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Music Preferences of Geriatric Clients within Three Sub-Populations

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THE FLORIDA STATE UNIVERSITY
COLLEGE OF MUSIC

MUSIC PREFERENCES OF GERIATRIC CLIENTS
WITHIN THREE SUB-POPULATIONS

By

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I dedicate this to my loving parents, Victor and Pat Sikora, who have supported me throughout college. They are generous, kind, and always there for me. They are my rock.

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ABSTRACT

The purpose of this study was to explore specific preferences of geriatric clients within three age groups or sub-populations of young-old (65-74), mid-old (75-84), and old-old (85 and older). Specifically, this study investigated: the top songs requested/preferred by clients, if any songs overlap among the age groups, the compositional dates most frequent of the songs, and if the songs support the “young adult years’ hypothesis.” A survey was sent to 465 AMTA members who are categorized as serving geriatric clients. Of the 465, 86 responded to the survey resulting in an 18.5% return rate. Responses resulted in a combined total of 1871 songs. Multiple individual songs overlapped between age groups with all groups sharing 75 songs. Not including the songs overlapped between all groups: young-old and middle-old had 30 songs in common, middle-old and old-old had 40 songs in common, young-old and old-old had 10 songs in common. The compositional date most frequent within the young-old sub-group was 1956, the middle-old and old-old sub-groups was 1930. The most frequent compositional decades for the age groups were: 1950s for the young-old, 1930s for the middle-old, and 1920s for the old-old. Results indicate the majority of the individual songs from all age groups were not in the range of the young adult years, and in fact, are before the young adult years. Tables with the top songs are included.

CHAPTER ONE

INTRODUCTION

Our society has multiple terms that describe persons who are *old*, such as older adults, senior citizens, elderly and geriatric. While these terms are often used interchangeably, they should be used with caution when describing an individual's age since each term has a slightly different connotation depending on the context. For example, according to the National Academy for Teaching and Learning about Aging (1998), the term elderly is often used for social service, health programs, hospitals, nursing homes, and is sometimes used synonymously with the word sickly. The American Psychological Association (2010) further states that words such as elderly and senior are not acceptable as nouns and thus, the term older adults is preferred. Additionally, the term senior citizen is often associated with group recreational activities and applies to individuals over a certain designated age, such as 50 (Couper & Pratt, 1998), whereas geriatric refers to older people, especially in regards to healthcare. Despite the multiple ways older adults may be labeled, this study will use terms to describe the older adult population that coincide with the cited literature when appropriate and all other references will be termed older adults.

The age of the older adult population is defined differently depending on the context. For example, the government defines the age of the elderly as 65 whereas the American Association of Retired Persons (AARP) allows persons to become members at 50 years of age (Cheney & Hammond, 2009). According to The Encyclopedia of Aging (2001), 65 years of age is frequently used to indicate the onset of old age, but this age was established for social policy decisions. "Age grading is the division of a population into broad age groupings, such as

childhood, adulthood, and old age” (Maddox et al., 2001, p.36). Furthermore, sub-populations exist within each age grading and are present to analyze specific needs, preferences, and statistics. Within the older adult population, various writers and analysts have split this group into three sub-populations, young-old (ages 65-74), the middle-old (ages 75-84), and old-old (ages 85 and older) because each has different needs and resources (Maddox et al., 2001; Germain & Bloom, 1999; Cheney & Hammond, 2009; OpenStax College, 2012; National Center for Health Statistics, 2007).

Currently, the older adult population is growing and it is estimated that in 2030 those aged 65 and older will double in size from the year 2010 and will consist of 20% of the population (Federal Interagency Forum on Aging-Related Statistics, 2010). Furthermore, the percentage of those aged 85 and older, or the oldest old, is expected to increase from 12% in 2000 to 23% in 2050 (Wilmoth & Ferraro, 2007). This growth is due to improved access to healthcare, advances in medicine, healthier lifestyles, and better health before the age of 65 (Czaja & Sharit, 2009; National Center for Health Statistics, 2007).

Due to the increasing numbers of older adults within the general population, our society has created multiple settings to provide services that are dependent upon this sub-populations’ health and activity level. For example, since many older adults are more active, fit, and healthier than generations past (Czaja & Sharit, 2009), senior center facilities offer persons who live independently the opportunity to be involved in programs that provide health, social, recreational, and educational services (Maddox et al, 2001; Senior Centers: Fact Sheet, n.d.). However, for those older adults that require more assistance with daily living activities, accommodations such as adult day centers, residential assisted living and nursing homes provide

different degrees of care. Adult day centers provide services to those who live on their own or with assistance from a care-giver during the day. This type of setting is community-based, typically operates during normal business hours five days a week (About adult day services, n.d.) and is often found to include meals, therapeutic activities, and personal care (Maddox et al., 2001). Residential assisted living provides residents with a home-like environment and allows older adults to be independent to somewhat independent while receiving assistance for activities of daily living. This type of setting fills the gap between home care and a nursery home (Day, 2013) while providing services such as meals, hygiene, housekeeping, and socio-recreational activities (Hill, Thorn, Bowling, & Morrison, 2002). A nursery home is typically for older adults who require greater medical attention and/or assistance. This type of setting is a cost-effective way to enable patients with injuries, acute illnesses or postoperative care needs to recover in an environment outside a hospital (Day, 2013).

Each of the facilities listed above provide services to older adults that include medical, therapeutic and socio-recreational. Among these services is music therapy, a profession that provides interventions to the older population and uses music to reach non-music goals. Music Therapy has been used in rehabilitation programs, especially to those clients confined to nursery homes, to provide sensory stimulation, to enhance quality of life and to prevent or slow mental and physical deterioration (Davis, Gfeller, & Thaut, 1999). Furthermore, when comparing two nursing homes, one with music and one without music, the residents from the nursery home with music had higher ratings of life satisfaction, attitudes toward music, and music self-concept (VanderArk, Newman, & Bell, 1983). Additionally, music therapy interventions have been implemented to maintain and improve cognitive skills, decrease disruptive behaviors, improve social and emotional needs, and decrease caregiver stress for individuals with Alzheimer's

disease, as well as a form of self expression for hospice patients (Belgrave, Darrow, Walworth, & Wlodarczyk, 2011). In conclusion, evidence from a review of a literature suggested that music participation benefited senior's quality of life, sense of physical and mental well-being, decreased stress, pain and medication usage, slowed cognitive decline, increased feelings of pleasure and enjoyment, socialization, self expression, and pride from learning new skills (Lehmburg & Fung, 2010). Thus, Music therapy has the capability of rehabilitation for older adults to maintain or improve clients' physical, mental, and psychosocial functions (Davis, Gfeller, & Thaut, 1999) in a variety of settings.

Operational Definitions

Adult Day Care - Facility that provides services to those who live on their own or with assistance from a care-giver during the day (About adult day services, n.d.).

Assisted Living - Residential assisted living represents a home like environment that provides services such as meals, hygiene, housekeeping, and socio recreational activities (Hill, Thorn, Bowling, & Morrison, 2002).

Community Based Service - Assistance of daily activities for older adults that helps them so they can remain in their home (Kassner, n.d.).

Folk Music Genre - Traditional music that originated from a region or country and is passed down from generation to generation by oral tradition (folk music, n.d.).

Great Lakes Region - Region of AMTA consisting of the states of: Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin.

Hospice - A type of care for patients at the end-of-life.

Hospital - A facility for patients with medical needs.

Middle-old - Clients aged within 75-84.

Mid-Atlantic Region - Region of AMTA consisting of the states of: Delaware, District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia and West Virginia.

Midwestern Region - Region of AMTA consisting of the states of: Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota and Wyoming.

Music Therapy - An established health profession in which the clinical and evidence-based use of music and music activities address and seek to accomplish individualized goals and objectives within a therapeutic relationship by a credentialed professional who has completed an approved

music therapy program and undergone training in multiple populations and settings (American Music Therapy Association, 2005)

Musicals Music Genre - Music originating from a Broadway production.

New England Region - Region of AMTA consisting of the states of: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont.

Nursery Home - A nursery home is a cost-effective way to enable patients with injuries, acute illnesses or postoperative care needs to recover in an environment outside a hospital (Day, 2013).

Old-old - Clients aged 85 or above.

Patriotic Music Genre - Music that expresses pride for one's homeland.

Psychiatric Unit – A hospital ward for patients that need psychiatric care (psychiatric inpatient unit, n.d.).

Rehabilitation Center – A facility that provides therapy or other rehabilitative services.

Senior Center - facilities that offer persons who live independently the opportunity to be involved in programs that provide health, social, recreational, and educational services (Maddox et al, 2001; Senior Centers: Fact Sheet, n.d.).

Southeastern Region - Region of AMTA consisting of the states of: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee.

Southwestern Region - Region of AMTA consisting of the states of: New Mexico, Oklahoma and Texas.

Support Group – A group of people who share a commonality, such as anxiety, and meet to discuss it.

Veteran's Affairs – Facilities that benefit veterans and their families.

Wellness Program/Center – A facility or center that provides activities and functions that promote wellness.

Western Region - Region of AMTA consisting of the states of: Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, Utah, and Washington.

Young adult year's hypothesis - A hypothesis that claims older adults prefer music from when they were aged 18-25.

Young-old - Clients aged within 65-74.

CHAPTER TWO

REVIEW OF LITERATURE

Numerous variables affect music preference or as coined in previous research, musical taste. Leblanc (1982) developed a theoretical model regarding music preference and how it is characterized. The theory can be summarized as: “*Music preference decisions are based upon the interaction of input information and the characteristics of the listener, with input information consisting of the musical stimulus and the listener’s cultural environment*” (Leblanc, 1982, p. 29). The model consists of eight levels of hierarchical variables. The first level, level 8, contains physical properties, complexity, referential meaning, and performance quality of the music stimulus, incidental conditioning, opinions of the peer group, family, educators, authority figures, and media influence. Levels 5-7 represent variables that filter the music such as affective state, basic attention, and physiological enabling conditions. Level 4 variables include personal characteristics (gender, ethnicity, musical training, and personality). Finally, Levels 1-3 consist of the processing of input information, the decision point, and acceptance or rejection of the preference decision (Leblanc, 1982). This suggests that one variable can either negatively or positively affect one’s music preference and the music therapist needs to investigate the unique preferences of clients.

The research is vast regarding the use of music as well as music preference as a stimulus to alter one’s state. For instance, residents of nursing homes experience a decrease in making decisions, choices, or assuming responsibility. Thus, therapeutic changes can be achieved when seniors’ have the opportunity to make a decision and select their preferred music (Jonas, 1991). In a study conducted by Walworth (2003), the researcher investigated the differences of preferred song, preferred genre, and no music on experimentally induced anxiety levels. Both

music groups had significantly less anxiety levels over the no music group. Furthermore, preferred music is also more likely to promote participation over non preferred music (Gibbons, 1977).

Previous research has been conducted regarding lifespan memory, preferences of music style, music activities, tempo, and preferred range for older adults. Lifespan memory exists for popular songs and last heard judgments are highly correlated with the actual year of popularity (Bartlett & Snelus, 1980). Studies with the geriatric population have shown that clients prefer popular music from their young adult years, ages 18-25 (Bartlett & Snelus, 1980; Gibbons, 1977; Jonas 1991, Lathom, Petersen, & Havelick, 1982). If this is the case, individual's music preference in this broad range group may be widely varied since there are great differences in young adult periods among group members (Gibbons, 1977). Jonas (1991) points out the importance of assessing the preferences of older adults through formal questions or informal conversation especially because unknown variables affecting preference may be present. However, over time more studies have shown that clients preferring music from their young adult years' is not the only case. Frequent music preferences of clients come from music outside of the young adult years. Older music that "stands the test of time" or music from childhood is often preferred by geriatric clients (Vanweelden & Cevasco, 2007; Vanweelden & Cevasco, 2009). Geriatric clients prefer patriotic, popular and religious music (Moore, Staum, & Brotons, 1992) over folk music (Lathom, Peterson, & Havelicek, 1982). Moore, Staum, & Brotons (1992) stated that professionals who conduct music activities with geriatric clients must possess a broad repertoire of patriotic music, popular music, as well as hymns. Variables that affect geriatric music preference are education level, past experience, community size in which older adults grew up, and music training outside of the school setting (Lathom, Peterson, Havelicek, 1982;

Jonas, 1991). Furthermore, participants with the music training variable had a significant difference in their preference for art music (Jonas, 1991). Lathom, Peterson, & Havelicek (1982) contributed to this thought by previously stating a higher preference of symphonic music can be explained by familiarity. Older adults who have music training are familiar with symphonic music and therefore prefer that particular style. Additionally, older adults mostly prefer singing and listening activities (Gilbert & Beal, 1982; Hylton, 1983). However, expressed preference for musical activities may vary depending on living situation and community size (Gilbert & Beal, 1982). Moore, Staum, & Brotons (1992) discovered that subjects prefer slower tempos, live or recorded piano accompaniments, and a vocal range of F3-C5 for women and nearly an octave lower for men. This study also noted that it is important to find published song material that addresses the vocal ranges and contain appropriate keys for clients. If not, the facilitator must have good transposition skills in order to adapt the keys to the appropriate key (Moore, Staum, & Brotons, 1992).

Two studies were found regarding the actual repertoire music therapists use with geriatric clients during singing activities. Cevasco & VanWeelden (2007) conducted the first study by surveying AMTA members who serve select geriatric populations and work settings. Contact information was located in the AMTA sourcebook and 151 members responded to the survey. Participants were asked to list the top ten songs they use with clients for five genres (popular, patriotic, hymn, folk, and musicals). Respondents' songs (N=1688) were provided in a table with the decades of the songs represented. The researchers questioned if the music was age appropriate, too old, was enjoyed by a certain age subset, or it stood the test of time so it was enjoyed by all ages. This study not only stated that future surveys may want to incorporate

geographical data to meet the needs of our society but that “this list will need to be continuously updated as persons are enfolded into the geriatric population” (VanWeelden & Cevasco, 2007).

Cevasco and VanWeelden (2010) created a list of songs from musicals and popular songs from the 1900s-1960s. The songs were from four songbooks series which were considered easy to access for music therapists in order to locate songs to use when working with the older population. The tables of 1,896 songs were sorted by decade, and organized alphabetically by song title. The researchers compared the songbook series list with a previous study by VanWeelden & Cevasco (2007). The songbooks provided access to 200 of the 288 songs. This resource provides music therapists and music therapy students a tool to access the music with melody, chord symbols, and piano accompaniment of songs.

In another study conducted by VanWeelden & Cevasco (2009), the researchers investigated geriatric clients’ preferences for specific popular songs for use during singing activities. Participants ($N=36$), ranged in age from 71-91 years, and were from two senior centers and one retirement village located in the south. This study selected 32 songs based on a previous study by VanWeelden & Cevasco (2007). Participants were asked to listen to an excerpt of a song and circle if they had heard the song before, if they liked it a lot, somewhat, or not at all; and if they would prefer to sing the song. The 9 songs heard by 100% of the participants were from the years 1931 or earlier, 5 of which were 1910 or earlier. As the year of the song increased the number of participants that heard or preferred the song decreased. Results from this research indicated the young adult years’ hypothesis did not exist for these participants. Music therapists may want to include other factors when selecting repertoire for seniors as it does not include all music preferences for singing activities. Investigating the differences in terms of “young-old”, “mid-old”, and “old-old” (Germain & Bloom, 1999) may

also be warranted due to the increase of baby boomers and centenarians in the geriatric population (VanWeelden & Cevasco, 2009).

In a study conducted by Cevasco, VanWeelden, & Bula (in press.), the top ten popular songs by decade for three sub-populations were investigated. Participants ($N=443$) were gathered from the 2009 AMTA sourcebook and met criteria to participate. The sub populations consisted of geriatric, well elderly, and Alzheimer's/Dementia. Participants were assigned to one decade but had the option to participate in more decades or change the decade if the assigned decade was unfamiliar. Participants indicated which of the songs listed from the given decade they recognize, use in a session, use with each sub population they serve, and then asked to list the top ten songs used from the list for the sub populations served. Results indicated that the greatest percentage of songs used were from the 1900s and 1910s. This research suggests that music therapists do not use music based on the young adult years' hypothesis. It may be that clients prefer music slightly before the ages of 18-25 ((Cevasco, VanWeelden, & Bula, in press). This study also states that future researchers may want to investigate exact client ages and song choice preferences.

Purpose

The purpose of this study was to explore specific preferences of geriatric clients within three age groups or sub-populations of young-old, mid-old, and old-old. The research questions addressed in this study were as follows:

Research Questions

1. What songs do music therapists indicate are preferred/requested by clients aged 65-74?
2. Of the songs preferred/requested by clients aged 65-74, which are listed by the most music therapists?

3. What songs do music therapists indicate are preferred/requested with clients aged 75-84?
4. Of the songs preferred/requested by clients aged 75-84, which are listed by the most music therapists?
5. What songs do music therapists indicate are preferred/requested with clients aged 85 and above?
6. Of the songs preferred/requested by clients aged 85 and above, which are listed by the most music therapists?
7. Do any of the listed songs overlap among the older adult age groups?
8. What compositional dates are most frequent among the listed songs?
9. Do the songs listed by music therapists support the “young adult years’ hypothesis” as addressed in previous literature?

CHAPTER THREE

METHOD

Participants

Participants ($N=86$) for this study were American Music Therapy Association (AMTA) members who work with geriatric clients. These professional members were identified through their contact information via the AMTA direct mail- label request form found in the document library on the AMTA website (musictherapy.org). The researcher requested to receive contact information for those current and professional members who indicate they work with clients aged 50 and older (see Appendix A). Upon approval via the request form, the researcher received 450 contacts from AMTA (see Appendix A). Additionally, 15 other contacts were found from the AMTA website's online directory (<http://www.musictherapy.org/about/find/>) of those who did not indicate working with geriatrics but have previously published geriatric research. The client work settings were found via the AMTA sourcebook. The work settings included in this study were adult day care, community based service, hospital, psychiatric unit, hospice/bereavement services, nursing home/assisted living, rehabilitation, wellness program/center, support groups, and veterans affairs. Stipulations to participate in this study included AMTA professional membership and providing services to geriatric clients. No other stipulations are included in this study.

Dependent Measure

Participants were asked to complete a survey for this study. The survey was created by the researcher via Qualtrics®, a free survey engine available to the researcher at her university. The first section of the survey contained three demographic questions that asked the participants for their credentials, AMTA region where they reside, the client work settings they serve, and the

geriatric sub-populations they serve (i.e., 65-74 -young-old, 75-84 - mid-old, and/or 85+ - old-old). Following the demographic section, the survey was programmed to direct participants to individual pages that asked them to list up to ten of the most requested/preferred songs for each of the sub-populations they indicated working within the demographic section. Thus, each participant only listed song titles for the sub-populations they were familiar. Additionally, the directions on the survey explained the lists of songs did not need to be in any particular order. A full copy of the survey is located in Appendix B.

Procedure

Approval to conduct this research was granted by the researcher's Institutional Review Board (see Appendix C) prior to the start of the study. Participants were then contacted via an introductory email letter briefly explaining the study (see Appendix D) requesting permission to take part in the survey. This email also included a link to the Qualtrics® survey. The first page of the survey was the letter of consent form, which stated participation is voluntary, the participant may opt out at any time, the responses are anonymous, and they may contact the researcher if they have any further questions regarding the research (see Appendix E). Participants who gave their consent at the bottom of the first page were directed to the first question of the survey, while those who did not give consent were exited out via a thank you page. Three reminder emails were sent to the potential participants over the course of two weeks. These reminders were only distributed to those who had not completed the survey, a feature embedded in the Qualtrics® program. Potential participants also had the option to click an "Unsubscribe link" in the introduction email, which removed them from any future emails being sent, another feature offered by Qualtrics®. The duration of the survey lasted approximately 7-

10 minutes depending on the participant's ability to recall song titles used with specific sub-populations among geriatric clients.

CHAPTER FOUR

RESULTS

The purpose of this study was to explore specific preferences of geriatric clients within three age groups or sub-populations of young-old, mid-old, and old-old. The research questions addressed in this study of those surveyed were as follows:

1. What songs do music therapists indicate are preferred/requested by clients aged 65-74?
2. Of the songs preferred/requested by clients aged 65-74, which are listed by the most music therapists?
3. What songs do music therapists indicate are preferred/requested with clients aged 75-84?
4. Of the songs preferred/requested by clients aged 75-84, which are listed by the most music therapists?
5. What songs do music therapists indicate are preferred/requested with clients aged 85 and above?
6. Of the songs preferred/requested by clients aged 85 and above, which are listed by the most music therapists?
7. Do any of the listed songs overlap among the older adult age groups?
8. What compositional dates are most frequent among the listed songs?
9. Do the songs listed by music therapists support the “young adult years’ hypothesis” as addressed in previous literature?

Professional members ($N=465$) of the American Music Therapy Association who serve geriatric clients were invited to participate in this study. Of these members, 86 responded to the survey resulting in an 18.5% return rate. Participants were asked to list the songs most requested

or preferred by clients in three age groups 65-74 – young-old, 75-84 – middle-old, and/or 85 and older – old-old. Respondents were prompted to respond only to the age groups they serve and could list up to ten songs per age group.

Responses that did not contain a specific song title or could not be identified were omitted from the data. This resulted in a combined total of 1871 songs listed. The data was further categorized by client age group, which resulted in 606 songs for young-old clients, 667 songs for middle-old clients and 598 songs for old-old clients. However, each of these sub-categories had repeated songs titles due to more than one music therapist listing the piece. Therefore, a master list was compiled that counted each individual song only once. This resulted in a combined total of 383 individual songs. A master list was also compiled for each age group counting each individual song only once. This resulted in 216 for young-old clients, 221 for mid-old clients and 175 for old-old clients. The researcher investigated the compositional date for each song through songbooks and the internet. If a specific date could not be determined it was categorized as unknown.

Research Question 1

What songs do music therapists indicate are preferred or requested by clients aged 65-74? Table 1 lists all 216 individual songs for the young-old age group alphabetically, as well as the compositional date. The song compositional dates range from 1779 to 1986, of which one song was composed in the 1700s, 12 songs were composed in the 1800s and 194 were composed during the 1900s. Of these songs, *Amazing Grace* (1779) had the earliest compositional date and *Phantom of the Opera* (1986) had the latest compositional date.

Table 1

Preferred/Requested Songs for the Young-Old Group in Alphabetical Order

Song Title	Year Composed
Aba Daba Honeymoon, The	1914
Abide With Me	1961
Ain't She Sweet	1927
All I Have to Do Is Dream	1958
All My Loving	1963
All of Me	1931
All Shook Up	1957
Always	1925
Amapola	1924
Amazing Grace	1779
Amen	1957
America	1831
America the Beautiful	1893
American Pie	1971
At Last	1941
Back in the Saddle Again	1940
Bad Bad Leroy Brown	1973
Ballad of Davy Crockett, The	1954
Banana Boat Song, The	1956
Band Played On, The	1895
Battle Hymn of the Republic	1862
Beer Barrel Polka	1927
Bei Mir Bist Du Schon	1932
Bennie And The Jets	1973
Besame Mucho	1941
Blowin' In the Wind	1962
Blue Eyes Crying in the Rain	1945
Blue Hawaii	1961
Blue Moon	1934
Blue Skies	1926
Blue Skirt Waltz	1944
Blue Suede Shoes	1955
Blueberry Hill	1940
Bridge Over Troubled Water	1970
Bring It On Home to Me	1962
Brown Eyed Girl	1967
Bye Bye Blackbird	1926
California Dreamin'	1963
Canon in D	1919

Table 1 Continued

Song Title	Year Composed
Can't Help Falling in Love	1961
Carolina in My Mind	1968
Catch a Falling Star	1958
Cielito Lindo	1882
Coat of Many Colors	1971
Crazy	1962
Daisy Bell (Bicycle Built for Two)	1892
Danny Boy	1913
Darling Clementine	*
Do Lord	*
Don't Be Cruel	1956
Don't Fence Me In	1944
Don't Let the Rain Come Down	1964
Don't Sit Under the Apple Tree	1942
Do-Re-Mi	1959
Dream a Little Dream of Me	1931
Dreams	1977
Ebb Tide	1953
Edelweiss	1965
Eight Days a Week	1964
Everyday	1957
Feelin' Groovy (59th Street Bridge Song)	1966
Fire and Rain	1970
Five Foot Two, Eyes of Blue	1925
Fly Me to the Moon	1954
Folsom Prison Blues	1955
Gambler, The	1978
Georgia on My Mind	1930
Give My Regards to Broadway	1904
God Bless America	1938
Great Balls of Fire	1957
Great Pretender, The	1955
Happy Trails	1951
Harbor Lights	1937
Hava Nagila	1918
Heartbreak Hotel	1956
Here Comes the Sun	1969
He's Got the Whole World	*
Hey Jude	1968
Hey, Good Lookin'	1951
His Eye is on the Sparrow	1905

Table 1 Continued

Song Title	Year Composed
Hit the Road Jack	1960
Home on the Range	*
Hotel California	1977
Hound Dog	1956
House of the Rising Sun, The	1934
How Great Thou Art	1953
How Much is That Doggie in the Window	1953
I Can See Clearly Now	1972
I Got Rhythm	1930
I Heard It Through the Grapevine	1966
I Just Called to Say I Love You	1984
I Left My Heart in San Francisco	1954
I Want to Hold Your Hand	1963
I Wish It Would Rain	1967
I'd Like to Teach the World to Sing	1971
I'll Fly Away	1929
I'm Looking Over a Four Leaf Clover	1927
Imagine	1971
In My Life	1965
In The Garden	1913
In the Good Old Summer Time	1902
In the Mood	1939
It Had To Be You	1924
It's So Hard To Say Goodbye To Yesterday	1975
I've Been Working on the Railroad	*
Jamaica Farewell	1957
Jambalaya	1952
Jesus Loves Me	1862
Joy to the World	1839
Keep On the Sunny Side of Life	1928
King Heroin	1972
King of the Road	1964
Knock Three Times	1970
Landslide	1975
Lean on Me	1972
Leaving on a Jet Plane	1967
Let it Be	1970
Let It Be Me	1955
Let Me Call You Sweetheart	1910
Life Goes On	1968
Love me Do	1962

Table 1 Continued

Song Title	Year Composed
Love Me Tender	1956
Love Potion No 9.	1959
Lullaby of Broadway	1935
Makin' Whoopee	1928
Margaritaville	1977
Maybellene	1955
Me and Bobby Mcgee	1969
Memory	1981
Misty	1954
Moon River	1961
Morning Has Broken	1931
Music! Music! Music!	1949
My Blue Heaven	1924
My Favorite Things	1965
My Girl	1964
My Way	1967
My Wild Irish Rose	1899
New York, New York	1944
Oh Shenandoah	*
Oh Susanna	1948
Oh, What A Beautiful Mornin'	1943
Old Rugged Cross	1913
On Eagle's Wings	1979
On the Way To Cape May	1960
One Day at a Time	1974
Only You	1954
Operator	1965
Over The Rainbow	1939
Payback	1973
Pennsylvania Polka	1942
Phantom of the Opera	1986
Pistol Mackin' Mama	1943
Precious Lord, Take My Hand	1932
Pretty Woman	1964
Proud Mary	1969
Puff the Magic Dragon	1963
Put a Little Love in Your Heart	1969
Que Sera, Sera	1955
Raindrops Keep Fallin' on My Head	1969
Reasons	1975
Red River Valley	1896

Table 1 Continued

Song Title	Year Composed
Ring of Fire	1963
Ripple	1970
Rock Around the Clock	1954
Rocka My Soul	*
Rockin' Robin	1958
Rose, The	1979
Sentimental Journey	1944
Shake, Rattle and Roll	1955
Shoo Fly Pie and Apple Pan Dowdy	1945
Show Me the Way to Go Home	1925
Side By Side	1927
Singing in the Rain	1952
Sitting on the Dock of the Bay	1967
Smile	1954
Sound of Music, The	1959
Stand by Me	1960
Star Spangled Banner	1814
Stop in the Name of Love	1965
Summertime	1935
Sunrise, Sunset	1964
Sunshine On My Shoulders	1971
Take it Easy	1972
Take Me Home, Country Roads	1971
Take Me Out to the Ball Game	1908
Tambourine Man	1965
Tennessee Waltz	1948
That's Amore	1953
They Can't Take That Away From Me	1937
This Land is Your Land	1940
This Little Light of Mine	*
Tie A Yellow Ribbon Around the Oak Tree	1973
Too Fat Polka	1947
Twist And Shout	1961
Unchained Melody	1955
Under the Boardwalk	1964
Unforgettable	1951
Walk the Line	1956
Walkin' After Midnight	1957
Way You Do The Things You Do, The	1964
We'll Sing in the Sunshine	1964
What A Friend We Have in Jesus	1868

Table 1 Continued

Song Title	Year Composed
What A Wonderful World	1967
When the Red, Red Robin Come Bob, Bob Bobbin' Along	1926
When the Saints Go Marching In	*
Yankee Doodle Boy, The	1904
Yellow Bird	1957
Yellow Rose of Texas, The	1955
Yesterday	1965
You Are My Sunshine	1930
You Made Me Love You	1913
Your Cheatin' Heart	1952
You're a Grand Old Flag	1905
You're Nobody Till Somebody Loves You	1944
You've Got A Friend	1971

Note: *Indicates year composed is unknown.

Research Question 2

Of the songs preferred/requested by clients aged 65-74, which are listed by the most music therapists? Songs ($n=494$) listed for the young-old age group resulted in 26.40% of the total songs. Table 2 shows the top songs preferred or requested by clients aged 65-74. The top list was compiled by the amount of repeated songs from responses. Due to tied ranks, multiple songs were included for a rank with the same amount of repeats. Thus, more than 10 songs are included in the table. The top five songs include *You Are My Sunshine*, *Amazing Grace*, *Love Me Tender*, *Hound Dog*, *Let Me Call You Sweetheart*, *Walk the Line*, and *Take Me Home, Country Roads*.

Table 2
Top Preferred/Requested Songs for the Young-Old Group

Rank	Song Title	Σ	%	Year Composed
1.	You Are My Sunshine	33	38%	1930
2.	Amazing Grace	30	35%	1779
3.	Love Me Tender	19	22%	1956
4.	Hound Dog	14	16%	1956

Table 2 Continued

Rank	Song Title	Σ	%	Year Composed
	Let Me Call You Sweetheart	14	16%	1910
	Walk the Line	14	16%	1956
5.	Take Me Home, Country Roads	12	14%	1971
6.	God Bless America	11	13%	1938
	Hey, Good Lookin'	11	13%	1951
7.	Tennessee Waltz	10	12%	1948
8.	Crazy	9	10%	1962
	Edelweiss	9	10%	1965
	Moon River	9	10%	1961
	Oh, What A Beautiful Mornin'	9	10%	1943
	Over the Rainbow	9	10%	1939
9.	America the Beautiful	8	9%	1893
	Fly Me to the Moon	8	9%	1954
10.	In the Garden	7	8%	1913
	It Had to Be You	7	8%	1924
	Let it Be	7	8%	1970
	Old Rugged Cross	7	8%	1913
	Sentimental Journey	7	8%	1944
	You've Got a Friend	7	8%	1971

Note: Percentages rounded to the nearest whole number

Research Question 3

What songs do music therapists indicate are preferred or requested with clients aged 75-84? Table 3 lists all 221 individual songs for the middle-old age group alphabetically, as well as the compositional date. The song compositional dates range from 1779 to 1982, of which one song was composed in the 1700s, 20 songs were composed in the 1800s and 185 songs written in the 1900s. Of these songs, *Amazing Grace* (1779) had the earliest compositional date and *Wind Beneath My Wings* (1982) had the latest compositional date.

Table 3

Preferred/Requested Songs for the Middle-Old Group in Alphabetical Order

Song Title	Year Composed
Abide With Me	1861
After the Ball	1892
Ain't She Sweet	1927
Ain't We Got Fun?	1921
Alexanders Ragtime Band	1911
All Shook Up	1957
Alla en el Rancho Grande	*
Aloha Oe	1978
Always (I'll Be Loving You Always)	1925
Amazing Grace	1779
America	1831
America the Beautiful	1893
American Patrol	1885
Anniversary Song	1947
Any Time	1921
April showers	1921
As Time Goes By	1931
Baby Face	1926
Back in the Saddle	1940
Banana Boat Song, The	1956
Band Played On, The	1895
Battle Hymn of the Republic	1862
Beautiful Ohio	1918
Because He Lives	1971
Beer Barrel Polka (Roll Out the Barrel)	1927
Bells of St. Mary's, The	1917
Beyond the Sea	1945
Blessed Assurance	1873
Blue Eyes Crying in the Rain	1945
Blue Hawaii	1961
Blue Moon	1934
Blue Skies	1926
Blue Skirt Waltz	1944
Button Up Your Overcoat	1928
By the Light of the Silvery Moon	1909
Bye Bye Blackbird	1926
Can't Help Falling in Love	1961
Carolina in the Morning	1922

Table 3 Continued

Song Title	Year Composed
Catch a Falling Star	1958
Chattanooga Choo Choo	1941
Crazy	1962
Daddy Sang Bass	1968
Daddy's Home	1961
Daisy Bell (Bicycle Built for Two)	1892
Danny Boy	1913
Darktown Strutters' Ball, The	1917
Darling Clementine	*
Don't Fence Me In	1944
Dont Get Around Much Anymore	1940
Don't Sit Under the Apple Tree	1942
Down in the Valley	*
East Side West Side	1966
Easter Parade	1933
Edelweiss	1965
Everybody Loves Somebody	1947
Five Foot Two, Eyes of Blue	1925
Fly Me to the Moon	1954
For Me and My Gal	1917
Gambler, The	1978
Give My Regards To Broadway	1904
Glory of Love, The	1936
God Bless America	1938
God is So Good	*
Goodnight, Irene	1936
Green Green Grass of Home	1965
Happy Birthday	1893
Happy Trails	1951
Happy Wanderer, The	1953
Harbor Lights	1937
Hava Nagila	1918
Have I Told You Lately That I Love You	1945
Have You Ever Been Lonely?	1932
Heart and Soul	1938
Heart of My Heart	1926
Hello Dolly!	1969
Hernando's Hideaway	1954
He's Got the Whole World	*
Hey, Good Lookin'	1951
His Eye is on the Sparrow	1905

Table 3 Continued

Song Title	Year Composed
Home on the Range	*
Hound Dog	1956
How Great Thou Art	1953
How Much is That Doggie in the Window	1953
I Can't Give You Anything But Love	1928
I Fall To Pieces	1961
I Get a Kick Out of You	1934
I Got Rhythm	1930
I Left My Heart in San Francisco	1954
I Love You Truly	1901
I Only Have Eyes For You	1934
I Want a Girl	1911
If You Knew Susie	1925
I'll Be Seeing You	1938
I'll Fly Away	1929
I'm Beginning to See the Light	1945
I'm Forever Blowing Bubbles	1918
I'm Looking Over a Four Leaf Clover	1927
Immaculate Mary	*
In The Garden	1913
In the Good Old Summer Time	1902
In the Mood	1939
In The Still of the Night	1937
It Had To Be You	1924
It's a Small World	1964
It's Only a Paper Moon	1933
I've Been Everywhere	1959
I've Been Working on the Railroad	*
Jesus Loves Me	1862
Just A Closer Walk With Thee	*
Keep On the Sunny Side	1928
King of the Road	1964
Leaving on a Jet Plane	1967
Lemon Tree	1960
Let it Be	1970
Let Me Call You Sweetheart	1910
Let There Be Peace On Earth	1955
Lift Every Voice and Sing	1901
Little Brown Jug	1869
Little Coquette	1928
Lollipop	1958

Table 3 Continued

Song Title	Year Composed
Love Me Tender	1956
Ma, He's Making Eyes At Me	1921
Mairzy Doats	1943
Makin' Whoopee	1928
Mister Sandman	1954
Misty	1954
Mona Lisa	1949
Moon River	1961
Moonlight Bay	1912
More	1962
My Blue Heaven	1924
My Bonnie Lies Over the Ocean	*
My Favorite Things	1965
My Girl	1964
My Old Kentucky Home	1853
My Way	1967
My Wild Irish Rose	1899
New York, New York	1944
Night and Day	1932
Oh Susanna	1948
Oh, What A Beautiful Mornin'	1943
Old Gray Mare, The	1915
Old Rugged Cross	1913
On the Road Again	1979
On the Sunny Side of the Street	1930
Over the Rainbow	1939
Over There	1917
Peg o' My Heart	1913
Pennsylvania Polka	1942
Polly Wolly Doodle	1880
Precious Lord, Take My Hand	1932
Que Sera, Sera	1955
Red Sails in the Sunset	1935
Ring of Fire	1963
Rock Around the Clock	1954
Rockin' Robin	1958
Route 66	1946
San Antonio Rose	1940
School days	1907
Sentimental journey	1944
She'll Be Comin' Round the Mountain	*

Table 3 Continued

Song Title	Year Composed
Show Me the Way to Go Home	1925
Side By Side	1927
Sidewalks of New York	1894
Singing in the Rain	1952
Sioux City Sue	1945
Smile	1954
Some Enchanted Evening	1949
Somewhere My love	1965
Sound of Music, The	1959
Stand By Me	1960
Stand Up, Stand Up for Jesus	1858
Star Dust	1927
Star Spangled Banner	1814
Strolling Through the Park	1884
Summertime	1935
Sunrise, Sunset	1964
Swing Low, Sweet Chariot	*
Take Me Home, Country Roads	1971
Take Me Out to the Ball Game	1908
Take the "A" Train	1944
Tea for Two	1924
Teddy Bear	1957
Tennessee Waltz	1948
That's Amore	1953
There Ought to Be a Moonlight Savings Time	1930
Third Man Theme, The	1949
This Land is Your Land	1940
This Little Light of Mine	*
Til We Meet Again	1918
Tiptoe Through the Tulips With Me	1929
Too Fat Polka	1947
Unforgettable	1951
Wabash Cannonball, The	1905
Wait Till the Sun Shines, Nellie	1905
Walk the Line	1956
Walking the Floor Over You	1941
Way You Look Tonight, The	1936
What A Difference A Day Makes	1959
What A Friend We Have In Jesus	1868
What A Wonderful World	1967
When Irish Eyes Are Smiling	1912

Table 3 Continued

Song Title	Year Composed
When it's Springtime in the Rockies	1923
When the Red, Red Robin Come Bob, Bob Bobbin' Along	1926
When the Saints Go Marching In	*
When You Wore a Tulip	1914
When You're Smiling	1929
White Christmas	1941
White Cliffs of Dover, The	1941
Wildwood Flower	1860
Wind Beneath My Wings	1982
Yankee Doodle Boy, The	1904
Yankee Doodle Dandy	*
Yellow Rose of Texas, The	1955
You Are My Sunshine	1930
You Send Me	1957
You'll Never Know	1943
You'll Never Walk Alone	1945
Your Cheatin' Heart	1952
You're a Grand Old Flag	1905
Zip-A-Dee-Doo-Dah	1946

*Indicates year composed is unknown

Research Question 4

Of the songs preferred/requested by clients aged 75-84, which are listed by the most music therapists? Songs ($n=667$) listed for the middle-old age group resulted in 35.65% of the total songs. Table 2 shows the top songs preferred or requested by clients aged 75-84. Due to tied ranks, multiple songs were included for a rank with the same amount of repeats. Thus, more than 10 songs are included in the table. The top four songs include *You Are My Sunshine*, *Amazing Grace*, *Let Me Call You Sweetheart*, *In the Garden*, and *Take Me Out To the Ball Game*.

Table 4
Top Preferred/Requested Songs for the Middle-Old Group

Rank	Song Title	Σ	%	Year Composed
1.	You Are My Sunshine	40	47%	1930
2.	Amazing Grace	34	40%	1779
3.	Let Me Call You Sweetheart	21	24%	1910
4.	In The Garden	17	20%	1913
	Take Me Out to the Ball Game	17	20%	1908
5.	God Bless America	16	19%	1938
6.	Oh, What A Beautiful Mornin'	13	15%	1943
7.	Over the Rainbow	12	14%	1939
	Sentimental journey	12	14%	1944
8.	Always	10	12%	1925
	Five Foot Two, Eyes of Blue	10	12%	1925
	Old Rugged Cross	10	12%	1913
	Side By Side	10	12%	1927
	Tennessee Waltz	10	12%	1948
9.	Don't Sit Under the Apple Tree	9	11%	1942
	Edelweiss	9	11%	1965
	Home on the Range	9	11%	*
	I've Been Working on the Railroad	9	11%	*
10.	America the Beautiful	8	9%	1893
	Daisy Bell (Bicycle Built for Two)	8	9%	1892
	Hey, Good Lookin'	8	9%	1951
	It Had To Be You	8	9%	1924

Note: Percentages rounded to the nearest whole number. *Indicates year composed unknown.

Research Question 5

What songs do music therapists indicate are preferred or requested with clients aged 85 and above? Table 5 lists all 175 individual songs for the old-old age group alphabetically, as well as the compositional date. The song compositional dates range from 1529 to 1981. Of these songs, one was composed in the 1500s, two in the 1700s, 28 in the 1800s and 130 in the 1900s. *A Mighty Fortress is Our God* was composed in 1529 making the range of years so wide. The next oldest song is *Amazing Grace* which was composed in 1779. *Memory* (1981) had the latest compositional date.

Table 5

Preferred/Requested Songs for the Old-Old Group in Alphabetical Order

Song Title	Year Composed
A Mighty Fortress Is Our God	1529
Abide With Me	1861
Ac-Cent-Tchu-Ate the Positive	1944
Adios Muchachos Companieros de Mi Vida	*
After the Ball	1892
Ain't she sweet	1927
Alexander's Ragtime Band	1911
Aloha Oe	1978
Always (I'll Be Loving You Always)	1925
Amazing Grace	1779
America	1831
America the Beautiful	1893
Anchors Aweigh	1906
As Time Goes By	1931
Away in a Manger	1885
Baby Face	1926
Back in The Saddle Again	1940
Band Played On, The	1895
Battle Hymn of the Republic	1862
Beautiful Brown Eyes	1951
Beautiful Dreamer	1864
Beautiful Ohio	1918
Beer Barrel Polka (Roll Out the Barrel)	1927
Bei Meir Bist Du Schon	1932
Blue Hawaii	1961
Blue Skies	1926
Blue Skirt Waltz	1944
Blue-Tail Fly	1846
Bushel and a Peck	1950
By The Light of The Silvery Moon	1909
Bye Bye Blackbird	1926
Camptown Races	1850
Carolina in the Morning	1922
Carolina Moon	1928
Chattanooga Choo Choo	1941
Cielito Lindo	1882
Coal Miner's Daughter	1971
Daddy's Little Girl	1949
Daisy Bell (Bicycle Built for Two)	1892

Table 5 Continued

Song Title	Year Composed
Danny Boy	1913
Darktown Strutters' Ball, The	1917
Darling Clementine	*
Don't Fence Me In	1944
Don't Sit Under the Apple Tree	1942
Down by the Old Mill Stream	1908
Down in the Valley	*
East Side West Side	1966
Edelweiss	1965
Five Foot Two, Eyes of Blue	1925
Fly Me To The Moon	1954
For Me and My Gal	1917
From All that Dwell Below the Skies	1793
Funiculi Funicula	1880
Give Me That Old Time Religion	*
Give My Regards to Broadway	1904
God Bless America	1938
Goodnight, Irene	1936
Hail Hail the Gang's All Here	1917
Happy Days Are Here Again	1929
Harbor Lights	1937
Heart and Soul	1938
Hello, My Baby	1899
He's Got the Whole World in His Hands	*
Hey, Good Lookin'	1951
His Eye is on the Sparrow	1905
Home on the Range	*
How Great Thou Art	1953
How Much is That Doggie in the Window	1953
I Found A Million Dollar Baby	1932
I Got Rhythm	1930
I Love You Truly	1901
If You Knew Susie	1925
I'll Be Seeing You	1938
I'll Be With You in Apple Blossom Time	1920
I'll Fly Away	1929
I'm Forever Blowing Bubbles	1918
I'm Looking Over a Four Leaf Clover	1927
In the Garden	1913
In the Good Old Summer Time	1902
In the Mood	1939

Table 5 Continued

Song Title	Year Composed
In the Shade of the Old Apple Tree	1905
In the Sweet By and By	1868
It Had to Be You	1924
It's a Sin To Tell a Lie	1936
It's Been a Long, Long Time	1945
I've Been Workin' On the Railroad	*
Jambalaya	1952
Jeepers Creepers	1938
Jesus Loves Me	1862
Jingle Bells	1857
Keep on the Sunny Side of Life	1928
Let Me Call You Sweetheart	1910
Let the Rest of the World Go By	1919
Little Brown Church, The	1864
Little Brown Jug	1869
Look for the Silver Lining	1920
Love Me Tender	1956
Mairzy Doats	1943
Makin' Whoopee	1928
Mary's a Grand Old Name	1906
Meet Me in St. Louis, Louis	1904
Memory	1981
Misty	1954
Moon River	1961
Moonlight Bay	1912
Music! Music! Music!	1949
My Blue Heaven	1924
My Bonnie Lies Over the Ocean	*
My Way	1967
My Wild Irish Rose	1899
Oh Susanna	1948
Oh, What A Beautiful Mornin'	1943
Oh, You Beautiful Doll	1911
Ojos Negros	*
Old Folks at Home	1851
Old Rugged Cross	1913
On Eagle's Wings	1979
On the Sunny Side of the Street	1930
On The Way To Cape May	1960
Over the Rainbow	1939
Over There	1917

Table 5 Continued

Song Title	Year Composed
Peg o' My Heart	1913
Pennies From Heaven	1936
Pennsylvania Polka	1942
Polly Wolly Doodle	1880
Precious Lord. Take My Hand	1932
Put on Your Old Gray Bonnet	1909
Que Sera, Sera	1955
Red River Valley	1896
Row Row Row Your Boat	1852
School Days	1907
Sentimental Journey	1944
She'll Be Coming Round the Mountain	*
Shine on, Harvest Moon	1903
Show Me The Way To Go Home	1925
Side By Side	1927
Sidewalks of New York	1894
Singing in the Rain	1952
Smoke Gets in Your Eyes	1933
Someone to Watch Over Me	1926
Star Dust	1927
Sugartime	1958
Sunrise, Sunset	1964
Swing Low, Sweet Chariot	*
Take Me Out to the Ball Game	1908
Tennessee Waltz	1948
That's Amore	1953
They Can't Take the Away from Me	1937
This Land is Your Land	1940
This Little Light of Mine	*
Til We Meet Again	1918
Toot, Toot, Tootsie!	1922
Unforgettable	1951
Victory in Jesus	1939
What a Friend We Have in Jesus	1868
What A Wonderful World	1967
When I Grow Too Old To Dream	1934
When Irish Eyes are Smiling	1912
When the Moon Comes Over the Mountain	1931
When the Red, Red Robin Come Bob, Bob Bobbin' Along	1926
When the Saints Go Marching In	*
When You Wore a Tulip	1914

Table 5 Continued

Song Title	Year Composed
When You're Smiling	1929
Whispering Hope	1868
White Christmas	1941
Wildwood Flower	1860
Yankee Doodle Boy, The	1904
Yankee Doodle Dandy	*
Yellow Rose of Texas, The	1955
Yes Sir, That's My Baby	1925
Yes! We Have No Bananas	1922
You Are My Sunshine	1930
You're A Grand Old Flag	1905
You're Nobody Till Somebody Loves You	1944
Zip-A-Dee-Doo-Dah	1946

*Indicates year composed unknown

Research Question 6

Of the songs preferred/requested by clients aged 85 and above, which are listed by the most music therapists? Songs ($n=598$) listed for the old-old age group resulted in 31.96% of the total songs. Table 3 shows the top songs preferred or requested by clients aged 85 and older. Due to tied ranks, a couple of songs were included for a rank with the same amount of repeats. Thus, more than 10 songs are included in the table. The top five songs include *You Are My Sunshine*, *Let Me Call You Sweetheart*, *Amazing Grace*, *Daisy Bell*, and *In the Garden*.

Table 6
Top Preferred/Requested Songs for the Old-Old Group

Rank	Song Title	Σ	%	Year Composed
1.	You Are My Sunshine	42	49%	1930
2.	Let Me Call You Sweetheart	36	42%	1910
3.	Amazing Grace	33	38%	1779
4.	Daisy Bell (Bicycle Built for Two)	20	23%	1892
5.	In the Garden	18	21%	1913
6.	Five Foot Two, Eyes of Blue	15	17%	1925
	Sentimental Journey	15	17%	1944
7.	God Bless America	13	15%	1938

Table 6 Continued

Rank	Song Title	Σ	%	Year Composed
8.	Side By Side	12	14%	1927
9.	Don't Sit Under the Apple Tree	11	13%	1942
	Home on the Range	11	13%	*
10.	Over the Rainbow	10	12%	1939

Note: Percentages rounded to the nearest whole number. *Indicates year composed unknown.

Research Question 7

Do any of the listed songs overlap among the older adult age groups? Several songs were listed as preferred or requested by clients within all age groups, which created a list of songs that overlapped among all older adult sub-categories. All age groups had 75 songs in common (see Table 7). Additionally, the young-old group and the middle-old group had 30 songs in common, the middle-old and old-old had 40 songs in common and the young-old group and the old-old age group had 10 songs in common (see Tables 8-10). Finally, Table 11 lists all songs and the number of music therapists who recommended each, thus, providing a complete list of songs that overlapped among all older adult sub-categories.

Table 7

Common Songs Preferred/Requested by Clients within All Age Sub-Categories

Song Title	Year
Abide With Me	1861
Ain't She Sweet	1927
Always	1925
Amazing Grace	1779
America	1831
America the Beautiful	1893
Back in the Saddle Again	1940
Band Played On, The	1895
Battle Hymn of the Republic	1862
Beer Barrel Polka	1927
Blue Hawaii	1961
Blue Skies	1926

Table 7 Continued

Song Title	Year
Blue Skirt Waltz	1944
Bye Bye Blackbird	1926
Daisy Bell (Bicycle Built for Two)	1892
Danny Boy	1913
Darling Clementine	*
Don't Fence Me In	1944
Don't Sit Under the Apple Tree	1942
Edelweiss	1965
Five Foot Two, Eyes of Blue	1925
Fly Me to the Moon	1954
Give My Regards to Broadway	1904
God Bless America	1938
Harbor Lights	1937
He's Got the Whole World in His Hands	*
Hey, Good Lookin'	1951
His Eye is on the Sparrow	1905
Home on the Range	*
How Great Thou Art	1953
How Much is That Doggie in the Window	1953
I Got Rhythm	1930
I'll Fly Away	1929
I'm Looking Over a Four Leaf Clover	1927
In the Garden	1913
In the Good Old Summer Time	1902
In the Mood	1939
It Had To Be You	1924
I've Been Working on the Railroad	*
Jesus Loves Me	1862
Keep On the Sunny Side of Life	1928
Let Me Call You Sweetheart	1910
Love Me Tender	1956
Makin' Whoopee	1928
Misty	1954
Moon River	1961
My Blue Heaven	1924
My Way	1967
My Wild Irish Rose	1899
Oh Susanna	1948
Oh, What A Beautiful Mornin'	1943
Old Rugged Cross	1913
Over the Rainbow	1939

Table 7 Continued

Song Title	Year
Pennsylvania Polka	1942
Precious Lord, Take My Hand	1932
Que Sera, Sera	1955
Sentimental Journey	1944
Show Me the Way to Go Home	1925
Side By Side	1927
Singing in the Rain	1952
Sunrise, Sunset	1964
Take Me Out to the Ball Game	1908
Tennessee Waltz	1948
That's Amore	1953
This Land is Your Land	1940
This Little Light of Mine	*
Unforgettable	1951
What a Friend We Have in Jesus	1868
What A Wonderful World	1967
When the Red, Red Robin Come Bob, Bob Bobbin' Along	1926
When the Saints Go Marching In	*
Yankee Doodle Boy, The	1904
Yellow Rose of Texas, The	1955
You Are My Sunshine	1930
You're a Grand Old Flag	1905

Table 8

Common Songs Preferred/Requested by Clients within the Young-Old and Middle-Old Age Sub-Categories

Song Title	Year
All Shook Up	1957
Banana Boat Song, The	1956
Blue Eyes Crying in the Rain	1945
Blue Moon	1934
Can't Help Falling in Love	1961
Catch a Falling Star	1958
Crazy	1962
Gambler, The	1978
Happy Trails	1951
Hava Nagila	1918
Hound Dog	1956
I Left My Heart in San Francisco	1954

Table 8 Continued

Song Title	Year
King of the Road	1964
Leaving on a Jet Plane	1967
Let it Be	1970
My Favorite Things	1965
My Girl	1964
New York, New York	1944
Ring of Fire	1963
Rock Around the Clock	1954
Rockin' Robin	1958
Smile	1954
Sound of Music, The	1959
Stand By Me	1960
Star Spangled Banner	1814
Summertime	1935
Take Me Home, Country Roads	1971
Too Fat Polka	1947
Walk the Line	1956
Your Cheatin' Heart	1952

Table 9

Common Songs Preferred/Requested by Clients within the Middle-Old and Old-Old Age Sub-Categories

Song Title	Year
After the Ball	1892
Alexander's Ragtime Band	1911
Aloha Oe	1978
As Time Goes By	1931
Baby Face	1926
Beautiful Ohio	1918
By the Light of the Silvery Moon	1909
Carolina in the Morning	1922
Chattanooga Choo Choo	1941
Darktown Strutters' Ball, The	1917
Down in the Valley	*
East Side West Side	1966
For Me and My Gal	1917
Goodnight, Irene	1936
Heart and Soul	1938
I Love You Truly	1901

Table 9 Continued

Song Title	Year
If You Knew Susie	1925
I'll Be Seeing You	1938
I'm Forever Blowing Bubbles	1918
Little Brown Jug	1869
Mairzy Doats	1943
Moonlight Bay	1912
My Bonnie Lies Over the Ocean	*
On the Sunny Side of the Street	1930
Over There	1917
Peg o' My Heart	1913
Polly Wolly Doodle	1880
School Days	1907
She'll Be Comin' Round the Mountain	*
Sidewalks of New York	1894
Star Dust	1927
Swing Low, Sweet Chariot	*
Til We Meet Again	1918
When Irish Eyes Are Smiling	1912
When You Wore a Tulip	1914
When You're Smiling	1929
White Christmas	1941
Wildwood Flower	1860
Yankee Doodle Dandy	*
Zip-A-Dee-Doo-Dah	1946

Table 10

Common Songs Preferred/Requested by Clients within the Young-Old and Old-Old Age Sub-Categories

Song Title	Year
Bei Meir Bist Du Schon	1932
Cielito Lindo	1882
Jambalaya	1952
Memory	1981
Music! Music! Music!	1949
On Eagle's Wings	1979
On the Way To Cape May	1960
Red River Valley	1896
They Can't Take That Away From Me	1937
You're Nobody Till Somebody Loves You	1944

Table 11
Alphabetical List of Songs and Sums for All Age Groups

Song Title	Young- Old	Middle- Old	Old-Old
	Σ	Σ	Σ
A Mighty Fortress Is Our God			1
Aba Daba Honeymoon, The	1		
Abide With Me	1	1	2
Ac-Cent-Tchu-Ate the Positive			2
Adios Muchachos Companieros de Mi Vida			1
After the Ball		1	1
Ain't She Sweet	1	3	6
Ain't We Got Fun?		1	
Alexander's Ragtime Band		1	1
All I Have To Do Is Dream	1		
All My Loving	1		
All of Me	1		
All Shook Up	2	1	
Alla en el Rancho Grande		1	
Aloha Oe		1	1
Always	3	10	9
Amapola	1		
Amazing Grace	30	34	33
Amen	1		
America	1	3	2
America the Beautiful	8	8	6
American Patrol		1	
American Pie	1		
Anchors Aweigh			1
Anniversary Song		1	
Any Time		1	
April Showers		1	
As Time Goes By		1	2
At Last	1		
Away in a Manger			1
Baby Face		2	2
Back in the Saddle Again	2	2	1
Bad Bad Leroy Brown	1		
Ballad of Davy Crockett, The	1		
Banana Boat Song, The	2	1	
Band Played On, The	1	2	3
Battle Hymn of the Republic	1	2	3

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
Beautiful Brown Eyes			1
Beautiful Dreamer			4
Beautiful Ohio		1	1
Because He Lives		1	
Beer Barrel Polka	4	7	6
Bei Meir Bist Du Schon	1		1
Bells of St. Mary's, The		1	
Bennie And The Jets	1		
Besame Mucho	1		
Beyond the Sea		1	
Blessed Assurance		1	
Blowin' the Wind	2		
Blue Eyes Crying in the Rain	1	1	
Blue Hawaii	2	1	1
Blue Moon	3	3	
Blue Skies	1	1	2
Blue Skirt Waltz	2	1	1
Blue Suede Shoes	6		
Blueberry Hill	2		
Blue-Tail Fly			1
Bridge Over Troubled Water	3		
Bring It On Home to Me	1		
Brown Eyed Girl	1		
Bushel and a Peck			1
Button Up Your Overcoat		1	
By the Light of the Silvery Moon		2	8
Bye Bye Blackbird	1	3	1
California Dreamin'	1		
Camptown Races			2
Canon in D	1		
Can't Help Falling in Love	3	1	
Carolina in My Mind	1		
Carolina in the Morning		1	2
Carolina Moon			1
Catch a Falling Star	1	4	
Chattanooga Choo Choo		4	2
Cielito Lindo	2		1
Coal Miner's Daughter			1
Coat of Many Colors	1		

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
Crazy	9	3	
Daddy Sang Bass		1	
Daddy's Home		1	
Daddy's Little Girl			1
Daisy Bell (Bicycle Built for Two)	1	8	20
Danny Boy	1	2	4
Darktown Strutters' Ball, The		1	1
Darling Clementine	1	2	5
Do Lord	1		
Don't Be Cruel	1		
Don't Fence Me In	3	7	6
Dont Get Around Much Anymore		2	
Don't Let the Rain Come Down	1		
Don't Sit Under the Apple Tree	1	9	11
Do-Re-Mi	1		
Down by the Old Mill Stream			3
Down in the Valley		1	2
Dream a Little Dream of Me	1		
Dreams	1		
East Side West Side		1	2
Easter Parade		1	
Ebb Tide	1		
Edelweiss	9	9	2
Eight Days a Week	1		
Everybody Loves Somebody		1	
Everyday	1		
Feelin' Groovy (59th Street Bridge Song)	2		
Fire and Rain	1		
Five Foot Two, Eyes of Blue	3	10	15
Fly Me to the Moon	8	7	3
Folsom Prison Blues	2		
For Me and My Gal		1	1
From All that Dwell Below the Skies			1
Funiculi Funicula			1
Gambler, The	1	1	
Georgia on My Mind	2		
Give Me That Old Time Religion			1
Give My Regards to Broadway	1	1	2
Glory of Love, The		2	

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
God Bless America	11	16	13
God is So Good		1	
Goodnight, Irene		2	1
Great Balls of Fire	1		
Great Pretender, The	1		
Green Green Grass of Home		1	
Hail Hail the Gang's All Here			2
Happy Birthday		1	
Happy Days Are Here Again			2
Happy Trails	2	1	
Happy Wanderer, The		1	
Harbor Lights	1	1	1
Hava Nagila	2	1	
Have I Told You Lately That I Love You		3	
Have You Ever Been Lonely?		1	
Heart and Soul		1	1
Heart of My Heart		1	
Heartbreak Hotel	1		
Hello Dolly!		2	
Hello, My Baby			1
Here Comes the Sun	1		
Hernando's Hideaway		1	
He's Got the Whole World in His Hands	2	3	2
Hey Jude	2		
Hey, Good Lookin'	11	8	2
His Eye is on the Sparrow	2	2	1
Hit the Road Jack	1		
Home on the Range	5	9	11
Hotel California	1		
Hound Dog	14	1	
House of the Rising Sun, The	1		
How Great Thou Art	6	7	9
How Much is That Doggie in the Window	6	2	1
I Can See Clearly Now	3		
I Can't Give You Anything But Love		1	
I Fall to Pieces		1	
I Found a Million Dollar Baby			1
I Get a Kick Out of You		1	
I Got Rhythm	1	1	1

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
I Heard It Through the Grapevine	1		
I Just Called to Say I Love You	1		
I Left My Heart in San Francisco	2	4	
I Love You Truly		2	8
I Only Have Eyes For You		1	
I Want a Girl		1	
I Want to Hold Your Hand	2		
I Wish It Would Rain	1		
If You Knew Susie		1	2
I'd Like to Teach the World to Sing	1		
I'll Be Seeing You		1	1
I'll Be With You in Apple Blossom Time			1
I'll Fly Away	2	4	5
I'm Beginning to See the Light		1	
I'm Forever Blowing Bubbles		3	3
I'm Looking Over a Four Leaf Clover	1	2	1
Imagine	2		
Immaculate Mary		1	
In My Life	3		
In the Garden	7	17	18
In the Good Old Summer Time	1	3	4
In the Mood	2	6	3
In the Shade of the Old Apple Tree			1
In The Still of the Night		1	
In the Sweet By and By			1
It Had To Be You	7	8	1
It's a Sin To Tell a Lie			1
It's a Small World		1	
It's Been a Long, Long Time			1
It's Only a Paper Moon		1	
It's So Hard To Say Goodbye To Yesterday	1		
I've Been Everywhere		1	
I've Been Working on the Railroad	6	9	9
Jamaica Farewell	1		
Jambalaya	2		1
Jeepers Creepers			1
Jesus Loves Me	3	3	4
Jingle Bells			1
Joy to the World	1		

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
Just A Closer Walk With Thee		2	
Keep On the Sunny Side of Life	1	2	1
King Heroin	1		
King of the Road	1	3	
Knock Three Times	1		
Landslide	1		
Lean on Me	1		
Leaving on a Jet Plane	2	1	
Lemon Tree		1	
Let it Be	7	1	
Let It Be Me	1		
Let Me Call You Sweetheart	14	21	36
Let the Rest of the World Go By			1
Let There Be Peace On Earth		1	
Life Goes On	1		
Lift Every Voice and Sing		1	
Little Brown Church, The			1
Little Brown Jug		1	1
Little Coquette		1	
Lollipop		1	
Look for the Silver Lining			1
Love Me Do	2		
Love Me Tender	19	6	1
Love Potion No 9.	1		
Lullaby of Broadway	1		
Ma, He's Making Eyes At Me		1	
Mairzy Doats		2	2
Makin' Whoopee	1	1	1
Margaritaville	2		
Mary's a Grand Old Name			1
Maybellene	1		
Me and Bobby Mcgee	2		
Meet Me in St. Louis, Louis			2
Memory	1		1
Mister Sandman		1	
Misty	2	1	1
Mona Lisa		2	
Moon River	9	3	3
Moonlight Bay		1	2

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
More		1	
Morning Has Broken	1		
Music! Music! Music!	2		2
My Blue Heaven	1	6	3
My Bonnie Lies Over the Ocean		3	8
My Favorite Things	3	1	
My Girl	6	1	
My Old Kentucky Home		1	
My Way	3	2	1
My Wild Irish Rose	4	4	7
New York, New York	2	2	
Table 11 Continued			
Night and Day		1	
Oh Shenandoah	1		
Oh Susanna	2	3	8
Oh, What A Beautiful Mornin'	9	13	4
Oh, You Beautiful Doll			2
Ojos Negros			1
Old Folks at Home			1
Old Gray Mare, The		1	
Old Rugged Cross	7	10	9
On Eagle's Wings	1		1
On the Road Again		1	
On the Sunny Side of the Street		1	1
On the Way To Cape May	1		1
One Day at a Time	1		
Only You	1		
Operator	1		
Over the Rainbow	9	12	10
Over There		1	1
Payback	1		
Peg o' My Heart		1	1
Pennies From Heaven			1
Pennsylvania Polka	2	3	1
Phantom of the opera	1		
Pistol Mackin' Mama	1		
Polly Wolly Doodle		1	1
Precious Lord, Take My Hand	2	1	2
Pretty Woman	1		

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
Proud Mary	1		
Puff the Magic Dragon	4		
Put a Little Love in Your Heart	1		
Put on Your Old Gray Bonnet			1
Que Sera, Sera	6	2	1
Raindrops Keep Fallin' on My Head	2		
Reasons	1		
Red River Valley	1		3
Red Sails in the Sunset		2	
Ring of Fire	5	4	
Ripple	1		
Rock Around the Clock	1	1	
Rocka My Soul	1		
Rockin' Robin	1	1	
Rose, The	1		
Route 66		1	
Row Row Row Your Boat			1
San Antonio Rose		1	
School Days		1	2
Sentimental Journey	7	12	15
Shake, Rattle and Roll	1		
She'll Be Comin' Round the Mountain		2	1
Shine On, Harvest Moon			4
Shoo Fly Pie and Apple Pan Dowdy	1		
Show Me the Way to Go Home	1	4	9
Side By Side	5	10	12
Sidewalks of New York		2	1
Singing in the Rain	1	3	2
Sioux City Sue		1	
Sitting on the Dock of the Bay	4		
Smile	1	1	
Smoke Gets in Your Eyes			1
Some Enchanted Evening		4	
Someone to Watch Over Me			1
Somewhere My Love		1	
Sound of Music, The	1	2	
Stand By Me	2	1	
Stand Up, Stand Up for Jesus		1	
Star Dust		2	2

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
Star Spangled Banner	1	2	
Stop in the Name of Love	1		
Strolling Through the Park		3	
Sugartime			1
Summertime	1	2	
Sunrise, Sunset	1	1	1
Sunshine On My Shoulders	4		
Swing Low, Sweet Chariot		3	1
Take it Easy	1		
Take Me Home, Country Roads	12	2	
Take Me Out to the Ball Game	6	17	8
Take the "A" Train		1	
Tambourine Man	1		
Tea for Two		2	
Teddy Bear		1	
Tennessee Waltz	10	10	6
That's Amore	2	4	1
There Ought to Be a Moonlight Savings Time		1	
They Can't Take That Away from Me	1		1
Third Man Theme, The		1	
This Land is Your Land	5	3	1
This Little Light of Mine	1	2	1
Tie a Yellow Ribbon Around the Oak Tree	1		
Til We Meet Again		3	4
Tip Toe Through the Tulips With Me		1	
Too Fat Polka	1	1	
Toot, Toot, Tootsie!			1
Twist And Shout	2		
Unchained Melody	4		
Under the Boardwalk	4		
Unforgettable	1	4	1
Victory in Jesus			1
Wabash Cannonball, The		2	
Wait Till the Sun Shines, Nellie		1	
Walk the Line	14	3	
Walkin' After Midnight	2		
Walking the Floor Over You		1	
Way You Do The Things You Do, The	2		
Way You Look Tonight, The		1	

Table 11 Continued

Song Title	Young- Old Σ	Middle- Old Σ	Old-Old Σ
We'll Sing in the Sunshine	1		
What a Difference a Day Makes		1	
What a Friend We Have in Jesus	1	4	4
What A Wonderful World	4	3	2
When I Grow Too Old To Dream			1
When Irish Eyes Are Smiling		6	2
When It's Springtime in the Rockies		1	
When the Moon Comes Over the Mountain			1
When the Red, Red Robin Come Bob, Bob Bobbin' Along	2	2	5
When the Saints Go Marching In	2	5	3
When You Wore a Tulip		4	3
When You're Smiling		1	3
Whispering Hope			1
White Christmas		2	1
White Cliffs of Dover, The		1	
Wildwood Flower		1	1
Wind Beneath My Wings		1	
Yankee Doodle Boy, The	1	3	1
Yankee Doodle Dandy		2	1
Yellow Bird	1		
Yellow Rose of Texas, The	1	1	1
Yes Sir, That's My Baby			2
Yes! We Have No Bananas			1
Yesterday	2		
You Are My Sunshine	33	40	42
You Made Me Love You	1		
You Send Me		1	
You'll Never Know		1	
You'll Never Walk Alone		1	
Your Cheatin' Heart	5	2	
You're a Grand Old Flag	1	1	4
You're Nobody Till Somebody Loves You	1		1
You've Got A Friend	7		
Zip-A-Dee-Doo-Dah		2	1
Total	606	667	598

Research Question 8

What compositional dates are most frequent among the listed songs? The compositional date most frequent among songs listed as preferred or requested by clients within the middle-old and old-old was 1930, young-old was 1956 (see Table 12). However, it should be noted that *You Are My Sunshine*, which was the top choice for each age group and composed in 1930, contributed to this date being the most frequent date among the middle-old and old-old age groups. In regard to most frequent compositional dates per decade, analysis found the 1950s as the most frequent compositional decade for the young-old age group the 1930s, for the middle-old age group and the 1920s for the old-old age group. Tables 13-15 provides song lists, as well as the year and sum, for the most frequent compositional decade for each sub-group.

Table 12
Songs Composed in Most Frequent Compositional Date by Age Group

Song Title	Σ
Young –Old (1956)	
Banana Boat Song, The	2
Don't Be Cruel	1
Heartbreak Hotel	1
Hound Dog	14
Love Me Tender	19
Walk the Line	14
Middle-Old (1930)	
You Are My Sunshine	40
I Got Rhythm	1
On the Sunny Side of the Street	1
There Ought to Be a Moonlight Savings Time	1
Old-Old (1930)	
You Are My Sunshine	42
I Got Rhythm	1
On the Sunny Side of the Street	1

Table 13

Young -Old Songs from 1950s

Song Title	Year	Σ
Do-Re-Mi	1959	1
Love Potion No 9.	1959	1
Sound of Music, The	1959	1
All I Have to Do is Dream	1958	1
Catch a Falling Star	1958	1
Rockin' Robin	1958	1
All Shook Up	1957	2
Amen	1957	1
Everyday	1957	1
Great Balls of Fire	1957	1
Jamaica Farewell	1957	1
Walkin' After Midnight	1957	2
Yellow Bird	1957	1
Banana Boat Song, The	1956	2
Love Me Tender	1956	19
Walk the Line	1956	14
Hound Dog	1956	14
Don't Be Cruel	1956	1
Heartbreak Hotel	1956	1
Que Sera, Sera	1955	6
Unchained Melody	1955	4
Blue Suede Shoes	1955	6
Folsom Prison Blues	1955	2
Let It Be Me	1955	1
Maybellene	1955	1
Shake, Rattle and Roll	1955	1
Yellow Rose of Texas, The	1955	1
Ballad of Davy Crockett, The	1954	1
Fly Me to the Moon	1954	8
I Left My Heart in San Francisco	1954	2
Misty	1954	2
Only You	1954	1
Rock Around the Clock	1954	1
Smile	1954	1
How Much is That Doggie in the Window	1953	6
How Great Thou Art	1953	6
Ebb Tide	1953	1
That's Amore	1953	2
Your Cheatin' Heart	1952	5
Jambalaya	1952	2

Table 13 Continued

Song Title	Year	Σ
Singing in the Rain	1952	1
Hey, Good Lookin'	1951	11
Happy Trails	1951	2
Unforgettable	1951	1

Table 14

Middle-Old Songs from 1930s

Song Title	Year	Σ
Over the Rainbow	1939	12
In the Mood	1939	6
God Bless America	1938	16
Heart and Soul	1938	1
I'll Be Seeing You	1938	1
Harbor Lights	1937	1
In The Still of the Night	1937	1
Goodnight, Irene	1936	2
Glory of Love, The	1936	2
Way You Look Tonight, The	1936	1
Red Sails in the Sunset	1935	2
Summertime	1935	2
Blue Moon	1934	3
I Get a Kick Out of You	1934	1
I Only Have Eyes For You	1934	1
Easter Parade	1933	1
It's Only a Paper Moon	1933	1
Have You Ever Been Lonely?	1932	1
Night and Day	1932	1
Precious Lord	1932	1
As Time Goes By	1931	1
You Are My Sunshine	1930	40
I Got Rhythm	1930	1
On the Sunny Side of the Street	1930	1
There Ought to Be a Moonlight Savings Time	1930	1

Table 15
Old-Old Songs from 1920s

Song Title	Year	Σ
I'll Fly Away	1929	5
When You're Smiling	1929	3
Happy Days Are Here Again	1929	2
Carolina Moon	1928	1
Keep on the Sunny Side	1928	1
Makin' Whoopee	1928	1
Side By Side	1927	12
Ain't she sweet	1927	6
Beer Barrel Polka	1927	6
Star Dust	1927	2
I'm Looking Over a Four Leaf Clover	1927	1
When the Red, Red Robin Come Bob, Bob Bobbin' Along	1926	5
Baby Face	1926	2
Blue Skies	1926	2
Bye Bye Blackbird	1926	1
Someone to Watch Over Me	1926	1
Five Foot Two, Eyes of Blue	1925	15
Always	1925	9
Show Me The Way To Go Home	1925	9
If You Knew Susie	1925	2
Yes Sir, That's My Baby	1925	2
My Blue Heaven	1924	3
It Had to Be You	1924	1
Carolina in the Morning	1922	2
Toot, Toot, Tootsie!	1922	1
Yes! We Have No Bananas	1922	1
I'll Be With You in Apple Blossom Time	1920	1
Look for the Silver Lining	1920	1

Research Question 9

Do the songs listed by music therapists support the “young adult years’ hypothesis” as addressed in previous literature? Research has shown that older clients prefer popular music from their young adult years, ages 18-25 (Bartlett & Snelus, 1980; Gibbons, 1977; Jonas 1991, Lathom, Petersen, & Havelick, 1982); however, there is some evidence this hypothesis may not

truly encompass all the music preferences of older adults (Vanweelden & Cevasco, 2007; Vanweelden & Cevasco, 2009, VanWeelden, Cevasco, & Bula, In press.). To investigate if this hypothesis existed with the current study the researcher calculated percentages of songs that fall under the range of years considered the young adult years for each age sub-group. The ranges of years are 1957-1973 for young-old, 1947-1963 for middle-old, and 1931-1953 for the old-old sub group. The young-old group had 70 of the 188 individual songs or 37.23% in the young adult year range. The middle-old group had 51 of the 221 individual songs or 23.18% in the young adult year range. The oldest-old group had 47 of the 177 individual songs or 26.55% in the young adult year range. These results indicate the majority of the songs listed by music therapists were not in the ranges of the young adult years hypothesis for any of the client age groups. Table 16 displays all of the songs in ordered by date and age group that are considered in the young adult years' hypothesis.

Table 16
Young Adult Hypothesis Songs by Age Group

	Year	Σ
Young -Old (1957-1973)		
Bad Bad Leroy Brown	1973	1
Bennie And The Jets	1973	1
Payback	1973	1
Tie A Yellow Ribbon Around the Oak Tree	1973	1
I Can See Clearly Now	1972	3
King Heroin	1972	1
Lean on Me	1972	1
Take it Easy	1972	1
Take Me Home, Country Roads	1971	12
You've Got A Friend	1971	7
Sunshine On My Shoulders	1971	4
Imagine	1971	2
American Pie	1971	1
Coat of Many Colors	1971	1
I'd Like to Teach the World to Sing	1971	1
Let it Be	1970	7
Bridge Over Troubled Water	1970	3

Table 16 Continued

Song Title	Year	Σ
Fire and Rain	1970	1
Knock Three Times	1970	1
Ripple	1970	1
Me and Bobby Mcgee	1969	2
Raindrops Keep Fallin' on My Head	1969	2
Here Comes the Sun	1969	1
Proud Mary	1969	1
Put a Little Love in Your Heart	1969	1
Hey Jude	1968	2
Carolina in My Mind	1968	1
Life Goes On	1968	1
Sitting on the Dock of the Bay	1967	4
What A Wonderful World	1967	4
My Way	1967	3
Leaving on a Jet Plane	1967	2
Brown Eyed Girl	1967	1
I Wish It Would Rain	1967	1
Feelin' Groovy (59th Street Bridge Song)	1966	2
I Heard It Through the Grapevine	1966	1
Edelweiss	1965	9
In My Life	1965	3
My Favorite Things	1965	3
Yesterday	1965	2
Operator	1965	1
Stop in the Name of Love	1965	1
Tambourine Man	1965	1
My Girl	1964	6
Under the Boardwalk	1964	4
Way You Do The Things You Do, The	1964	2
Don't Let the Rain Come Down	1964	1
Eight Days a Week	1964	1
King of the Road	1964	1
Pretty Woman	1964	1
Sunrise, Sunset	1964	1
We'll Sing in the Sunshine	1964	1
Ring of Fire	1963	5
Puff the Magic Dragon	1963	4
I Want to Hold Your Hand	1963	2
All My Loving	1963	1
California Dreamin'	1963	1
Crazy	1962	9

Table 16 Continued

Song Title	Year	Σ
Blowin' In the Wind	1962	2
Love me Do	1962	2
Bring It On Home to Me	1962	1
Moon River	1961	9
Can't Help Falling in Love	1961	3
Blue Hawaii	1961	2
Twist And Shout	1961	2
Abide With Me	1961	1
Stand by Me	1960	2
Hit the Road Jack	1960	1
On the Way To Cape May	1960	1
Do-Re-Mi	1959	1
Love Potion No 9.	1959	1
Sound of Music, The	1959	1
All I Have to Do Is Dream	1958	1
Catch a Falling Star	1958	1
Rockin' Robin	1958	1
All Shook Up	1957	2
Walkin' After Midnight	1957	2
Amen	1957	1
Everyday	1957	1
Great Balls of Fire	1957	1
Jamaica Farewell	1957	1
Yellow Bird	1957	1
Middle-Old (1947-1963)		
Ring of Fire	1963	4
Crazy	1962	3
More	1962	1
Moon River	1961	3
Blue Hawaii	1961	1
Can't Help Falling in Love	1961	1
Daddy's Home	1961	1
I Fall To Pieces	1961	1
Lemon Tree	1960	1
Stand By Me	1960	1
Sound of Music, The	1959	2
I've Been Everywhere	1959	1
What A Difference A Day Makes	1959	1
Catch a Falling Star	1958	4
Lollipop	1958	1
Rockin' Robin	1958	1

Table 16 Continued

Song Title	Year	Σ
All Shook Up	1957	1
Teddy Bear	1957	1
You Send Me	1957	1
Love Me Tender	1956	6
Walk the Line	1956	3
Banana Boat Song, The	1956	1
Hound Dog	1956	1
Que Sera, Sera	1955	2
Let There Be Peace On Earth	1955	1
Yellow Rose of Texas, The	1955	1
Fly Me to the Moon	1954	7
I Left My Heart in San Francisco	1954	4
Hernando's Hideaway	1954	1
Mister Sandman	1954	1
Misty	1954	1
Rock Around the Clock	1954	1
Smile	1954	1
How Great Thou Art	1953	7
That's Amore	1953	4
How Much is That Doggie in the Window	1953	2
Happy Wanderer, The	1953	1
Singing in the Rain	1952	3
Your Cheatin' Heart	1952	2
Hey, Good Lookin'	1951	8
Unforgettable	1951	4
Happy Trails	1951	1
Some Enchanted Evening	1949	4
Mona Lisa	1949	2
Third Man Theme, The	1949	1
Tennessee Waltz	1948	10
Oh Susanna	1948	3
Anniversary Song	1947	1
Everybody Loves Somebody	1947	1
Too Fat Polka	1947	1
Old-Old (1931-1953)		
How Great Thou Art	1953	9
How Much is That Doggie in the Window	1953	1
That's Amore	1953	1
Singing in the Rain	1952	2
Jambalaya	1952	1
Hey, Good Lookin'	1951	2

Table 16 Continued

Song Title	Year	Σ
Beautiful Brown Eyes	1951	1
Unforgettable	1951	1
Bushel and a Peck	1950	1
Music! Music! Music!	1949	2
Daddy's Little Girl	1949	1
Oh Susanna	1948	8
Tennessee Waltz	1948	6
Zip-A-Dee-Doo-Dah	1946	1
It's Been a Long, Long Time	1945	1
Sentimental Journey	1944	15
Don't Fence Me In	1944	6
Ac-Cent-Tchu-Ate the Positive	1944	2
Blue Skirt Waltz	1944	1
You're Nobody Till Somebody Loves You	1944	1
Oh, What A Beautiful Mornin'	1943	4
Mairzy Doats	1943	2
Don't Sit Under the Apple Tree	1942	11
Pennsylvania Polka	1942	1
Chattanooga Choo Choo	1941	2
White Christmas	1941	1
Back in The Saddle Again	1940	1
This Land is Your Land	1940	1
Over the Rainbow	1939	10
In the Mood	1939	3
Victory in Jesus	1939	1
God Bless America	1938	13
Heart and Soul	1938	1
I'll Be Seeing You	1938	1
Jeepers Creepers	1938	1
Take My Hand Precious Lord	1938	1
Harbor Lights	1937	1
They Can't Take the Away from Me	1937	1
Goodnight, Irene	1936	1
It's a Sin To Tell a Lie	1936	1
Pennies From Heaven	1936	1
When I Grow Too Old To Dream	1934	1
Smoke Gets in Your Eyes	1933	1
Bei Meir Bist Du Schon	1932	1
I Found A Million Dollar Baby	1932	1
Precious Lord	1932	1
As Time Goes By	1931	2

Table 16 Continued

Song Title	Year	Σ
When the Moon Comes Over the Mountain	1931	1

Table 17 lists the songs that are outside of the young adult years by age group. The young-old had 405 of 606 or 66.83%, middle-old 505 of 667 songs or 75.71%, and old-old had 421 of 598 or 70.40% songs outside of the young adult years. Songs with an unknown composition date were not included in the analysis. A majority of the songs outside of the adult years were earlier than the young adult years range.

Table 17

Songs Outside the Young Adult Years by Age Group

	Year	Σ
Young -Old (1957-1973)		
Phantom of the Opera	1986	1
I Just Called to Say I Love You	1984	1
Memory	1981	1
On Eagle's Wings	1979	1
Rose, The	1979	1
Gambler, The	1978	1
Margaritaville	1977	2
Dreams	1977	1
Hotel California	1977	1
It's So Hard To Say Goodbye To Yesterday	1975	1
Landslide	1975	1
Reasons	1975	1
One Day at a Time	1974	1
Love Me Tender	1956	19
Hound Dog	1956	14
Walk the Line	1956	14
Banana Boat Song, The	1956	2
Don't Be Cruel	1956	1
Heartbreak Hotel	1956	1
Blue Suede Shoes	1955	6
Que Sera, Sera	1955	6
Unchained Melody	1955	4
Folsom Prison Blues	1955	2
Great Pretender, The	1955	1

Table 17 Continued

Song Title	Year	Σ
Let It Be Me	1955	1
Maybellene	1955	1
Shake, Rattle and Roll	1955	1
Yellow Rose of Texas, The	1955	1
Fly Me to the Moon	1954	8
I Left My Heart in San Francisco	1954	2
Misty	1954	2
Ballad of Davy Crockett, The	1954	1
Only You	1954	1
Rock Around the Clock	1954	1
Smile	1954	1
How Great Thou Art	1953	6
How Much is That Doggie in the Window	1953	6
That's Amore	1953	2
Ebb Tide	1953	1
Your Cheatin' Heart	1952	5
Jambalaya	1952	2
Singing in the Rain	1952	1
Hey, Good Lookin'	1951	11
Happy Trails	1951	2
Unforgettable	1951	1
Music! Music! Music!	1949	2
Tennessee Waltz	1948	10
Oh Susanna	1948	2
Too Fat Polka	1947	1
Blue Eyes Crying in the Rain	1945	1
Shoo Fly Pie and Apple Pan Dowdy	1945	1
Sentimental Journey	1944	7
Don't Fence Me In	1944	3
Blue Skirt Waltz	1944	2
New York, New York	1944	2
You're Nobody Till Somebody Loves You	1944	1
Oh, What A Beautiful Mornin'	1943	9
Pistol Mackin' Mama	1943	1
Pennsylvania Polka	1942	2
Don't Sit Under the Apple Tree	1942	1
At Last	1941	1
Besame Mucho	1941	1
This Land is Your Land	1940	5
Back in the Saddle Again	1940	2
Blueberry Hill	1940	2

Table 17 Continued

Song Title	Year	Σ
Over The Rainbow	1939	9
In the Mood	1939	2
God Bless America	1938	11
Harbor Lights	1937	1
They Can't Take That Away From Me	1937	1
Lullaby of Broadway	1935	1
Summertime	1935	1
Blue Moon	1934	3
House of the Rising Sun, The	1934	1
Precious Lord, Take My Hand	1932	2
Bei Mir Bist Du Schon	1932	1
All of Me	1931	1
Dream a Little Dream of Me	1931	1
Morning Has Broken	1931	1
You Are My Sunshine	1930	33
Georgia on My Mind	1930	2
I Got Rhythm	1930	1
I'll Fly Away	1929	2
Keep On the Sunny Side of Life	1928	1
Makin' Whoopee	1928	1
Side By Side	1927	5
Beer Barrel Polka	1927	4
Ain't She Sweet	1927	1
I'm Looking Over a Four Leaf Clover	1927	1
When the Red, Red Robin Come Bob, Bob Bobbin' Along	1926	2
Blue Skies	1926	1
Bye Bye Blackbird	1926	1
Always	1925	3
Five Foot Two, Eyes of Blue	1925	3
Show Me the Way to Go Home	1925	1
It Had To Be You	1924	7
Amapola	1924	1
My Blue Heaven	1924	1
Canon in D	1919	1
Hava Nagila	1918	2
Aba Daba Honeymoon, The	1914	1
In The Garden	1913	7
Old Rugged Cross	1913	7
Danny Boy	1913	1
You Made Me Love You	1913	1
Let Me Call You Sweetheart	1910	14

Table 17 Continued

Song Title	Year	Σ
Take Me Out to the Ball Game	1908	6
His Eye is on the Sparrow	1905	2
You're a Grand Old Flag	1905	1
Give My Regards to Broadway	1904	1
Yankee Doodle Boy, The	1904	1
In the Good Old Summer Time	1902	1
My Wild Irish Rose	1899	4
Red River Valley	1896	1
Band Played On, The	1895	1
America the Beautiful	1893	8
Daisy Bell (Bicycle Built for Two)	1892	1
Cielito Lindo	1882	2
What A Friend We Have in Jesus	1868	1
Jesus Loves Me	1862	3
Battle Hymn of the Republic	1862	1
Joy to the World	1839	1
America	1831	1
Star Spangled Banner	1814	1
Amazing Grace	1779	30
Middle-Old (1947-1963)		
Glory of Love	1986	1
Wind Beneath My Wings	1982	1
On the Road Again	1979	1
Aloha Oe	1978	1
Gambler, The	1978	1
Take Me Home, Country Roads	1971	2
Because He Lives	1971	1
Let it Be	1970	1
Hello Dolly!	1969	2
Daddy Sang Bass	1968	1
What A Wonderful World	1967	3
My Way	1967	2
Leaving on a Jet Plane	1967	1
East Side West Side	1966	1
Edelweiss	1965	9
Green Green Grass of Home	1965	1
My Favorite Things	1965	1
Somewhere My love	1965	1
King of the Road	1964	3
It's a Small World	1964	1
My Girl	1964	1

Table 17 Continued

Song Title	Year	Σ
Sunrise, Sunset	1964	1
Zip-A-Dee-Doo-Dah	1946	2
Route 66	1946	1
Have I Told You Lately That I Love You	1945	3
Beyond the Sea	1945	1
Blue Eyes Crying in the Rain	1945	1
I'm Beginning to See the Light	1945	1
Sioux City Sue	1945	1
You'll Never Walk Alone	1945	1
Sentimental journey	1944	12
Don't Fence Me In	1944	7
New York, New York	1944	2
Blue Skirt Waltz	1944	1
Take the "A" Train	1944	1
Oh, What A Beautiful Mornin'	1943	13
Mairzy Doats	1943	2
You'll Never Know	1943	1
Don't Sit Under the Apple Tree	1942	9
Pennsylvania Polka	1942	3
Chattanooga Choo Choo	1941	4
White Christmas	1941	2
Walking the Floor Over You	1941	1
White Cliffs of Dover, The	1941	1
Back in the Saddle	1940	2
Dont Get Around Much Anymore	1940	2
San Antonio Rose	1940	1
This Land is Your Land	1940	3
Over the Rainbow	1939	12
In the Mood	1939	6
God Bless America	1938	16
Heart and Soul	1938	1
I'll Be Seeing You	1938	1
Harbor Lights	1937	1
In The Still of the Night	1937	1
Goodnight, Irene	1936	2
Glory of Love, The	1936	1
Way You Look Tonight, The	1936	1
Red Sails in the Sunset	1935	2
Summertime	1935	2
Blue Moon	1934	3
I Get a Kick Out of You	1934	1

Table 17 Continued

Song Title	Year	Σ
I Only Have Eyes For You	1934	1
Easter Parade	1933	1
It's Only a Paper Moon	1933	1
Have You Ever Been Lonely?	1932	1
Night and Day	1932	1
Precious Lord, Take My Hand	1932	1
As Time Goes By	1931	1
You Are My Sunshine	1930	40
I Got Rhythm	1930	1
On the Sunny Side of the Street	1930	1
There Ought to Be a Moonlight Savings Time	1930	1
I'll Fly Away	1929	4
Tiptoe Through the Tulips With Me	1929	1
When You're Smiling	1929	1
Keep On the Sunny Side	1928	2
Button Up Your Overcoat	1928	1
I Can't Give You Anything But Love	1928	1
Little Coquette	1928	1
Makin' Whoopee	1928	1
Side By Side	1927	10
Beer Barrel Polka	1927	7
Ain't She Sweet	1927	3
I'm Looking Over a Four Leaf Clover	1927	2
Star Dust	1927	2
Bye Bye Blackbird	1926	3
Baby Face	1926	2
When the Red, Red Robin Come Bob, Bob Bobbin' Along	1926	2
Blue Skies	1926	1
Heart of My Heart	1926	1
Always	1925	10
Five Foot Two, Eyes of Blue	1925	10
Show Me the Way to Go Home	1925	4
If You Knew Susie	1925	1
It Had To Be You	1924	8
My Blue Heaven	1924	6
Tea for Two	1924	2
When it's Springtime in the Rockies	1923	1
Carolina in the Morning	1922	1
Ain't We Got Fun?	1921	1
Any Time	1921	1
April showers	1921	1

Table 17 Continued

Song Title	Year	Σ
Ma, He's Making Eyes At Me	1921	1
I'm Forever Blowing Bubbles	1918	3
Til We Meet Again	1918	3
Beautiful Ohio	1918	1
Hava Nagila	1918	1
Bells of St. Mary's, The	1917	1
Darktown Strutters' Ball, The	1917	1
For Me and My Gal	1917	1
Over There	1917	1
Old Gray Mare, The	1915	1
When You Wore a Tulip	1914	4
In The Garden	1913	17
Old Rugged Cross	1913	10
Danny Boy	1913	2
Peg o' My Heart	1913	1
When Irish Eyes Are Smiling	1912	6
Moonlight Bay	1912	1
Alexanders Ragtime Band	1911	1
I Want a Girl	1911	1
Let Me Call You Sweetheart	1910	21
By the Light of the Silvery Moon	1909	2
Take Me Out to the Ball Game	1908	17
School days	1907	1
His Eye is on the Sparrow	1905	2
Wabash Cannonball, The	1905	2
Wait Till the Sun Shines, Nellie	1905	1
You're a Grand Old Flag	1905	1
Yankee Doodle Boy, The	1904	3
Give My Regards To Broadway	1904	1
In the Good Old Summer Time	1902	3
I Love You Truly	1901	2
Lift Every Voice and Sing	1901	1
My Wild Irish Rose	1899	4
Band Played On, The	1895	2
Sidewalks of New York	1894	2
America the Beautiful	1893	8
Happy Birthday	1893	1
Daisy Bell (Bicycle Built for Two)	1892	8
After the Ball	1892	1
American Patrol	1885	1
Strolling Through the Park	1884	3

Table 17 Continued

Song Title	Year	Σ
Polly Wolly Doodle	1880	1
Blessed Assurance	1873	1
Little Brown Jug	1869	1
What A Friend We Have In Jesus	1868	4
Jesus Loves Me	1862	3
Battle Hymn of the Republic	1862	2
Abide With Me	1861	1
Wildwood Flower	1860	1
Stand Up, Stand Up for Jesus	1858	1
My Old Kentucky Home	1853	1
America	1831	3
Star Spangled Banner	1814	2
Amazing Grace	1779	34
Old-Old (1931-1953)		
Memory	1981	1
On Eagle's Wings	1979	1
Aloha Oe	1978	1
Coal Miner's Daughter	1971	1
What A Wonderful World	1967	2
My Way	1967	1
East Side West Side	1966	2
Edelweiss	1965	2
Sunrise, Sunset	1964	1
Moon River	1961	3
Blue Hawaii	1961	1
On The Way To Cape May	1960	1
Sugartime	1958	1
Love Me Tender	1956	1
Que Sera, Sera	1955	1
Yellow Rose of Texas, The	1955	1
Fly Me To The Moon	1954	3
Misty	1954	1
You Are My Sunshine	1930	42
I Got Rhythm	1930	1
On the Sunny Side of the Street	1930	1
I'll Fly Away	1929	5
When You're Smiling	1929	3
Happy Days Are Here Again	1929	2
Carolina Moon	1928	1
Keep on the Sunny Side	1928	1
Makin' Whoopee	1928	1

Table 17 Continued

Song Title	Year	Σ
Side By Side	1927	12
Ain't she sweet	1927	6
Beer Barrel Polka	1927	6
Star Dust	1927	2
I'm Looking Over a Four Leaf Clover	1927	1
When the Red, Red Robin Come Bob, Bob Bobbin' Along	1926	5
Baby Face	1926	2
Blue Skies	1926	2
Bye Bye Blackbird	1926	1
Someone to Watch Over Me	1926	1
Five Foot Two, Eyes of Blue	1925	15
Always	1925	9
Show Me The Way To Go Home	1925	9
If You Knew Susie	1925	2
Yes Sir, That's My Baby	1925	2
My Blue Heaven	1924	3
It Had to Be You	1924	1
Carolina in the Morning	1922	2
Toot, Toot, Tootsie!	1922	1
Yes! We Have No Bananas	1922	1
I'll Be With You in Apple Blossom Time	1920	1
Look for the Silver Lining	1920	1
Let the Rest of the World Go By	1919	1
Til We Meet Again	1918	4
I'm Forever Blowing Bubbles	1918	3
Beautiful Ohio	1918	1
Hail Hail the Gang's All Here	1917	2
Darktown Strutters' Ball, The	1917	1
For Me and My Gal	1917	1
Over There	1917	1
When You Wore a Tulip	1914	3
In the Garden	1913	18
Old Rugged Cross	1913	9
Danny Boy	1913	4
Peg o' My Heart	1913	1
Moonlight Bay	1912	2
When Irish Eyes are Smiling	1912	2
Oh, You Beautiful Doll	1911	2
Alexander's Ragtime Band	1911	1
Let Me Call You Sweetheart	1910	36
By The Light of The Silvery Moon	1909	8

Table 17 Continued

Song Title	Year	Σ
Put on Your Old Gray Bonnet	1909	1
Take Me Out to the Ball Game	1908	8
Down by the Old Mill Stream	1908	3
School Days	1907	2
Anchors Aweigh	1906	1
Mary's a Grand Old Name	1906	1
You're A Grand Old Flag	1905	4
His Eye is on the Sparrow	1905	1
In the Shade of the Old Apple Tree	1905	1
Give My Regards to Broadway	1904	2
Meet Me in St. Louis, Louis	1904	2
Yankee Doodle Boy, The	1904	1
Shine on, Harvest Moon	1903	4
In the Good Old Summer Time	1902	4
I Love You Truly	1901	8
My Wild Irish Rose	1899	5
Wild Irish rose	1899	2
Hello, My Baby	1899	1
Red River Valley	1896	3
Band Played On, The	1895	3
Sidewalks of New York	1894	1
America the Beautiful	1893	6
Daisy Bell (Bicycle Built for Two)	1892	20
After the Ball	1892	1
Away in a Manger	1885	1
Cielito Lindo	1882	1
Funiculi Funicula	1880	1
Polly Wolly Doodle	1880	1
Little Brown Jug	1869	1
What a Friend We Have in Jesus	1868	4
In the Sweet By and By	1868	1
Whispering Hope	1868	1
Beautiful Dreamer	1864	4
Little Brown Church, The	1864	1
Jesus Loves Me	1862	4
Battle Hymn of the Republic	1862	3
Abide With Me	1861	2
Wildwood Flower	1860	1
Jingle Bells	1857	1
Row Row Row Your Boat	1852	1
Old Folks at Home	1851	1

Table 17 Continued

Song Title	Year	Σ
Camptown Races	1850	2
Blue-Tail Fly	1846	1
America	1831	2
From All that Dwell Below the Skies	1793	1
Amazing Grace	1779	33
A Mighty Fortress Is Our God	1529	1

The young-old group had 391 or 65% of the songs listed by music therapists as preferred or requested before the young adult years' hypothesis range and 14 or 2% after. The middle-old group had 468 or 70% before the young adult years' hypothesis range and 37 or 6% after, while the old-old group had 396 or 66% of the songs before the young adult years range and 25 or 4% after. Table 18 displays the division of the songs among the young adult years.

Table 18

Descriptive Information of Songs By Age Group and Relation to Young Adult Years

Relation to Young Adult Years	Young Old		Middle-Old		Old-Old	
	Sum	%	Sum	%	Sum	%
Total Songs	606	100%	667	100%	598	100%
Before Young Adult Years	391	65%	468	70%	396	55%
During Young Adult Years	181	30%	116	17%	130	27%
After Young Adult Years	14	2%	37	6%	25	11%
Unknown Date	20	3%	46	7%	47	6%

Note: Percentages are rounded to the nearest whole number.

CHAPTER FIVE

DISCUSSION

The purpose of this study was to explore specific preferences of geriatric clients within three sub-populations of older adults: young-old, mid-old, and old-old. Specifically, this study investigated: the top songs requested/preferred by clients, if any songs overlap among the age groups, the compositional dates most frequent of the songs, and if the songs support the young adult years' hypothesis. 86 AMTA members answered the survey. Responses included individual songs for the young-old ($n=216$), middle-old ($n=221$), and old-old ($n=175$). Out of the top ten songs requested/preferred all groups had the following songs in common: *You Are My Sunshine*, *Amazing Grace*, *Let Me Call You Sweetheart*, *Sentimental Journey*, *God Bless America*, and *Over the Rainbow*.

Multiple songs overlapped between the age groups. All age groups have 75 songs in common. Of the remainder of songs that overlap: young-old and middle-old had 30 songs in common, middle-old and old-old had 40 songs in common, young-old and old-old had 10 songs in common. Thus, a master list of 383 songs was compiled counting each song once. The compositional date most frequent among the middle-old and old-old sub-groups was 1930. This was not surprising since the song, *You Are My Sunshine* composed in 1930, was the top song for the age groups. The top decades for the age groups were: 1950s for the young-old, 1930s for the middle-old, and 1920s for the old-old. Results indicate the majority of the individual songs from all age groups were not in the range of the young adult years, and in fact, are before the young adult years. Thus, not only do a majority of the songs not fall under the young adult years' but the songs from the most frequent compositional decades and date do not fall under the young adult years.'

When investigating the compositional dates of the songs listed by the music therapists, there were several pieces that had different dates of when they were composed, published, premiered, and made popular, which provided a type of history. For example, the song *As Time Goes By* was first published in 1931 but later became popular in the 1942 movie *Casablanca*. The researcher questions if this would affect whether the song would be considered from the young adult years. Currently, the young adult hypothesis encompasses the years 18-25; however, no mention of whether this hypothesis is for when the music was composed, published, premiered or made popular is known. Therefore, music therapists may want to survey older adult individuals for music preference and inquire where the participants first heard the song or developed interest for the song similar to the study by Bartlett & Snelus (1980). Further research may also want to document several dates for the song such as when it was composed and made popular. Perhaps the dates when the song was made popular would account for the young adult years rather than the compositional date.

Recent and current research continues to reject the case for the young adult years hypothesis (Vanweelden & Cevasco, 2007; Vanweelden & Cevasco, 2009, VanWeelden, Cevasco, & Bula, in press.). According to this study, the results validate VanWeelden, Cevasco, & Bula (In press.)'s notion that clients may prefer music before the ages of 18-25. The percentages from Table 10 display the differences of songs in relation to the young adult years. What is interesting is the percentages are similar within each age group range from 27%-37% for songs during the young adult years and 54%-61% for songs before the young adult years. Another factor is the most frequent compositional decades for each age group. All decades seem to be slightly earlier than the young adult years' age ranges. For instance, the old-old group's top decade is the 1920s and the range begins at 1931. The middle-old group's top decade is

1930s and the range begins at 1947. The only slight overlap is for the young-old group, in which the top decade is the 1950s and the range starts at 1957. Finally the most frequent compositional date, which was the same across the age groups, is 1930. This year does not fit into any of the young adult years' range for any age group. Furthermore, the songs with the highest frequency, "stand the test of time," are known and liked through multiple generations are: *You Are My Sunshine*, *Amazing Grace*, and *Let Me Call You Sweetheart*. This may warrant future research to continue to record ages of participants when collecting data for this population.

A student pursuing a bachelor's degree in music therapy must meet a list of professional competencies that are embedded into the curriculum of an AMTA approved college or university program. The competencies include foundations in music, clinical, and music therapy. The musical foundations competencies include playing and singing a basic repertoire of traditional, folk, and popular songs on keyboard, guitar, and voice (AMTA, 2010). A music therapy student strives to build music repertoire with populations from premature infants to the end of life. Thus, a music therapy student must know a variety of repertoire for a full range of populations. Much of the music older adults prefer is new to students (Prickett & Bridges, 2000). Thus, it is beneficial for students to have specific knowledge of the sub populations of the older adult population.

Conclusion

One interest to the researcher was to analyze the differences of genre among the AMTA regions. However, this presents difficulty when music genres can have subjective interpretations. For example, VanWeelden & Cevasco (2007)'s study asked participants to list the top songs in five genres: popular, patriotic, hymns, folk, and musicals. Results presented overlaps between the music styles and indicated evidence of different perceptions of a song's

genre. For instance, songs such as *San Antonio Rose* might present difficulties when categorizing its genre. This song was performed by many country artists but was also recorded by Bing Crosby and his orchestra in 1941. Future research may want to create a coding system for genres in music to better compare and contrast the geographical region's music preferences.

The results of the current study contained a small percentage of songs from other cultures. It is important for music therapists to be prepared to learn songs in different languages. However, having the skills to pronounce words in a native language is challenging and requires practice. The music therapist should seek additional resources when needed. Furthermore, having increased knowledge of where music from other cultures is prevalent in the United States will better prepare music therapists for the workforce. Further research in regards to music from other cultures is warranted.

It is important for music therapists to have the separate age groups in mind when conducting sessions with the older population. The music therapist should be aware of the musical response of clients during the session. In a client group setting, music therapists shouldn't provide music just because it is considered "old," but makes sure to have knowledge of the client's age. This will help better serve the clients in the therapeutic environment. In particular, one cannot rely solely on previous research for music recommendations as this may not fully apply to the younger generations reaching the young-old age group. Future research should continually be updated with this population as new generations reach the older adult years.

Music Therapists have regular contact and knowledge of the musical needs of their clients. Their expertise help shape the research for music preference. Older adult music preference needs regulated investigation to maintain up to date data and to record possible

trends. Documenting trends can help predict what music to expect for the future older adults. Having consistent and reliable research on preferred music will benefit the field and those aspiring to work with older adults.

APPENDIX A

AMTA APPROVAL & LABEL REQUEST

Janelle & Cindy,

Looks like everything is “good to go.” Cindy—please process the emails.

Best wishes for a great return and productive study.

Regards,

Andi Farbman

Dr. Andrea H. Farbman

Executive Director

American Music Therapy Association

www.musictherapy.org

***Join us for the AMTA Annual Conference in
Jacksonville, FL, November 19-24, 2013!***

From: Sikora, Janelle

Sent: Monday, May 13, 2013 11:30 PM

To: Andrea Farbman

Cc: Cindy Smith

Subject: RE: Label Request--Research FSU (Sikora)

Andi,

I just received approval from the IRB. I attached my IRB approval letter and the corrected documents (Cover letter and Survey).

Thank you,

Janelle Sikora

From: Andrea Farbman
Sent: Friday, April 19, 2013 4:49 PM
To: Janelle Sikora
Cc: Cindy Smith
Subject: RE: Label Request--Research FSU (Sikora)
Importance: High

Dear Janelle,

Thank you for your request for email addresses of AMTA members. I believe you have heard from Cindy about the number and cost of email labels.

I am writing with a few questions about your study while we wait for the IRB approval. Your study looks interesting and I believe it will be a good contribution to the knowledge base.

In reviewing your study, the third sentence of the cover letter should be revised as follows:

"You were contacted with permission from the American Music Therapy Association upon its review of this study. I am interested in studying the opinions of AMTA members who are credentialed music therapists." (or something similar)

In your letter of consent there is a word missing in this sentence:

"I am requesting your participation IN completing a brief survey...."

The other question I have is in your list of populations served, you list settings such as adult day care and nursing homes; you also list VA but VA programs could be many of those listed such as VA hospitals or VA nursing homes, etc. I think this is confusing and may not result in the data you are seeking.

If you can correct or clarify those items and send the IRB approval then you will be "good to go."

Best wishes with your study and please keep us posted.

Regards,

Dr. Andi Farbman

AMTA Executive Director

Hi,

The count would be 450 (United States).

Cindy L. Smith
Conference Planner/Membership Associate
American Music Therapy Association

Cindy,

That sounds great. And do they all reside in the United States? If so, that will be the list I'll request labels for.

Thank you.

Sincerely,
Janelle M. Sikora

Hi Janelle,

We have a category (50 and older) which 455 professional members checked.

Cindy L. Smith
Conference Planner/Membership Associate
American Music Therapy Association

Ms. Smith,

I am attaching my label request form. I am requesting email addresses for my thesis. I also attached the Introductory letter which contains a link to my survey on Qualtrics, and a PDF version of the survey. I submitted my information to the Institutional Review Board and will email you my approval letter once I receive it.

I also was wondering if I could receive a phone call regarding how many addresses there are and how much the cost would be when/if I receive approval?

Sincerely,

Janelle M. Sikora, MT-BC

APPENDIX B

SURVEY

Dear Music Therapy Colleague,

I am a graduate student in the College of Music at Florida State University currently working on my Master's thesis under the direction of Dr. Kimberly VanWeelden. I am conducting a research study to obtain recent data on the music preferences of geriatric clients within three sub populations.

I am requesting your participation in completing a brief survey which should take approximately 7-10 minutes of your time. The survey will involve:

Answering 6-9 questions by identifying your region, credentials, work setting, and listing the most popular songs, either requested or preferred, for three age groups (65-74, 75-84, 85+). You may list up to ten songs titles for each age group. The titles do not have to be in any particular order – just those that are most preferred by clients.

Your participation in this study is voluntary. If you choose not to participate or withdraw from the study at any time, there will be no penalty. To withdraw at any time after beginning the survey, simply close your web browser. Your name or other identifying information will never be used in any written or oral presentation pertaining to this study. All data collected will only be used to the extent allowed by law and for the purpose of the study as it is described above.

There are no known risks or benefits to you for participating in this research study. If you have any questions concerning this research study, please call me at (***) ***-**** or email me at *****@**.***.***. You may also contact my faculty advisor, Dr. Kimberly VanWeelden by phone at (***) ***-**** or email at *****@**.***.***.

Electronic submission of the completed survey will be considered your consent to participate.

Sincerely,

Janelle Sikora

If you have any questions about your rights as a subject/participant in this research, or if you feel you have been placed at risk, you can contact the Chair of the Human Subjects Committee, Institutional Review Board, through the Vice President for the Office of Research at (850) 644-9694.

- Yes (1)
- No (2)

If No Is Selected, Then Skip To End of Survey

Please select the American Music Therapy Region where you reside:

- Great Lakes (1)
- Mid-Atlantic (2)
- Midwestern (3)
- New England (4)
- Southeastern (5)
- Southwestern (6)
- Western (7)

Please check the credentials you hold:

- ACMT (1)
- CMT (2)
- MT-BC (3)
- RMT (4)
- Other (5) _____

Geriatric population(s) served: (Check all that apply)

- Adult Day Care (1)
- Community Based Service (2)
- Hospital (3)
- Psychiatric Unit (4)
- Hospice/Bereavement Services (5)
- Nursing home/Assisted Living (6)
- Rehabilitation Center (7)
- Wellness Program/Center (8)
- Support Group (9)
- Veterans Affairs (includes all facilities under VA) (10)
- Other (11) _____

Do you work with clients aged 65-74?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To End of Block

List the top ten songs requested/preferred by clients aged 65-74:

- Song 1 (1)
- Song 2 (2)
- Song 3 (3)
- Song 4 (4)
- Song 5 (5)
- Song 6 (6)
- Song 7 (7)
- Song 8 (8)
- Song 9 (9)
- Song 10 (10)

Do you work with clients aged 75-84?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To End of Block

List the top ten songs requested/preferred by clients aged 75-84:

- Song 1 (1)
- Song 2 (2)
- Song 3 (3)
- Song 4 (4)
- Song 5 (5)
- Song 6 (6)
- Song 7 (7)
- Song 8 (8)
- Song 9 (9)
- Song 10 (10)

Do you work with clients aged 85+?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To End of Block

List the top ten songs requested/preferred by clients aged 85+:

- Song 1 (1)
- Song 2 (2)
- Song 3 (3)
- Song 4 (4)
- Song 5 (5)
- Song 6 (6)
- Song 7 (7)
- Song 8 (8)
- Song 9 (9)
- Song 10 (10)

End of Survey Default Message:

We thank you for your time spent taking this survey.

Your response has been recorded.

APPENDIX C

INSTITUTIONAL REVIEW BOARD APPROVAL LETTER

Office of the Vice President for Research
Human Subjects Committee
Tallahassee, Florida 32306-2742
(850) 644-8673 · FAX (850) 644-4392

APPROVAL MEMORANDUM

Date: 05/13/2013

To: Janelle Sikora <*****@**.*.*.*>

Address: [REDACTED]

Dept.: MUSIC SCHOOL

From: Thomas L. Jacobson, Chair

Re: Use of Human Subjects in Research
Music Preferences of Geriatric Clients within Three Sub-Populations

The application that you submitted to this office in regard to the use of human subjects in the proposal referenced above have been reviewed by the Secretary, the Chair, and two members of the Human Subjects Committee. Your project is determined to be **Expedited per 45 CFR § 46.110(7)** and has been approved by an expedited review process.

The Human Subjects Committee has not evaluated your proposal for scientific merit, except to weigh the risk to the human participants and the aspects of the proposal related to potential risk and benefit. This approval does not replace any departmental or other approvals, which may be required.

If you submitted a proposed consent form with your application, the approved stamped consent form is attached to this approval notice. Only the stamped version of the consent form may be used in recruiting research subjects.

If the project has not been completed by **05/12/2014** you must request a renewal of approval for continuation of the project. As a courtesy, a renewal notice will be sent to you prior to your expiration date; however, it is your responsibility as the Principal Investigator to timely request renewal of your approval from the Committee.

You are advised that any change in protocol for this project must be reviewed and approved by the Committee prior to implementation of the proposed change in the protocol. A protocol change/amendment form is required to be submitted for approval by the Committee. In addition,

federal regulations require that the Principal Investigator promptly report, in writing any unanticipated problems or adverse events involving risks to research subjects or others.

By copy of this memorandum, the chairman of your department and/or your major professor is reminded that he/she is responsible for being informed concerning research projects involving human subjects in the department, and should review protocols as often as needed to insure that the project is being conducted in compliance with our institution and with DHHS regulations.

This institution has an Assurance on file with the Office for Human Research Protection. The Assurance Number is IRB00000446.

Cc: Kimberly VanWeelden <kvanweelden@fsu.edu>, Advisor
HSC No. 2013.10008

APPENDIX D

INTRODUCTORY EMAIL

Dear Music Therapy Colleague,

My name is Janelle Sikora and I am a graduate student at the Florida State University. I am conducting a survey for my thesis in partial fulfillment of my Master's degree. You were contacted with permission from the American Music Therapy Association upon its review of this study. I am interested in studying the opinions of Professional AMTA members who serve geriatric clients. This study is investigating geriatric preferences. If you do not provide music therapy services to clients aged 65 and older, please disregard.

This study will collect the top songs music therapists use with geriatric clients based on their age. Since you have extensive knowledge of this population, I hope you will help by sharing your experiences for this study. You will be asked to list the most popular songs, either requested or preferred, for three age groups (65-74, 75-84, 85+). You may list up to ten songs titles for each age group. The titles do not have to be in any particular order – just those that are most preferred by clients. Please only respond to the age groups you work with. The study should take approximately 7-10 minutes.

The survey is electronic and all responses will be anonymous. If you are willing to participate please click the following link to access the survey.

https://fsu.qualtrics.com/SE/?SID=SV_6FIJeYvOt49hAEd

Thank you for your time.

Sincerely,
Janelle M. Sikora, MT-BC

APPENDIX E

LETTER OF CONSENT

Dear Music Therapy Colleague,

I am a graduate student in the College of Music at Florida State University currently working on my Master's thesis under the direction of Dr. Kimberly VanWeelden. I am conducting a research study to obtain recent data on the music preferences of geriatric clients within three sub populations.

I am requesting your participation completing a brief survey which should take approximately 7-10 minutes of your time. The survey will involve:

Answering 5-8 questions by identifying your region, work setting, and listing the most popular songs, either requested or preferred, for three age groups (65-74, 75-84, 85+). You may list up to ten songs titles for each age group. The titles do not have to be in any particular order – just those that are most preferred by clients.

Your participation in this study is voluntary. If you choose not to participate or withdraw from the study at any time, there will be no penalty. To withdraw at any time after beginning the survey, simply close your web browser. Your name or other identifying information will never be used in any written or oral presentation pertaining to this study. All data collected will only be used to the extent allowed by law and for the purpose of the study as it is described above.

There are no known risks or benefits to you for participating in this research study. If you have any questions concerning this research study, please call me at (***) ***-**** or email me at *****@** ***.***. You may also contact my faculty advisor, Dr. Kimberly VanWeelden by phone at (***) ***-**** or email at *****@***.***.

Electronic submission of the completed survey will be considered your consent to participate.

Sincerely,
Janelle Sikora

If you have any questions about your rights as a subject/participant in this research, or if you feel you have been placed at risk, you can contact the Chair of the Human Subjects Committee, Institutional Review Board, through the Vice President for the Office of Research at (850) 644-9694.

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BIOGRAPHICAL SKETCH

JANELLE SIKORA

- EDUCATION:** Masters of Music in Music Therapy, August 2013
The Florida State University, Tallahassee, Florida
- Bachelor of Music in Music Therapy, May 2012
Minor: Child Development
The Florida State University, Tallahassee, Florida
- EXPERIENCE:** Private Clarinet Instructor
Melbourne, Florida & Tallahassee, Florida
May 2007-Present
- Preschool Art/Music Teacher, Advent Parish Day School
Tallahassee, Florida
June 2013-August 2013
- Childcare Attendant, Premiere Health & Fitness Center
Tallahassee, Florida
January 2012-August 2013
- Preschool Assistant Teacher, Advent Parish Day School
Tallahassee, Florida
June 2012-August 2012
- Music Therapy Intern, The Children's Hospital of Southwest Florida
Fort Myers, Florida
May 2011-November 2011
- CREDENTIALS:** Music Therapist-Board Certified (MT-BC) Certification Number: 10565
December 20, 2012
- Neonatal Intensive Care Unit-Music Therapist (NICU-MT)
February 11, 2013