

## HEALTH CONDITIONS AND HEALTH ATTITUDES OF MUSIC STUDENTS AT THE BEGINNING OF THEIR STUDIES

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### Objective

The present study investigates the prevalence of general and major subject-related health problems as well as the health attitudes of music, psychology, medicine, and sport students at the beginning of their studies. The hypothesis was to be examined that music students begin their studies with manifest symptoms more often than other students. No decisive differences were expected between music students and other students regarding health attitudes.

### Method

247 music students (199 students of the Freiburg Conservatory, semesters 1999-2003) and 48 students of the Würzburg Conservatory, winter semester 2002-03), 266 medical students, 71 psychology students, and 71 sport students spending their first semester at the University of Freiburg in the winter semester 2002-03 were investigated by means of a questionnaire. The return quotas of the partial samples were between 74% and 96%, so that representativeness may be assumed. Health conditions were ascertained by means of the Giessen Symptom Questionnaire (GGB), the Hospital Anxiety Depression Scale (HADS), and individual questions related to the major subject (EPI Questionnaire). Health attitudes were ascertained by means of the Questionnaire on Health Locus of Control (KKG).

### Results

25% of the music students indicated current playing-related symptoms (EPI). In the GBB, the music students indicated significantly more physical symptoms (total score) than the medical and sport students. Psychology students did not differ significantly. In the HADS, on the depression scale 8.4%, on the anxiety scale 35.5% of the music students were in the borderline or conspicuous range. Significantly more music students than other students showed values of anxiety which were in the borderline or conspicuous range. By contrast to the second hypothesis, students with differing major subjects differed in their health attitudes. Significantly more music students than medical, psychology and sport students are deeply convinced that they can exercise influence on their own health.

### Summary

The higher prevalence of health problems in music students compared with other students requires specific prevention and health promotion measures for music students.