

Connections Built between Human and Nature Through Adjuvant Music Therapy During Cancer Chemotherapy as a Bio-Psycho-Social Approach.

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Background: Cancer, the second leading cause of global mortality, brings multiple physical, psychological, social, and emotional challenges. Alongside conventional care, Music Therapy (MT) is increasingly recognized as an effective complementary and integrative approach. This paper discusses the effectiveness of MT as a bio-psycho-social intervention, highlighting its role in strengthening human–nature connections and overall wellbeing during chemotherapy.

Objectives: The study aims to evaluate the effect of MT on physical, psychological, and functional impairments, and Overall Valuation of Life (OVL), and to explore how MT fosters connections with nature, self, and others through qualitative outcomes.

Methods: The Randomized Controlled Trial had a cohort of 42 participants, assigned into Adjuvant Music Therapy (AMT) and Standard Medical Management (SMM) groups. The AMT group (n=22) received four 45-minute MT sessions across three months. The Rotterdam Symptom Checklist (RSCL) was administered at the baseline and post-intervention. Cooperation during chemotherapy was rated on a 5-point Likert scale. Semi-structured interviews with patients, caregivers, and clinicians underwent thematic analysis.

Results: Compared with SMM, the AMT group showed reduction in the degree of physical impairments, significant reductions in psychological impairment ($p=0.001$), reduced degree of functional impairments, and improved OVL ($p=0.01$). Cooperation during chemotherapy improved significantly ($p=0.001$). Thematic analysis yielded five recurring themes: connection to nature, spiritual coping, altered perception of life, family relationships, and resilience during challenges. Stakeholders encouraged the use of MT highlighting its role in strengthening therapeutic bonds, compliance towards treatment, promoting emotional regulation, improving overall patient-wellbeing and improving the hospital atmosphere.

Conclusion: Adjuvant MT enhanced patient wellbeing by reducing psychological and physical symptoms and enhancing overall Quality of Life. Importantly, it nurtured human–nature connections and spiritual coping, helping patients reframe life perceptions and strengthen relationships. These outcomes support MT as a bio-psycho-socio-spiritual intervention that bridges human experience with nature, advancing holistic cancer care.

Keywords: Music Therapy, Bio-psycho-socio-spiritual approach, Chemotherapy, Holistic cancer care