlang na jou"
QM53,23-27	Not very good at singing the right notes
QM54,1-8	Enjoys some Afrikaans music
QM55,16-20	It's interesting to hear more about music
QM55,21-24	Became interested in music when she was a student
QM55,25-QM56,14	Attended a music appreciation evening as a student
QM56,20-23	Learned about Eine Kleine Nachtmusik at music appreciation

QM58,1-5	People always complain about nothing to do
QM58,23-26	Residents want entertainment
QM58,26-QM59,8	Residents don't come to arranged entertainment at the facility
QM59,15-18	Don't have arranged entertainment too often
QM59,19-23	People get tired of entertainment too quickly
QM59,24	We have dancing sometimes at the facility
QM60,3-7	Timing of entertainment is not suitable
QM61,8-13	There is a notice on the notice board with a daily schedule
QM61,15-21	Notice on notice board is too small
QM63,14	Don't like country and western
QM70,19-21	Not so mobile as we used to be

8.9. Appendix I - Higher order codes with first level codes

Code	Preferences genres
J3,17.	Like every other music
J3,4,5.	Classic is first love.
E7,20.	Classical music is fine
E8,12.	Country music is still the same
J9,16.	Jazz.
E7,22.	Listens to Opera now and then
QM7,8	Like Light classical
QM2,3-4	Like Classical music up to a point
E7,25.	She will listen to Opera
J2,21.	Prefer older classic music
E11,11.	Wants to listen to Gospel music
J5,27.	Light classics is fine
QM1,23-25	sometimes something operatic

QM7,10-11	Like some of the operettas
QM7,12-13	Like some of the operas
J3,19.	Like classical music
J3,20.	Jazz.
J2,25.	Jazz
J2,5.	Really into Jazz.
J2,1.	Like opera
J2,1.	Like light opera
L7,4	Like all kinds of music
L7,6	Like spiritual music
L7,7	Muslim music
L6,19	Only like soft Spiritual music
L6,24	Hindu music
J3,25.	Like all music.
J3,26.	Many different genres.
J3,27.	Broad spectrum.
J10,22, 23.	Like the more modern songs

J10,26.	Like songs the teenagers have here.
QM11,15	Listens to Gospel music
L16,20	Listen to spiritual music only
M70,14	Like Gospel music
M70,18	Like Jazz music
M70, 21	Like Jazz music
M70,21	Like Gospel music
QM8,2-4	Like sentimental music
QM13,8-9	Elvis Presley's love songs
QM4,2-4	Like Elvis love songs
QM31,20-21	Likes classical music
L7,18	two different kinds of Hindu music.
QM16,10	Likes the Musicals
QM25,21-22	Likes piano music
QM54,1-8	Enjoys some Afrikaans music
E1,11.	Boere musiek
E1, 13.	Country music
E1, 15.	Country music
E1, 17	Spiritual music
E1, 19.	Spiritual music
QM36,2	Liked Jazz when he was younger
QM20,10-11	Likes the bag pipes
J1,26.	I Love all music
J2,1.	Like opera
J2,1.	Like light opera
J2,3.	Come from Jazz era.
J2,5.	Really into Jazz.

Code	Preferences Artist, Composer or song
QM53,13-16	Likes Afrikaans song "Ek verlang na jou"
M73,23	Like Elvis
M73,24	Like Diana Ross
M74,3	used to like John Rodgers
M74,8	Still likes John Rodgers
QM14,22-24	Likes Camira Burana
M75,27	Likes Michael Jackson
QM36, 13	Eddie Calvert
QM36,15	Frank Sinatra
QM36,16	Nat King Cole
QM32,1	Likes Roger Whitaker
QM36,4	Like Glenn Miller
QM36,5	Like Bennie Goodman

QM9,26	Likes La Paloma that was husband's favourite
QM7,18-19	Like Cliff Richards
QM7,22	Like Neil Diamond
QM12,1	Remember Glen Miller
QM31,22	Likes Swan Lake
QM3,10-14	Like Elvis Priestly
QM3,23-24	Like Elvis Priestly gospel music
QM4,2-4	Like Elvis love songs
E1, 25.	Beatles
E1, 25.	Elvis
E2,1.	Jim Reeves
E2,1.	Jimmy Swagger
E2,5.	Nat King Cole
E2,6.	Frank Sinatra
E2,8.	Nat King Cole
QM7,2-3	Like the three tenors

Code	Non-preferences genres
E9,18.	Not Jazz
E6,21.	Rap is rubbish. Don't like rap.
E8,22.	Heavy Metal is Stormy music
QM2,11-12	Don't like hard rock
J6,1.	Don't like opera
J3,6,7.	Don't like reggae
J3,11.	Don't like heavy classics
J3,14.	Don't like heavy classics
J3,15.	Don't like heavy Opera
M73,19	Don't like modern music
J3,21.	Rap is gross
J3,24.	Don't like heavy metal
QM1,26-QM2, 1-2	Don't like deep chamber music

E6,7.	Don't like Heavy Metal
Code	Non-preferences genres
E7,6.	Do not like eastern music
J1,22,23.	Don't like heavy classical music
QM1,26-QM2, 1-2	Don't like deep chamber music
J4,11.	Don't like African music
J4,8.	Don't want to be racist
L14,27	Not music like that
J6,2.	Don't like heavy classical music
QM2,13-14	Don't like Metal
QM30,5-8	Don't like music that is screaming or screeching
E8,16.	Country music can be modernised
QM63,14	Don't like country and western
J3,17.	Not Reggae
J2,6.	Don't like rap.

Code	Music as part of life
L7,4	Like all kinds of music
J1,18,19.	I can adapt to music
L18,26-27	Music is a big part of me
J3,5.	Like all music.
L9,19	Love all types of music
J3,25.	Like all music.
J1,26.	I Love all music
QM13,11	Sentimental about music
QM35,8-10	had to learn to appreciate classical music
QM2,6-10	Like most types of music
L11,26-27	Never really had a favourite music
L8,3	Doesn't make music
J4,23.	Music hasn't been a big part of my life.

J5,6,7,8.	Didn't regard myself as someone that can play the piano
J4,17.	. I'm not a music person
J4,18,19.	No sense of rhythm
J5,10,11.	Music has never been a part of my life
J5,8.	I've got no rhythm
J5,9.	I've got no ear for music.
J1,18.	I love music

Code	Music of our era
J2,21,22.	My era music
J2,3.	Come from Jazz era.
QM36,2	Liked Jazz when he was younger
QM37,20-24	Still like the old music
QM37,23-24	Old music is better
QM39,19-23	Songs from the past has sentimental value

QM39,24-26	Songs from the past doesn't die out
QM36,10-12	Had wonderful musicians when he was younger
L10,28-L11,3	Listened to different languages and culture music
L10,23	A lot of music when young
L10,26-28	Was naughty when younger and listened to all kinds of music.
M73,26-27	for the older songs
J9,18.	Jazz, Nice music, our era.
J7,20.	Associate a lot of our CD's with music of our era
J5,3.	When I was young Jazz.

Code	Music preference over time
J10,19,20,21.	Still love the same music I loved when I was young.
QM34,27	Music preference has changed
J10,17.	Preference in music hasn't really changed

E8,6.	Preference in music hasn't changed since he was younger
E8,26.	Taste in music has changed
M73,1	Taste in music has changed a lot
QM37,25-26	Taste in music broadens as you grow older
QM35,4-8	Become more interested in classical music than when she was younger
E8,4.	Preference in music changed since she was younger
QM37,12	Taste in music hasn't particularly changed

Code	Music and family
L12,26	whatever children sing, I sing along
J8,14,15.	Grandson sings opera
L12,22	sing with my children
E13,26.	Sometimes sang with children
E14,4.	It's the mother's job to sing with the children

E14,6.	It's the mother's job to sing with the children
E16,8.	It's the mother's job to sing with the children
E14,17.	You can sing with nieces and nephews
J10,27,28.	Nice to watch grand children dance.
QM30,26-QM31,2	Husband chooses most of the music they listen to
QM14,19-21	Listens to music that husband listens to
J2,7,8.	Daughter likes rap
QM9,26	Likes La Paloma that was husband's favourite

Code	Musicking in the past.
L12,20	Didn't make music or sing
L12,21	Didn't make music or sing
QM22,1-4	Wasn't good enough to sing in the school choir
J5,24,25.	Never played musical instruments

L17,1	Didn't play an instrument as a child
L13,6	Didn't really sing or play instruments when younger
E15,1.	Guitar was important to me
E14,22.	loved to play guitar
M71,25	Played the saxophone
M72,4	used to sing
M72,8	enjoyed singing
QM22,10-12	Played the mouth organ
QM22,16-22	Used to have piano lessons
QM22,20-22	Used to have lessons on the recorder
QM22,24-27	Self taught on the mouth organ
QM21,19-20	Sang with a church choir when younger
L17,13-16	Used to learn piano at school
J4,18.	Piano lessons as child
J9,3.	Played piano when younger

J9,5.	Played piano before teenage years
J9,6.	Everybody was forced to have piano lessons.
E4,4.	Played piano as child
E4,6.	Sang in choir as child
E4,7.	Sang in choir
E4,11.	Played Trompie as child
E4,16.	Played the Trompie as a child

Code	Active music making and singing
QM23,7-9	Played sentimental songs on the mouth organ
QM23,9-12	Can play fast songs on the mouth organ if he wants to
L13,9	Daily routine to sing spiritual music
QM53,23-27	Not very good at singing the right notes
L13,24-28	Sing/pray to ourselves while working
QM26,19	Sings alto
L7,1	Listens to and sings Hindu music

L13,1	Sing Modern music
L13,1	Sing prayer music
L18,20-23	We don't play instruments, we sing
QM46,17-18	Plays the triangle
M72,10	love to sing
E13,18.	Would sing now and then while inebriated
M75,14-15	if I want the song, i know the song (refers to singing)
L12,26	whatever children sing, I sing along
QM24,8-10	Plays mouth organ when wife presents it to him
E11,26.	Enjoyable to make music with other people

Code	Effects of active music making
QM25,1-3	Playing mouth organ gives you a sentimental feeling that makes you want to cry
QM27,16-19	When we didn't sing they missed us
QM26,19-27	Learning a different melody as an alto was difficult

QM26,25-27	Learning a different melody as an alto was difficult, but I did manage
QM26,6	Sings in choir because I enjoy it
QM26,10-13	Singing in church choir taught me a lot about music
QM27,8-10	It feels wonderful to sing in a choir
QM27,8-16	It's wonderful to sing in a choir because the audience is so grateful
QM27,19-24	Had to attain a certain level in order to sing in the choir.
QM28,12	Singing in the choir gave a feeling of enjoyment
M72,11-12	Singing refreshes your mind
M72,17-18	Making music makes you feel lucky
M72,17-18	Making music makes you feel happy
E4,25.	Playing an instrument made me feel good because I could play it
E5,10.	Used music as emotional expression
E5,12.	Used music as emotional expression
E5,20.	Singing in the choir makes me feel good

E5,23.	Singing in the choir presents a change in the daily routine
E5,25.	Singing in a choir as performance
M72,18-19	Making music is not so easy

Code	Music and connection
E2,27.	Music brings people together
QM35,13-21	Music that is sung in church overseas that are the same as at home makes her feel at home immediate

Code	Desire for access to music
E11,23.	Wants to make group music
E12,11.	Would like to make music in a group
E15,2,3.	If i could learn to play now
L17,1	would like to play an instrument now
L17,4	Want to learn Piano
L16,27	I want to play an instrument

L14,19	It would be nice to have more access to music
QM46,8-10	Would only be able to bang a drum
QM25,18-20	Would have loved to play the piano
QM47,17-27	Would like to have music like Andre Rieu played in his concerts.
QM52,11	Would enjoy to participate in a drum circle

Code	Lyrics
QM33,16-17	Listens to the lyrics of Gospel songs
QM33,18-21	Doesn't know the words of the songs on contemporary gospel CD's
QM34, 1-10	Quotes a chorus from an Elvis song
QM33,25-26	Would sing along to gospel CD's if they know the words
E13,22.	Knows a couple of drink songs
QM38,23-27	You could understand every word of an Elvis song
QM39,3-10	You could understand every word of a Frank Sinatra song

Code	Background music
QM36,26-QM37,4	Music is only background to exercises
QM43,11-17	Listens to music as background while watching tennis
QM14,1-3	Likes background music
QM14,4-5	Listens to music while reading
E9,15.	Nice soft background music
E9,19,20.	Nice soft background music
J5,26.	Background music.
J6,7.	Puts music on for background

Code	Personal responses to music
J2,15.	Rap and hip-hop is very noisy.
QM4,15-19	Like calming music like Mozart when driving to Johannesburg
QM4,20-27	Vivaldi too upsetting when driving – can not concentrate on driving

E7,9.	Walks away when music plays that he doesn't like
E7,10.	Eastern music makes her feel confused Rap music makes him feel confused
E7,14.	
E7,17.	No idea about Heavy Metal
E7,19.	Classical music is Calmness
J6,16.	Music is relaxing.
J6,16.	Music is beautiful
J6,9,10.	You just in another world.
E3,21.	Music makes you miss something
M74,20	Listen to piano to concentrate
QM1,12	Kind of music you like depends on how you feel
QM1,15-21	Music genre like soft and romantic or fast depends on how you feel
QM10,15	Some of the music is highfaluting
QM10,16-18	Others are easy to listen to

QM28,21	Music can affect your emotions
QM32,4-10	Some music can be rousing
QM34,17-19	Thinking of the music makes him sentimental
QM47,10-12	Dreams of slow sentimental songs
E6,3.	Music makes me feel good
	Don't know term New Age music
E6,28.	
E7,2.	Don't know term New Age music
E7,17.	No idea about Heavy Metal
E8,22.	Heavy Metal is Stormy music
E3,3.	Music makes you feel happy
J8,7,8.	Music makes you feel nostalgic.
J8,19,20.	I sit and I'm gone.
J8,21.	Mesmerised
L9,22	Feel happy
E2,23.	Music listening because it is pleasant

Code	Music listening
E11,5.	Would rather listen to music than make music
E11,11.	Wants to listen to Gospel music
E11,13.	Doesn't want to make gospel music
E12,7,8.	Wants choice about what music to listen to
E12,21.	Only listens to music
M74,19	Like to listen to Piano
M75,19-21	If I don't know the song I will just listen
M76,14	Likes to listen to music
L13,20-24	Listen to other ladies who have good voices
L15,1-3	will listen to someone else's music that is playing
L18,16	Likes to listen to music in the temple
QM14,4-5	Listens to music while reading
QM14,7-16	Will stop reading and listen to a song I like.`

QM14,19-21	Listens to music that husband listens to
QM25,7-17	Enjoyed listening to a girl who played the accordion
QM25,27-QM26,1	Loves to listen to piano
QM31,3-9	Every now and then would listen to own music.
QM33,10-13	Listens to Gospel music to think of the Lord
J5,25,26.	Enjoy listening to music.
J6,15.	We enjoy listening to music.

Code	Don't listen to music
L12,7	Busy all the time
L12,10	No time
E10,22.	More interested in books
E10,22,23.	Rather sit and read

Code	Music to relax or calm down
E2,13.	Music listening for relaxation
E2,15.	Music listening to cool you Down
E2,17.	Music listening for relaxation
E2,19.	Music listening to cool you down
E7,19.	Classical music is Calmness
J6,8.	Music is calming
J6,9.	Music is relaxing
J6,16.	Music is relaxing.
L8,8	Peace of mind
QM5,4-5	Mozart is soothing

Code	Music and memory
J6,26.	Music absolutely evokes memories.
J6,28-J7, 2.	When you listen to music you replay an incident that happened in your life.
J7,2,3.	Music brings back memories
J7,22,23,24,25,26.	When you hear a bid of music on the radio and you say "hey do you remember this" and it spans a long era
J8,1,2,3.	Reminds me of girlfriend I had before.
J8,10,11.	Romantic memories
J10,3.	Those were the days
J10,3,4.	Good days
J10,4,5.	Life changes unfortunately.
J10,9.	Life is not what it was.
QM3,3-6	Like music that brings back memories
QM8,5-6	Makes me think of the past
QM8,8-12	Makes me think of when I was growing up and nice times

QM9,20-25	Reminded of dancing with husband
QM13,3-7	Listens to music for reminiscence
E3,7.	Music listening for reminiscence
E3,11.	Music listening for reminiscence
E3,21.	Music makes you think of where you are now
J10,12.	Plenty memories
M74,22-25	I can remember
M71,18-20	remember the old times

Code	Stopped music making or singing
E5,17.	Stopped singing in the choir
E14,23,24.	Couldn't find tuition for guitar
E14,24,25.	Stopped playing guitar
E14,25,26.	People took guitar away
L17,16	I've forgotten

Code	Music and movement
E12,20.	Danced very seldom
E12,24.	Used to dance when she was younger
E12,26.	Loves to dance
E13,1,2,3,4.	Dancing in dance halls with a partner
E13,7.	Dancing to an orchestra
E13,9,10.	Danced until we dropped
J9,20.	Used to dance to music.
J9,26,27.	Body starts preaching. You get the rhythm.
M70,26	Listen to music because you can move/dance
M76,10	Want to dance
M75,16-17	You keep going with the music
QM2,24-24-QM3,1	Like mostly music that they could dance to as youngsters
QM9,20-25	Reminded of dancing with husband

QM12,1-4	Learned to Jive with “In the mood”
QM36,18	Does exercises
QM59,24	We have dancing sometimes at the facility

Code	Attending live music events
J8,17,18,19.	Greatest enjoyment is when grandson gives her a concert.
J14,24.	Watched a lot of live shows
QM16,21 –QM18,9	Used to go watch musicals performed by Boys High school.
QM18,15	Enjoyed going to live music shows and dances
QM18,16-18	Enjoyed going to live music shows and dances when the opportunity arose
QM18,19-21	Can not go to live shows because she can not drive at night anymore
QM18,22-QM19,2	Live entertainers come to QM to perform shows
QM19,6-14	Goes to Brooklyn once a month for senior tea to watch a live music performance
QM19,16-22	Pretoria Boys high Dixie band – rousing, noisy music but pleasant

QM20,1	Bag piper at Valley senior day was wonderful
QM20,17-QM21,10	Reminiscing about bag pipe band performance from youth
QM52,19-27	Attended a drum circle at Brooklyn
QM52,27	Enjoyed participating in drum circle
QM53,5-10	Attended a drum circle on Arbour day

Code	Music and generational change /changes of music over time
E6,17.	Taste in music differs form young people
E8,12.	Country music is still the same
E9,4,5.	More choice in music
E9,5.	Better music
J2,9.	Don't understand how the kids be hop be hop
J2,13.	Not my scene at all (rap/hip-hop)
J2, 17,18,19.	Can not understand what the singers are saying
J10,22, 23.	Like the more modern songs

J10,26.	Like songs the teenagers have here.
M73,4	The jive is different
M73,8	The music has different keys now
QM38,17-22	the verses of the new music is very repetitive
QM39,10-16	You can not understand the words of modern music
QM39,14-16	Modern music is too repetitive

Code	Music and technology
E9,21,22.	TV takes away music listening
E9,22,23.	People are more interested in TV
E9,26.	Radio and TV
E9,27.	Radio on cell phone
E10,3.	Listens to music on cell phone
E10,6.	Seldom listens to music on cell phone
E10,10.	Listens to music on Television

E10,16,17,18.	Wants radio with a CD player to listen to radio as well as play CD's
E10,20.	Don't play CD's
E10,21.	.CD's are expensive
E10,23, 24.	Watch TV at night
E12,6.	Wants own radio
QM5, 11-27	Remembers music connected to a famous tennis player on TV
QM9,14-16	Don't listen to music that I've got
QM9,17-18	Listens to Radio Pretoria
QM10,4-11	Can not find music on the radio on a Sunday except on Afrikaans stations
QM10,25-26	1025-26: You get Afrikaans songs on TV
QM11,1-11	Some Afrikaans radio stations play English or German music as well as Afrikaans music
QM11,12-13	Listens to Impact radio
QM11,15	Listens to Gospel music
QM13,14-18	Listens to radio for company
QM14,5-6	Doesn't watch TV

QM15,8 – QM16,5	Remembers and knows Camira Burana because of an advertisement on television
QM30,21-24	Radio is on most of the day
QM31,11-17	Has many CD's but no CD player
QM31,18-19	Has CDs with church music
QM31,24-27	Used to watch ballet on TV
QM40,1-4	You still hear songs from the past frequently on the radio
QM41,1-15	Reminisces about a music programme on the radio that his father forced him to listen to that he did
QM42,1-9	Refers to same radio programme that he didn't like but now listens to every Saturday evening.
QM43,11-17	Listens to music as background while watching tennis
J7,20.	Associate a lot of our CD's with music of our era
J9,12,13.	Style was Eleanor Moore on 702 on a Saturday evening. Not any more

Code	Live music vs. recordings
L14,10	Didn't like to listen to live music
J14,4.	Prefer live music over recorded music
J14,4.	Live music is personal

J14,7.	Prefer live music over recorded music
J14,10,11,12,13.	Prefer live music over recorded music
Code	Cultural traditions and customs
L8,7	Because of culture
L8,11	In our culture
L8,12	you have to listen to it
L8,15	Duty
L8,16	it is our culture
L8,19	Have to listen to it.
L12,1-2	Brought up in orthodox family
L12,2-3	Not much opportunity
L13,11-13	No instruments in our culture
L13,13-16	Sing and pray without band/instruments
L13,18-21	No instruments at a wedding

L13,18-21	Sing/pray without instruments at a wedding
L14,4-6	if they want a wedding more modern they get a band
L14,7	Normally they don't
Code	Cultural traditions and customs
L14,22-23	We were brought up like this
L14,24-25	It would not be nice to change our ways now
L15,12-,13	We grew up in a different way
L16,1	It's not for us to go out with our friends
L16,2	You must be more in the house
L16,3-5	We were brought up to clean the house on our knees, scrub and polish.
L16,8	Grew up at home
L16,9	Most of the time in the house
L16,10	Don't go out
L16,11-12	Its custom to stay at home

L16,14-15	We make our little way to what opportunity we get
L17,19	We go according to our culture
L17,23	Follow the tradition
L18,25	in our culture they play all instruments

Code	Music and religious ritual
L7,10	They pray on me
L7,15	Muslim music is like prayer
L7,21	Like a music prayer for 10 days
L8,20	Have to pray in the morning
L8,23	Pray at different hours
L8,25	Have beads to pray
L9,3	No music for Hindu prayer
L9,7	Listen to music after prayer

L9,12	Koran
L10,5-9	End the day with bible reading, singing and music
L10,16-17	Have time to think about God
L11,15-23	find time to pray in the morning and at night
L13,27-28	Minds keep on praying
L14,11-12	From small you have prayer
L17,26-28	We will play all kinds of instruments in the temple
L18,3	big temple in Laudium
L18,6-9	They play instruments at the temple
L18,11-12	Play flute, drums and piano
L18,18	music in the temple is a prayer
L19,4-8	Music is no playing in the Muslim culture for prayer songs
L19,9	Prayer at 4h30 am
L19,14-20	No sung prayer at 5am, only spoken prayer
L20,1	Sung prayer at 7h30pm
L18,16	Likes to listen to music in the temple

QM33,10-13	Listens to Gospel music to think of the Lord

Code	Reference to sin
L11,5-7	As you get old you must ask forgiveness to God for listening to music.
L11,10-11	So many sins
L11,12	Watching TV is a sin
L15,15-17	No music, no this, no that, no going to movies.

Code	Personal stories
E9,1.	People aren't nice anymore
E13,12.	Drank a lot as youngster
E13,14.	Didn't like people drinking too much
J14,14.	Worked for theatres for 20 years
J14,20,21.	Everything was available to us.
J14,25-J15,2.	Lived in various cities

L10,15	Had difficult life
L12,6	Got married in 20's
L12,9	Married the priest
L12,12-13	working in pharmacy 25yrs
QM55,21-24	Became interested in music when she was a student
QM55,25-QM56,14	Attended a music appreciation evening as a student
QM56,20-23	Learned about Eine Kleine Nachtmusik at music appreciation

Code	Daily routine
L10,1	Daily routine
L10,5-9	End the day with bible reading, singing and music
L13,9	Daily routine to sing spiritual music

Code	Daily boredom and disinterest
L14,19-20	At least we could do something

QM50,3-8	Very few of the residents attended the event
QM51,20	Don't participate in making own music at the home
QM58,1-5	People always complain about nothing to do
QM58,23-26	Residents want entertainment
QM58,26-QM59,8	Residents don't come to arranged entertainment at the facility
QM59,19-23	People get tired of entertainment too quickly
QM60,3-7	Timing of entertainment is not suitable

Code	activities at facility
QM48,27-QM49,6	used to have a small group that met once a month
QM49,7-13	A man used to come with 30 min music and 30 min poetry
QM50,9-23	A man comes once a month to play music and play games.
QM51,5	No live music performers comes to the home
QM51,8-12	The man sings with back tracks

QM55,16-20	It's interesting to hear more about music
QM59,15-18	Don't have arranged entertainment too often
QM61,8-13	There is a notice on the notice board with a daily schedule
QM61,15-21	Notice on notice board is too small

Code	Reference to age / ageism
L14,26	This age might be lively
L14,28	you have to lively at this age
L15,19-24	Not all old people are the same.
L15,25-26	Some old people are more modern
E11,24.	Are we too old for that?
QM48,22-23	We lose our voices at this age
QM70,19-21	Not so mobile as we used to be

Code	Appreciation for visitor
E15,14.	If it wasn't for you we wouldn't be here
E15,20.	When will you come back to us?
E15,23.	Come make music with us
J15,6,7,8.	Interest in Music Therapy
J17,13.	What is Music Therapy?
L5,23	Thank you for taking interest in us
L20,9	thank you for giving up your time to be with us

Code	NOT RELEVANT OR NOT PART OF FOCUS GROUP	Code	NOT RELEVANT OR NOT PART OF FOCUS GROUP
L1, 4.	Speaks 3 languages	L4,23	Happy when someone comes from home town.
L1, 8.	Speaks English, Afrikaans and own language	M, 1-3	Most of the participants can not write
L1, 16.	Also understands and speaks Hindi	M10, 18	Regular contact with family
L2, 4	Learnt Afrikaans at school	M13, 10	Play games during the day
L3, 5	It is difficult when you don't know how to talk to your own people	M13,13	As if we are at home

L3,11	The young girls don't want to learn	M13,17	I feel like I'm at home
L3,12	They love English	M14, 22-24	I feel like I am at home
L3,19	Mr L just sits there to pass time	M15,4	WE sit and talk to each other
L3,24-28	Mr L. Passes time in TV room. Goes to his room after lunch and comes out at tea time. Goes back to room after supper time	M15, 10-12	sing a song for church
L4,1	There's nothing to do here	M15, 21-24	Help others to take care and clean
M16, 10-11	Enjoy singing in the church choir	M16,16-18	Group of women singing and praying together
M16,20-21	Play games during the day	M68,4	Everybody likes each other at Mamelodi Old age ho
M16,24	Play board games	M68,14-15	We help each other at Mamelodi Old age home
M16, 25	Play board games	M30,6	Listen to gospel
M17,11-14	Like to listen to music during the day	M35,3	don't like the modern music
M17,16	Listen to church music	M35,4-5	Don't like the style of the youth
M17,18	Listen to any music	M60,17	Learned reading and writing recently
M17,19	I can't sing	M62,16	recently learned how to do pillows
M17,21	Like to play drafts	M62,17	recently learned how to make beds

M17,23-24	Listen to music	M63,4-6	Learned how to draw pictures recently
M20,22	Likes Frank Sinatra	M63,9	Learned to write names recently

Code	NOT RELEVANT OR NOT PART OF FOCUS GROUP
M63,15	Learned to make cards recently
L4,7	Can hear here and there
L4,9	Mr L couldn't hear yesterday
L4,12	Can hear when there are only 2 or 3 people
L4,20	Talks stories about the past where he worked and what happened.
M17,26	Likes Jazz
M18,6	Like to play drafts
M18,20	works in kitchen
M18,22	Mops floors
M18,25	I am healthy
M19,15	sings daily

M19,23	plays the trumpet
M20,9	sing at church when younger

8.10 Appendix J: Themes and sub themes

THEME MUSIC OVER THE LIFESPAN			
1. Music over the lifespan: Current music preferences		1. Music over the lifespan: Current music preferences	
Code	Preferences genres	Code	Preferences Artist, Composer or song
J3,17.	Like every other music	QM53,13-16	Likes Afrikaans song "Ek verlang na jou"
J3,4,5.	Classic is first love.	M73,23	Like Elvis
E7,20.	Classical music is fine	M73,24	Like Diana Ross
E8,12.	Country music is still the same	M74,3	used to like John Rodgers
J9,16.	Jazz.	M74,8	Still likes John Rodgers
E7,22.	Listens to Opera now and then	QM14,22-24	Likes Camira Burana
QM7,8	Like Light classical	M75,27	Likes Michael Jackson
QM2,3-4	Like Classical music up to a point	QM36, 13	Eddie Calvert

E7,25.	She will listen to Opera	QM36,15	Frank Sinatra
J2,21.	Prefer older classic music	QM36,16	Nat King Cole
E11,11.	Wants to listen to Gospel music	QM32,1	Likes Roger Whitaker
J5,27.	Light classics is fine	QM36,4	Like Glenn Miller
QM1,23-25	sometimes something operatic	QM36,5	Like Bennie Goodman
QM7,10-11	Like some of the operettas	QM9,26	Likes La Paloma that was husband's favourite
QM7,12-13	Like some of the operas	QM7,18-19	Like Cliff Richards
J3,19.	Like classical music	QM7,22	Like Neil Diamond
J3,20.	Jazz.	QM12,1	Remember Glen Miller
J2,25.	Jazz	QM31,22	Likes Swan Lake
J2,5.	Really into Jazz.	QM3,10-14	Like Elvis Priestly
J2,1.	Like opera	QM3,23-24	Like Elvis Priestly gospel music
J2,1.	Like light opera	QM4,2-4	Like Elvis love songs
L7,4	Like all kinds of music	E1, 25.	Beatles
L7,6	Like spiritual music	E1, 25.	Elvis
L7,7	Muslim music	E2,1.	Jim Reeves

L6,19	Only like soft Spiritual music	E2,1.	Jimmy Swagger
L6,24	Hindu music	E2,5.	Nat King Cole
J3,25.	Like all music.	E2,6.	Frank Sinatra
J3,26.	Many different genres.	E2,8.	Nat King Cole
J3,27.	Broad spectrum.	QM7,2-3	Like the three tenors
J10,22, 23.	Like the more modern songs		
J10,26.	Like songs the teenagers have here.		
QM11,15	Listens to Gospel music		
L16,20	Listen to spiritual music only		
M70,14	Like Gospel music		
M70,18	Like Jazz music		
M70, 21	Like Jazz music		
M70,21	Like Gospel music		
QM8,2-4	Like sentimental music		
QM13,8-9	Elvis Presley's love songs		
QM4,2-4	Like Elvis love songs		
QM31,20-21	Likes classical music		
L7,18	two different kinds of Hindu music.		
QM16,10	Likes the Musicals		

QM25,21-22	Likes piano music
QM54,1-8	Enjoys some Afrikaans music
E1,11.	Boere musiek
E1, 13.	Country music
E1, 15.	Country music
E1, 17	Spiritual music
E1, 19.	Spiritual music
QM36,2	Liked Jazz when he was younger
QM20,10-11	Likes the bag pipes
J1,26.	I Love all music
J2,1.	Like opera
J2,1.	Like light opera
J2,3.	Come from Jazz era.
J2,5.	Really into Jazz.

Sub themes:			
1. Current music preferences		2. General ideas about music	
1. Music over the lifespan: Current music preferences		1. Music over the lifespan: General ideas about music	
Code	Non-preferences genres	Code	Music as part of life
E9,18.	Not Jazz	L7,4	Like all kinds of music

E6,21.	Rap is rubbish. Don't like rap.	J1,18,19.	I can adapt to music
E8,22.	Heavy Metal is Stormy music	L18,26-27	Music is a big part of me
QM2,11-12	Don't like hard rock	J3,5.	Like all music.
J6,1.	Don't like opera	L9,19	Love all types of music
J3,6,7.	Don't like reggae	J3,25.	Like all music.
J3,11.	Don't like heavy classics	J1,26.	I Love all music
J3,14.	Don't like heavy classics	QM13,11	Sentimental about music
J3,15.	Don't like heavy Opera	QM35,8-10	had to learn to appreciate classical music
M73,19	Don't like modern music	QM2,6-10	Like most types of music
J3,21.	Rap is gross	L11,26-27	Never really had a favourite music
J3,24.	Don't like heavy metal	L8,3	Doesn't make music
QM1,26-QM2, 1-2	Don't like deep chamber music	J4,23.	Music hasn't been a big part of my life.
E6,7.	Don't like Heavy Metal	J5,6,7,8.	Didn't regard myself as someone that can play the piano
E7,6.	Do not like eastern music	J4,17.	. I'm not a music person
J1,22,23.	Don't like heavy classical music	J4,18,19.	No sense of rhythm
QM1,26-QM2, 1-2	Don't like deep chamber music	J5,10,11.	Music has never been a part of my life

J4,11.	Don't like African music	J5,8.	I've got no rhythm
J4,8.	Don't want to be racist	J5,9.	I've got no ear for music.
L14,27	Not music like that	J1,18.	I love music
J6,2.	Don't like heavy classical music		
QM2,13-14	Don't like Metal		
QM30,5-8	Don't like music that is screaming or screeching		
E8,16.	Country music can be modernised		
QM63,14	Don't like country and western		
J3,17.	Not Reggae		
J2,6.	Don't like rap.		

3. Reference to era of music		4. Music and time	
1. Music over the lifespan : Reference to era of music		1. Music over the lifespan: Music and time	
Code	Music of our era	Code	Music preference over time
J2,21,22.	My era music	J10,19,20,21.	Still love the same music I loved when I was young.
J2,3.	Come from Jazz era.	QM34,27	Music preference has changed
QM36,2	Liked Jazz when he was younger	J10,17.	Preference in music hasn't really changed

QM37,20-24	Still like the old music	E8,6.	Preference in music hasn't changed since he was younger
QM37,23-24	Old music is better	E8,26.	Taste in music has changed
QM39,19-23	Songs from the past has sentimental value	M73,1	Taste in music has changed a lot
QM39,24-26	Songs from the past doesn't die out	QM37,25-26	Taste in music broadens as you grow older
QM36,10-12	Had wonderful musicians when he was younger	QM35,4-8	Become more interested in classical music than when she was younger
L10,28-L11,3	Listened to different languages and culture music	E8,4.	Preference in music changed since she was younger
L10,23	A lot of music when young	QM37,12	Taste in music hasn't particularly changed
L10,26-28	Was naughty when younger and listened to all kinds of music.		
M73,26-27	for the older songs		
J9,18.	Jazz, Nice music, our era.		
J7,20.	Associate a lot of our CD's with music of our era		
J5,3.	When I was young Jazz.		

5. Previous active music making			
1. Music over the lifespan: Previous Active music making		1. Music over the lifespan: Previous Active music making	
Code	Musicking in the past.	Code	Stopped music making or singing
L12,20	Didn't make music or sing	E5,17.	Stopped singing in the choir
L12,21	Didn't make music or sing	E14,23,24.	Couldn't find tuition for guitar
QM22,1-4	Wasn't good enough to sing in the school choir	E14,24,25.	Stopped playing guitar
J5,24,25.	Never played musical instruments	E14,25,26.	People took guitar away
L17,1	Didn't play an instrument as a child	L17,16	I've forgotten
L13,6	Didn't really sing or play instruments when younger		
E15,1.	Guitar was important to me		
E14,22.	loved to play guitar		
M71,25	Played the saxophone		
M72,4	used to sing		
M72,8	enjoyed singing		
QM22,10-12	Played the mouth organ		

QM22,16-22	Used to have piano lessons
QM22,20-22	Used to have lessons on the recorder
QM22,24-27	Self taught on the mouth organ
QM21,19-20	Sang with a church choir when younger
L17,13-16	Used to learn piano at school
J4,18.	Piano lessons as child
J9,3.	Played piano when younger
J9,5.	Played piano before teenage years
J9,6.	Everybody was forced to have piano lessons.
E4,4.	Played piano as child
E4,6.	Sang in choir as child
E4,7.	Sang in choir
E4,11.	Played Trompie as child
E4,16.	Played the Trompie as a child

1. Music over the lifespan: Music and time	
Code	Music and generational change /changes of music over time
E6,17.	Taste in music differs from young people
E8,12.	Country music is still the same
E9,4,5.	More choice in music
E9,5.	Better music
J2,9.	Don't understand how the kids be hop be hop
J2,13.	Not my scene at all (rap/hip-hop)
J2, 17,18,19.	Can not understand what the singers are saying
J10,22, 23.	Like the more modern songs
J10,26.	Like songs the teenagers have here.
M73,4	The jive is different
M73,8	The music has different keys now
QM38,17-22	the verses of the new music is very repetitive

QM39,10-16	You can not understand the words of modern music
QM39,14-16	Modern music is too repetitive

ACCESS TO MUSIC		SUBTHEMES:	
2. Access to music: Music listening		2. Access to music: Music listening	
Code	Background music	Code	Music listening
QM36,26-QM37,4	Music is only background to exercises	E11,5.	Would rather listen to music than make music
QM43,11-17	Listens to music as background while watching tennis	E11,11.	Wants to listen to Gospel music
QM14,1-3	Likes background music	E11,13.	Doesn't want to make gospel music
QM14,4-5	Listens to music while reading	E12,7,8.	Wants choice about what music to listen to
E9,15.	Nice soft background music	E12,21.	Only listens to music
E9,19,20.	Nice soft background music	M74,19	Like to listen to Piano
J5,26.	Background music.	M75,19-21	If I don't know the song I will just listen
J6,7.	Puts music on for background	M76,14	Likes to listen to music

	L13,20-24	Listen to other ladies who have good voices
	L15,1-3	will listen to someone else's music that is playing
	L18,16	Likes to listen to music in the temple
	QM14,4-5	Listens to music while reading
	QM14,7-16	Will stop reading and listen to a song I like.`
	QM14,19-21	Listens to music that husband listens to
	QM25,7-17	Enjoyed listening to a girl who played the accordion
	QM25,27-QM26,1	Loves to listen to piano
	QM31,3-9	Every now and then would listen to own music.
	QM33,10-13	Listens to Gospel music to think of the Lord
	J5,25,26.	Enjoy listening to music.
	J6,15.	We enjoy listening to music.

1. Music listening		2. Current Active Music making	
2. Access to music: Music listening		2. Access to music: Current Active Music making	
Code	Lyrics	Code	Active music making and singing

QM33,16-17	Listens to the lyrics of Gospel songs	QM23,7-9	Played sentimental songs on the mouth organ
QM33,18-21	Doesn't know the words of the songs on contemporary gospel CD's	QM23,9-12	Can play fast songs on the mouth organ if he wants to
QM34, 1-10	Quotes a chorus from an Elvis song	L13,9	Daily routine to sing spiritual music
QM33,25-26	Would sing along to gospel CD's if they know the words	QM53,23-27	Not very good at singing the right notes
E13,22.	Knows a couple of drink songs	L13,24-28	Sing/pray to ourselves while working
QM38,23-27	You could understand every word of an Elvis song	QM26,19	Sings alto
QM39,3-10	You could understand every word of a Frank Sinatra song	L7,1	Listens to and sings Hindu music
		L13,1	Sing Modern music
		L13,1	Sing prayer music
		L18,20-23	We don't play instruments, we sing
		QM46,17-18	Plays the triangle
		M72,10	love to sing
		E13,18.	Would sing now and then while inebriated
		M75,14-15	if I want the song, i know the song (refers to singing)
		L12,26	whatever children sing, I sing along

	QM24,8-10	Plays mouth organ when wife presents it to him
	E11,26.	Enjoyable to make music with other people

3. Desire for active engagement with music		
3. Access to music: Desire for active engagement with music		2. Access to music: Music listening
Desire for access to music	Code	Don't listen to music
Wants to make group music	L12,7	Busy all the time
Would like to make music in a group	L12,10	No time
If i could learn to play now	E10,22.	More interested in books
would like to play an instrument now	E10,22,23.	Rather sit and read
Want to learn Piano		
I want to play an instrument		
It would be nice to have more access to music		
Would only be able to bang a drum		
Would have loved to play the piano		

Would like to have music like Andre Rieu played in his concerts.	
Would enjoy to participate in a drum circle	

	2. Access to music: Music listening
Code	Music and technology
E9,21,22.	TV takes away music listening
E9,22,23.	People are more interested in TV
E9,26.	Radio and TV
E9,27.	Radio on cell phone
E10,3.	Listens to music on cell phone
E10,6.	Seldom listens to music on cell phone
E10,10.	Listens to music on Television
E10,16,17,18.	Wants radio with a CD player to listen to radio as well as play CD's
E10,20.	Don't play CD's

E10,21.	.CD's are expensive
E10,23, 24.	Watch TV at night
E12,6.	Wants own radio
QM5, 11-27	Remembers music connected to a famous tennis player on TV
QM9,14-16	Don't listen to music that I've got
QM9,17-18	Listens to Radio Pretoria
QM10,4-11	Can not find music on the radio on a Sunday except on Afrikaans stations
QM10,25-26	You get Afrikaans songs on TV
QM11,1-11	Some Afrikaans radio stations play English or German music as well as Afrikaans music
QM11,12-13	Listens to Impact radio
QM11,15	Listens to Gospel music
QM13,14-18	Listens to radio for company
QM14,5-6	Doesn't watch TV
QM15,8 – QM16,5	Remembers and knows Camira Burana because of an advertisement on television
QM30,21-24	Radio is on most of the day
QM31,11-17	Has many CD's but no CD player
QM31,18-19	Has CDs with church music

QM31,24-27	Used to watch ballet on TV
QM40,1-4	You still hear songs from the past frequently on the radio
QM41,1-15	Reminisces about a music programme on the radio that his father forced him to listen to that he did
QM42,1-9	Refers to same radio programme that he didn't like but now listens to every Saturday evening.
QM43,11-17	Listens to music as background while watching tennis
J7,20.	Associate a lot of our CD's with music of our era
J9,12,13.	Style was Eleanor Moore on 702 on a Saturday evening. Not any more

IMPACT OF MUSIC ON PERSONAL EXPERIENCE			
3. Impact of music on personal experience : Emotional and cognitive		3. Impact of music on personal experience: Emotional and cognitive	
Code	Personal responses to music	Code	Effects of active music making
J2,15.	Rap and hip-hop is very noisy.	QM25,1-3	Playing mouth organ gives you a sentimental feeling that makes you want to cry
QM4,15-19	Like calming music like Mozart when driving to Johannesburg	QM27,16-19	When we didn't sing they missed us
QM4,20-27	Vivaldi too upsetting when driving – can not concentrate on driving	QM26,19-27	Learning a different melody as an alto was difficult
E7,9.	Walks away when music plays that he doesn't like	QM26,25-27	Learning a different melody as an alto was difficult, but I did manage
E7,10.	Eastern music makes her feel confused	QM26,6	Sings in choir because I enjoy it

E7,14.	Rap music makes him feel confused	QM26,10-13	Singing in church choir taught me a lot about music
E7,17.	No idea about Heavy Metal	QM27,8-10	It feels wonderful to sing in a choir
E7,19.	Classical music is Calmness	QM27,8-16	It's wonderful to sing in a choir because the audience is so grateful
J6,16.	Music is relaxing.	QM27,19-24	Had to attain a certain level in order to sing in the choir.
J6,16.	Music is beautiful	QM28,12	Singing in the choir gave a feeling of enjoyment
J6,9,10.	You just in another world.	M72,11-12	Singing refreshes your mind
E3,21.	Music makes you miss something	M72,17-18	Making music makes you feel lucky
M74,20	Listen to piano to concentrate	M72,17-18	Making music makes you feel happy
QM1,12	Kind of music you like depends on how you feel	E4,25.	Playing an instrument made me feel good because I could play it
QM1,15-21	Music genre like soft and romantic or fast depends on how you feel	E5,10.	Used music as emotional expression
QM10,15	Some of the music is highfaluting	E5,12.	Used music as emotional expression
QM10,16-18	Others are easy to listen to	E5,20.	Singing in the choir makes me feel good
QM28,21	Music can affect your emotions	E5,23.	Singing in the choir presents a change in the daily routine
QM32,4-10	Some music can be rousing	E5,25.	Singing in a choir as performance
QM34,17-19	Thinking of the music makes him sentimental	M72,18-19	Making music is not so easy
QM47,10-12	Dreams of slow sentimental songs		

E6,3.	Music makes me feel good
	Don't know term New Age music
E6,28.	
E7,2.	Don't know term New Age music
E7,17.	No idea about Heavy Metal
E8,22.	Heavy Metal is Stormy music
E3,3.	Music makes you feel happy
J8,7,8.	Music makes you feel nostalgic.
J8,19,20.	I sit and I'm gone.
J8,21.	Mesmerised
L9,22	Feel happy
E2,23.	Music listening because it is pleasant

SUBTHEMES: 1.Emotional and cognitive 3. Impact of music on personal experience: Social			
			3. Impact of music on personal experience: Social
Code	Music and connection	Code	Music and family
E2,27.	Music brings people together	L12,26	whatever children sing, I sing along
QM35,13-21	Music that is sung in church overseas that are the same as at	J8,14,15.	Grandson sings opera

	home makes her feel at home immediate		
		L12,22	sing with my children
		E13,26.	Sometimes sang with children
		E14,4.	It's the mother's job to sing with the children
		E14,6.	It's the mother's job to sing with the children
		E16,8.	It's the mother's job to sing with the children
		E14,17.	You can sing with nieces and nephews
		J10,27,28.	Nice to watch grand children dance.
		QM30,26- QM31,2	Husband chooses most of the music they listen to
		QM14,19-21	Listens to music that husband listens to
		J2,7,8.	Daughter likes rap
		QM9,26	Likes La Paloma that was husband's favourite

2. Social		3. Physical	
3. Impact of music on personal experience: Emotional and cognitive		3. Impact of music on personal experience: Emotional and cognitive	
Code	Music to relax or calm down	Code	Music and memory
E2,13.	Music listening for relaxation	J6,26.	Music absolutely evokes memories.
E2,15.	Music listening to cool you down	J6,28-J7, 2.	When you listen to music you replay an incident that happened in your life.
E2,17.	Music listening for relaxation	J7,2,3.	Music brings back memories
E2,19.	Music listening to cool you down	J7,22,23,24,25,26.	When you hear a bid of music on the radio and you say "hey do you remember this" and it spans a long era
E7,19.	Classical music is Calmness	J8,1,2,3.	Reminds me of girlfriend I had before.
J6,8.	Music is calming	J8,10,11.	Romantic memories
J6,9.	Music is relaxing	J10,3.	Those were the days
J6,16.	Music is relaxing.	J10,3,4.	Good days
L8,8	Peace of mind	J10,4,5.	Life changes unfortunately.
QM5,4-5	Mozart is soothing	J10,9.	Life is not what it was.
		QM3,3-6	Like music that brings back memories

	QM8,5-6	Makes me think of the past
	QM8,8-12	Makes me think of when I was growing up and nice times
	QM9,20-25	Reminded of dancing with husband
	QM13,3-7	Listens to music for reminiscence
	E3,7.	Music listening for reminiscence
	E3,11.	Music listening for reminiscence
	E3,21.	Music makes you think of where you are now
	J10,12.	Plenty memories
	M74,22-25	I can remember
	M71,18-20	remember the old times

4. Experience of live music			
3. Impact of music on personal experience: Physical		3. Impact of music on personal experience: Experience of live music	
Code	Music and movement	Code	Attending live music events
E12,20.	Danced very seldom	J8,17,18,19.	Greatest enjoyment is when grandson gives her a concert.
E12,24.	Used to dance when she was younger	J14,24.	Watched a lot of live shows
E12,26.	Loves to dance	QM16,21 – QM18,9	Used to go watch musicals performed by Boys High school.

E13,1,2,3,4.	Dancing in dance halls with a partner	QM18,15	Enjoyed going to live music shows and dances
E13,7.	Dancing to an orchestra	QM18,16-18	Enjoyed going to live music shows and dances when the opportunity arose
E13,9,10.	Danced until we dropped	QM18,19-21	Can not go to live shows because she can not drive at night anymore
J9,20.	Used to dance to music.	QM18,22-QM19,2	Live entertainers come to QM to perform shows
J9,26,27.	Body starts preaching. You get the rhythm.	QM19,6-14	Goes to Brooklyn once a month for senior tea to watch a live music performance
M70,26	Listen to music because you can move/dance	QM19,16-22	Pretoria Boys high Dixie band – rousing, noisy music but pleasant
M76,10	Want to dance	QM20,1	Bag piper at Valley senior day was wonderful
M75,16-17	You keep going with the music	QM20,17-QM21,10	Reminiscing about bag pipe band performance from youth
QM2,24-24-QM3,1	Like mostly music that they could dance to as youngsters	QM52,19-27	Attended a drum circle at Brooklyn
QM9,20-25	Reminded of dancing with husband	QM52,27	Enjoyed participating in drum circle
QM12,1-4	Learned to Jive with “In the mood”	QM53,5-10	Attended a drum circle on Arbour day
QM36,18	Does exercises		
QM59,24	We have dancing sometimes at the facility		

3. Impact of music on personal experience: Experience of live music	
Code	Live music vs. recordings
L14,10	Didn't like to listen to live music
J14,4.	Prefer live music over recorded music
J14,4.	Live music is personal
J14,7.	Prefer live music over recorded music
J14,10,11,12,13.	Prefer live music over recorded music

MUSIC AS EXPERIENCED THROUGH A CULTURAL AND RELIGIOUS PERSPECTIVE			
4. Music as experienced through a cultural and religious perspective		4. Music as experienced through a cultural and religious perspective	
Code	Cultural traditions and customs	Code	Music and religious ritual
L8,7	Because of culture	L7,10	They pray on me
L8,11	In our culture	L7,15	Muslim music is like prayer
L8,12	you have to listen to it	L7,21	Like a music prayer for 10 days
L8,15	Duty	L8,20	Have to pray in the morning

L8,16	it is our culture	L8,23	Pray at different hours
L8,19	Have to listen to it.	L8,25	Have beads to pray
L12,1-2	Brought up in orthodox family	L9,3	No music for Hindu prayer
L12,2-3	Not much opportunity	L9,7	Listen to music after prayer
L13,11-13	No instruments in our culture	L9,12	Koran
L13,13-16	Sing and pray without band/instruments	L10,5-9	End the day with bible reading, singing and music
L13,18-21	No instruments at a wedding	L10,16-17	Have time to think about God
L13,18-21	Sing/pray without instruments at a wedding	L11,15-23	find time to pray in the morning and at night
L14,4-6	if they want a wedding more modern they get a band	L13,27-28	Minds keep on praying
L14,7	Normally they don't	L14,11-12	From small you have prayer
L14,22-23	We were brought up like this	L17,26-28	We will play all kinds of instruments in the temple
L14,24-25	It would not be nice to change our ways now	L18,3	big temple in Laudium
L15,12-13	We grew up in a different way	L18,6-9	They play instruments at the temple
L16,1	It's not for us to go out with our friends	L18,11-12	Play flute, drums and piano
L16,2	You must be more in the house	L18,18	music in the temple is a prayer
L16,3-5	We were brought up to clean the house on our knees, scrub and polish.	L19,4-8	Music is no playing in the Muslim culture for prayer songs

L16,8	Grew up at home	L19,9	Prayer at 4h30 am
L16,9	Most of the time in the house	L19,14-20	No sung prayer at 5am, only spoken prayer
L16,10	Don't go out	L20,1	Sung prayer at 7h30pm
L16,11-12	Its custom to stay at home	L18,16	Likes to listen to music in the temple
L16,14-15	We make our little way to what opportunity we get	QM33,10-13	Listens to Gospel music to think of the Lord
L17,19	We go according to our culture		
L17,23	Follow the tradition		
L18,25	in our culture they play all instruments		

4. Music as experienced through a cultural and religious perspective	
Code	Reference to sin
L11,5-7	As you get old you must ask forgiveness to God for listening to music.
L11,10-11	So many sins
L11,12	Watching TV is a sin
L15,15-17	No music, no this, no that, no going to movies.

PERSONAL REFLECTIONS			
5. personal reflections		5. personal reflections	
Code	Reference to age / ageism	Code	Personal stories
L14,26	This age might be lively	E9,1.	People aren't nice anymore
L14,28	you have to lively at this age	E13,12.	Drank a lot as youngster
L15,19-24	Not all old people are the same.	E13,14.	Didn't like people drinking too much
L15,25-26	Some old people are more modern	J14,14.	Worked for theatres for 20 years
E11,24.	Are we too old for that?	J14,20,21.	Everything was available to us.
QM48,22-23	We lose our voices at this age	J14,25-J15,2.	Lived in various cities
QM70,19-21	Not so mobile as we used to be	L10,15	Had difficult life
		L12,6	Got married in 20's
		L12,9	Married the priest
		L12,12-13	working in pharmacy 25yrs
		QM55,21-24	Became interested in music when she was a student
		QM55,25-QM56,14	Attended a music appreciation evening as a student

	QM56,20-23	Learned about Eine Kleine Nachtmuzik at music appreciation

5. personal reflections		5. personal reflections	
Code	Daily routine	Code	Daily boredom and disinterest
L10,1	Daily routine	L14,19-20	At least we could do something
L10,5-9	End the day with bible reading, singing and music	QM50,3-8	Very few of the residents attended the event
L13,9	Daily routine to sing spiritual music	QM51,20	Don't participate in making own music at the home
		QM58,1-5	People always complain about nothing to do
		QM58,23-26	Residents want entertainment
		QM58,26-QM59,8	Residents don't come to arranged entertainment at the facility
		QM59,19-23	People get tired of entertainment too quickly
		QM60,3-7	Timing of entertainment is not suitable

5. personal reflections			
5. personal reflections		5. personal reflections	
Code	activities at facility	Code	Appreciation for visitor
QM48,27-QM49,6	used to have a small group that met once a month	E15,14.	If it wasn't for you we wouldn't be here
QM49,7-13	A man used to come with 30 min music and 30 min poetry	E15,20.	When will you come back to us?
QM50,9-23	A man comes once a month to play music and play games.	E15,23.	Come make music with us
QM51,5	No live music performers comes to the home	J15,6,7,8.	Interest in Music Therapy
QM51,8-12	The man sings with back tracks	J17,13.	What is Music Therapy?
QM55,16-20	It's interesting to hear more about music	L5,23	Thank you for taking interest in us
QM59,15-18	Don't have arranged entertainment too often	L20,9	thank you for giving up your time to be with us
QM61,8-13	There is a notice on the notice board with a daily schedule		
QM61,15-21	Notice on notice board is too small		

8.11. Appendix K: Relationship with music

CHART 1

Relationship with music				
V3	Do you play a musical instrument or sing in a choir?	Often	9	23%
V3		sometimes	9	23%
V3		Not often	3	8%
V3		Never	17	43%
v4	Did you play a musical instrument or sing in a choir when you were younger?	Often	13	33%
v4		sometimes	10	25%
v4		Not often	3	8%
v4		Never	12	30%
v8	How often do you listen to music?	Often	19	48%
v8		sometimes	11	28%
v8		Not often	4	10%
v8		Never	1	3%
v9	How important is music to your life?	Very important	20	50%
v9		important	12	30%
v9		not important/ unimportant	2	5%
v9		Un-important	2	5%
v10	How important was music to your life when you were between 20 and 40 years old?	Very important	19	48%
v10		important	9	23%
v10		not important/ unimportant	2	5%
v10		Un-important	5	13%
v11	Do you personally choose the music you listen to?	Often	12	30%
v11		sometimes	12	30%
v11		Not often	4	10%
v11		Never	6	15%
v12	How often do you feel emotions in response to music?	Often	20	50%
v12		sometimes	11	28%
v12		Not often	1	3%
v12		Never	2	5%

8.12. Appendix L: Access to music

Chart 2

Access to music				
v6	Would you like more access to taking part in making music?	Yes	18	45%
v6		No	18	45%
v7	Would you be interested in taking part in individual or group Music Therapy for personal growth, personal or social support or development of creativity?	Yes	21	53%
v7		No	13	33%
v11	Do you personally choose the music you listen to?	Often	13	33%
v11		sometimes	11	28%
v11		Not often	4	10%
v11		Never	6	15%
V5	What is the access you have to making music?	Regularly accessible	7	18%
V5		sometimes	9	23%
V5		Not often	4	10%
V5		Never	18	45%
V3	Do you play a musical instrument or sing in a choir?	Often	9	23%
V3		sometimes	9	23%
v3		Not often	3	8%
v3		Never	17	43%
V4	Did you play a musical instrument or sing in a choir when you were younger?	Often	13	33%
V4		sometimes	10	25%
v4		Not often	3	8%
v4		Never	12	30%

8.13. Appendix M: Relatedness

Chart 3

Relatedness				
V1	I have regular contact with my family	Strongly agree	22	55%
V1		Agree	8	20%
V1		Don't agree or disagree	4	10%
V1		Disagree	2	5%
v1		Strongly disagree	3	8%
V2	I regularly participate in activities presented at the facility	Often	15	38%
V2		sometimes	20	50%
V2		Not often	2	5%
V2		Never	0	0%

8.14. Appendix N: Reasons to listen to music categories and sub categories

Identity and agency		
To strengthen self esteem	Often	58%
	sometimes	10%
	Not often	18%
	Never	10%
It makes me feel competent	Often	50%
	sometimes	25%
	Not often	5%
	Never	15%
It strengthens my self-image	Often	50%
	sometimes	18%
	Not often	15%
	Never	10%
To express my personality	Often	48%
	sometimes	15%
	Not often	13%
	Never	15%
To shield out the world around me	Often	30%
	sometimes	25%
	Not often	20%
	Never	13%
To gain control of sounds in my surroundings	Often	55%
	sometimes	18%
	Not often	13%
	Never	10%

Mood regulation		
It evokes memories	Often	58%
	sometimes	30%
	Not often	5%
	Never	3%
Music induces emotions	Often	60%
	sometimes	18%
	Not often	13%
	Never	0%
To forget about the present	Often	43%
	sometimes	33%
	Not often	8%
	Never	8%
To enhance positive moods	Often	53%
	sometimes	28%
	Not often	5%

	Never	10%
To weaken negative moods	Often	45%
	sometimes	20%
	Not often	10%
	Never	15%
To feel akin to others	Often	48%
	sometimes	20%
	Not often	10%
	Never	13%
To vent emotions	Often	38%
	sometimes	30%
	Not often	13%
	Never	8%
To reflect on my life	Often	43%
	sometimes	30%
	Not often	13%
	Never	5%
To express my feelings	Often	55%
	sometimes	20%
	Not often	5%
	Never	10%

Relaxation and company		
To reduce feelings of loneliness	Often	43%
	sometimes	33%
	Not often	8%
	Never	8%
To get company / background music	Often	58%
	sometimes	23%
	Not often	10%
	Never	5%
To stir up energy	Often	43%
	sometimes	40%
	Not often	3%
	Never	8%
To relax and calm down	Often	48%
	sometimes	18%
	Not often	13%
	Never	13%
To create atmosphere in social situations	Often	23%
	sometimes	40%
	Not often	20%
	Never	8%

Self improvement		
It helps me concentrate	Often	40%
	sometimes	20%
	Not often	18%
	Never	8%
To master new skills	Often	35%
	sometimes	10%
	Not often	15%
	Never	28%

Enjoyment		
For entertainment	Often	68%
	sometimes	18%
	Not often	5%
	Never	5%
It gives me pleasure	Often	68%
	sometimes	23%
	Not often	3%
	Never	3%
Interest in music itself	Often	70%
	sometimes	8%
	Not often	8%
	Never	8%
It is beautiful	Often	63%
	sometimes	28%
	Not often	5%
	Never	0%
Enjoy listening to lyrics	Often	45%
	sometimes	28%
	Not often	10%
	Never	5%

8.15. Appendix O: Autonomy, competence and relatedness

Participant	Autonomy	average	%	Competence	average	%	Relatedness	average	%
EWOFA Participant 1	30	4.29	61 %	23	3.83	64 %	25	3.13	39 %
EWOFA Participant 2	33	4.71	67 %	26	4.33	72 %	31	3.88	48 %
EWOFA Participant 3	37	5.29	76 %	27	4.50	75 %	44	5.50	69 %
EWOFA Participant 4	28	4.00	57 %	24	4.00	67 %	32	4.00	50 %
EWOFA Participant 5	31	4.43	63 %	24	4.00	67 %	39	4.88	61 %
EWOFA Participant 6	37	5.29	76 %	21	3.50	58 %	40	5.00	63 %
EWOFA Participant 7	34	4.86	69 %	24	4.00	67 %	41	5.13	64 %
EWOFA Participant 8	32	4.57	65 %	23	3.83	64 %	45	5.63	70 %
HLS Participant 1	0	0.00	0%	0	0.00	0%	0	0.00	0%
HLS Participant 2	19	2.71	39 %	28	4.67	78 %	44	5.50	69 %
HLS Participant 3	36	5.14	73 %	27	4.50	75 %	39	4.88	61 %
L Participant 1	28	4.00	57 %	29	4.83	81 %	56	7.00	88 %
L Participant 2	29	4.14	59 %	23	3.83	64 %	34	4.25	53 %
L Participant 3	28	4.00	57 %	24	4.00	67 %	41	5.13	64 %
L Participant 4	26	3.71	53 %	16	2.67	44 %	54	6.75	84 %
L Participant 5	27	3.86	55 %	24	4.00	67 %	38	4.75	59 %

M Participant t 1	28	4.00	57 %	24	4.00	67 %	38	4.75	59 %
M Participant t 2	25	3.57	51 %	30	5.00	83 %	44	5.50	69 %
M Participant t 3	25	3.57	51 %	30	5.00	83 %	44	5.50	69 %
M Participant t 4	31	4.43	63 %	30	5.00	83 %	44	5.50	69 %
M Participant t 5	37	5.29	76 %	27	4.50	75 %	38	4.75	59 %
M Participant t 6	31	4.43	63 %	24	4.00	67 %	44	5.50	69 %
M Participant t 7	30	4.29	61 %	30	5.00	83 %	37	4.63	58 %
M Participant t 8	40	5.71	82 %	24	4.00	67 %	44	5.50	69 %
J Participant t 1	28	4.00	57 %	27	4.50	75 %	39	4.88	61 %
J Participant t 2	32	4.57	65 %	30	5.00	83 %	41	5.13	64 %
J Participant t 3	23	3.29	47 %	26	4.33	72 %	25	3.13	39 %
J Participant t 4	17	2.43	35 %	11	1.83	31 %	25	3.13	39 %
J Participant t 5	20	2.86	41 %	22	3.67	61 %	35	4.38	55 %
J Participant t 6	23	3.29	47 %	33	5.50	92 %	32	4.00	50 %
J Participant t 7	30	4.29	61 %	27	4.50	75 %	37	4.63	58 %
J Participant t 8	27	3.86	55 %	30	5.00	83 %	40	5.00	63 %
J Participant	36	5.14	73 %	30	5.00	83 %	47	5.88	73 %

t 9									
QM Participant 1	30	4.29	61 %	27	4.50	75 %	40	5.00	63 %
QM Participant 2	36	5.14	73 %	25	4.17	69 %	37	4.63	58 %
QM Participant 3	29	4.14	59 %	22	3.67	61 %	33	4.13	52 %
QM Participant 4	26	3.71	53 %	22	3.67	61 %	33	4.13	52 %
QM Participant 5	37	5.29	76 %	35	5.83	97 %	54	6.75	84 %
QM Participant 6	35	5.00	71 %	27	4.50	75 %	36	4.50	56 %
Totals	4.14	4.14	59 %	4.17	4.17	70 %	4.78	4.78	60 %

8.16. Appendix P: Email to care facilities

FACULTY OF HUMANITIES
DEPARTMENT of MUSIC



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Music Therapy Unit

Tel: 012 420 5372

Fax: 012 420 4517

musictherapy2@up.ac.za

www.up.ac.za/academic/music/music.html

Date:

Dear Sir/Madam

I am a Music Therapy Masters degree student at the University of Pretoria. As part of the Masters curriculum I have to complete a research project.

The title of my research project is: Musical profiles and healthy ageing: Towards developing a Community Music Therapy intervention within care facilities for the elderly in Gauteng. The aim is to construct the musical profile of residents in care facilities for the elderly representative of the

broader demography of the Pretoria as well as to explore psychosocial needs in order to inform recommendations towards Community Music Therapy as intervention to support healthy ageing.

The project will identify up to five care facilities for the elderly in Pretoria. From each care facility, between eight and ten volunteer residents will be selected with the exclusion criteria of mid to late stage dementia.

The resident volunteers will each receive an informed consent form which will explain the process and assure each of their privacy, and right to withdraw at any stage during the research project.

Each resident volunteer will receive two questionnaires to complete. The first questionnaire will measure the psychological well-being of the resident volunteer and the second will compile a musical profile. After completion of the questionnaires, the resident volunteers will take part in an audio-video recorded focus group regarding the information gathered from the questionnaire.

It would be an honour if you will permit this research to be conducted at your care facility.

Please contact me for any further information on 0826310238 or e-mail me at annimotion@gmail.com.

Kind regards

Annelet Prinsloo

Student Music Therapist

University of Pretoria

8.17. Appendix Q: Informed consent letters to managers, signed

FACULTY OF HUMANITIES

DEPARTMENT of MUSIC



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Music Therapy Unit

Tel: 012 420 5372

Fax: 012 420 4517

musictherapy2@up.ac.za

www.up.ac.za/academic/music/music.html

Date:

Letter of informed consent for care facilities

Study leader: Dr Carol Lotter, Supervisor

Tel: 012 4203747

E-mail: carol.lotter@up.ac.za

Researcher: Annelet Prinsloo

Student number: 15383033

Student address: 5 Selborne ave

Lytelton Manor

0517

Tel: 082 6310238

Title of the study: Musical profiles and healthy ageing: A mixed methods study towards developing a Community Music Therapy intervention within care facilities for the elderly in greater Pretoria.

Dear Sir / Madam

Your Care Facility is invited to participate in a research project aimed at finding out about the musical profile of residents in care facilities for the elderly, representative of the broader demography of Pretoria, and to explore the psychosocial needs in order to inform recommendations towards Community Music Therapy as an approach to support healthy ageing. I hereby ask your kind permission for allowing your residents to complete two questionnaires and attend a focus group discussing the questionnaires. This will take approximately three hours in one day.

I would be most willing to share the outcomes of the research via e-mail after completion of the study, if required by participants. I do not regard the information that will be disclosed during the focus group as being sensitive. However, should you wish to remain anonymous, your anonymity will be respected. The participants may decide to withdraw at any stage should they wish not to continue with the interview.

If you are willing to participate in this study, please sign this letter as a declaration of your consent.

I, _____, give permission that the residents of this facility may participate in the research project. The answers in questionnaires and participation in a focus group may be used for the purpose of research and education. I am fully aware of the nature of the research and acknowledge that the participants may withdraw at any time and that their participation in this research is voluntary. Should they wish to remain anonymous, their anonymity and confidentiality will be respected. I understand that this research

is for the promotion of healthy ageing in gathering information towards the recommendations for design of a Community Music Therapy programme.

Name and address of care facility: : _____

Participant Care facility representative signature:

_____ Date: _____

M.Mus student signature:

_____ Date: _____

8.18. Appendix R: Participants informed consent letters signed.