

PENGARUH PEMBERIAN TERAPI MUSIK MOZART TERHADAP NYERI PASIEN PASCA OPERASI FRAKTUR DI RSUD WATES KULON PROGO

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ABSTRAK

Latar Belakang: Komplikasi yang sering ditemui setelah menjalani pembedahan adalah nyeri. Nyeri yang tidak ditangani dapat mengganggu status fisik pasien, menimbulkan ketegangan, penurunan kualitas hidup pasien sehingga menambah hari rawat di rumah sakit. Terapi musik dengan menggunakan Musik Mozart “*Pachelbel Canon in D Major* dan *Symphony 40 in G Minor*.” Nada yang dihasilkan sangat lembut dan dapat membuat orang menjadi tenang dan nyaman. Terapi musik Mozart bisa menjadi salah satu teknik non-farmakologi dalam menurunkan nyeri pasien.

Tujuan: Diketuinya pengaruh pemberian terapi musik Mozart terhadap nyeri pasien pasca operasi fraktur di RSUD Wates Kulon Progo.

Metode Penelitian: Jenis penelitian merupakan *quasi experiment* dengan desain *pretest-posttest with control group*. Penelitian dilaksanakan pada tanggal 22 Januari – 14 Maret 2020. Sampel berjumlah 54 responden dibagi menjadi dua kelompok, yaitu kelompok intervensi dan kelompok kontrol. Kelompok intervensi diberi perlakuan terapi musik Mozart pada 5 jam setelah pemberian analgesik dan kelompok kontrol dengan perlakuan teknik napas dalam. Penilaian skala nyeri menggunakan instrumen *Numeric Rating Scale*. Pengambilan sampel penelitian menggunakan *non-probability sampling* dengan *consecutive sampling*. Dilakukan uji hipotesis dengan menggunakan uji *Mann Whitney*.

Hasil Penelitian: Responden mayoritas berjenis kelamin laki-laki dan belum pernah mengalami operasi. Kebanyakan responden mengalami nyeri sedang sebelum diberikan terapi musik Mozart. Setelah diberikan terapi musik Mozart pada responden kelompok intervensi selama 15 menit mayoritas mengalami nyeri ringan. Sedangkan responden kelompok kontrol dengan teknik napas dalam mayoritas mengalami nyeri sedang. Hasil uji *Mann Whitney* menunjukkan nilai $p_{value} = 0,000$ ($p < 0,05$).

Kesimpulan: Terdapat pengaruh pemberian terapi musik Mozart terhadap nyeri pasien pasca operasi fraktur.

Kata Kunci: Nyeri, Pasca Operasi Fraktur, Terapi Musik Mozart

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THE INFLUENCE OF MOZART MUSIC THERAPY ON PAIN POST-OPERATIVE PATIENT AT WATES KULON PROGO HOSPITAL

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ABSTRACT

Background: The most common complication after surgery is pain. Untreated pain can impaired physical function, increased morbidity, decrease the quality of life of the patient, thereby increased cost of care. Music therapy using Mozart Music "Pachelbel Canon in D Major and Symphony 40 in G Minor." The resulting tone is very soft and can make people more calm and feel comfortable. Mozart music therapy can be one of the non-pharmacological techniques in reducing patient pain.

Objective: To find out the effect of giving Mozart music therapy to patients' pain after fracture surgery at Wates State Hospital in Kulon Progo.

Research Methods: This type of research is a quasi-experimental design with pretest-posttest with control group. The study was conducted on January 22 - March 14, 2020. A sample of 54 respondents was divided into two groups: intervention group and control group. The intervention group was treated with Mozart music therapy 5 hours after treated by analgesics and the control group treated with deep breathing techniques. Pain scale assessment using the Numeric Rating Scale instrument. Sampling research using non-probability sampling with consecutive sampling. Hypothesis testing was performed using the Mann Whitney test.

Results: The majority of respondents were male and never had surgery. Most respondents experienced moderate pain before being given Mozart music therapy. After being given Mozart music therapy to the intervention group respondents for 15 minutes the majority experienced mild pain. While the majority of control group respondents with deep breathing techniques experienced moderate pain. Mann Whitney test results showed a $p_{\text{value}} = 0,000$ ($p < 0.05$).

Conclusion: There is an effect of giving Mozart music therapy to post-operative pain after fracture surgery.

Keywords: Pain, Post-Fracture Surgery, Mozart Music Therapy

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