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THE EFFECT OF RED, GREEN AND WHITE LIGHT THERAPY ON THE MENTAL STATE OF ELDERLY IN THE TOWN OF CABUGAO, ILOCOS SUR

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A disease is typically caused by an imbalance in the energy field. Chromotherapy or color light therapy is an alternative treatment that helps in balancing energies. Color plays an important role in human comprehension and, in effect, on thinking and human conduct. In this study, Chromotherapy refers to the application of red, green and white LED lights with 2,500 lux exposed to the selected group of subjects for 15 minutes. The study determines whether Chromotherapy has an effect on the mental state of the selected subjects in the town of Cabugao, Ilocos Sur. In addition, the study identifies which among the three colors is most effective. A quasi-experimental pretest and posttest design was used in this study. Purposive sampling which includes inclusion and exclusion criteria was utilized to select the subjects were randomly assigned into three different groups; white, red and green light therapy. The pretest and posttest scores were measured using Mini-mental state. Power is 0.99 (99%), alpha level was 0.05 and effect size is large (1.42). The following statistical measures that were used include mean, paired t-test, ANOVA and Levene's test. Red and green light therapies have significantly improved the mental state of elderlies in the community of Cabugao. However, the use of white light therapy has only slightly improved the mental state scores of elderlies compared to the experimental group. In addition, both the red and green light therapy has improved the mental state scores at almost the same level.

Biography

Denice Victoria L. Reyes currently a fourth year nursing student of the University of Santo Tomas (UST) Philippines. She completed her Primary & Secondary education from St. Paul College of Ilocos Sur.

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