

**PENGARUH PEMBERIAN TERAPI MUSIK KLASIK MOZART
TERHADAP WAKTU PULIH SADAR PASIEN *POST GENERAL* ANESTESI
DI *RECOVERY ROOM* IBS RS PKU MUHAMMADAIYAH YOGYAKARTA**

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ABSTRAK

Latar Belakang :

Tatalaksana *post* anestesi sangat penting untuk mencegah pulih sadar yang tertunda yang dapat menyebabkan komplikasi seperti obstruksi jalan nafas, aspirasi dan hipoksemia. Musik klasik Mozart memiliki irama yang teratur dan tempo antara 60-70 db, sesuai dengan musik sebagai terapi. Terapi musik klasik mozart merupakan salah satu terapi non farmakologi yang dapat memberikan kestabilan hemodinamik, relaksasi dan meningkatkan ambang kesadaran.

Tujuan : Diketuinnnya pengaruh pemberian terapi musik klasik Mozart terhadap waktu pulih sadar pasien *post general* anestesi di Recovery room IBS RS PKU Muhammadiyah Yogyakarta.

Metode penelitian : Jenis Penelitian *quasy eksperimen* dengan desain *post only design with control*. Penelitian dilaksanakan pada bulan Januari – Februari 2020. Sampel berjumlah 60 responden yaitu kelompok perlakuan (pemberian terapi musik klasik mozart) sebanyak 30 responden dan kelompok kontrol 30 responden. Pengambilan sampel secara *consecutive sampling*. Uji hipotesis menggunakan *Mann-Whitney*.

Hasil Penelitian : Waktu pulih sadar kelompok perlakuan yang diberikan tambahan musik klasik Mozart sebagian besar < 15 menit. Waktu pulih sadar kelompok kontrol yang tidak dilakukan pemberian musik klasik Mozart sebagian besar lebih dari > 15 menit Hasil uji *Mann whitney* didapatkan nilai Z -3,578 dengan signifikansi p value = 0,000 (p< 0,05) maka Ha diterima sehingga terdapat pengaruh pemberian terapi musik klasik mozart terhadap waktu pulih sadar pada pasien *post general* anestesi di RS PKU Muhammadiyah Yogyakarta.

Kesimpulan : Terdapat pengaruh pemberian terapi musik klasik Mozart terhadap waktu pulih sadar pasien *post general* anestesi.

Kata Kunci : General Anestesi, Terapi Musik Klasik Mozart, Waktu Puih Sadar

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THE EFFECT OF MOZART'S CLASSIC MUSIC THERAPY ON POST ANESTHESIA PATIENT RECOVERY TIME IN THE IBS RECOVERY ROOM PKU MUHAMMADAIYAH HOSPITAL YOGYAKARTA

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ABSTRACT

Background: Post anesthesia management is very important to prevent delayed conscious recovery which can cause complications such as airway obstruction, aspiration and hypoxemia. Mozart's classical music has a regular rhythm and tempo between 60-70 db, according to music as therapy. Mozart classical music therapy is one of the non-pharmacological therapies that can provide hemodynamic stability, relaxation and increase the threshold of consciousness. Objective: To find out the effect of giving Mozart classical music therapy to the time of conscious recovery of post general anesthesia patients.

Methods : This type of research is quasi experiment with post only design with control design. The study was conducted in January - February 2020. The sample consisted of 60 respondents, namely the treatment group (giving classical music therapy Mozart) of 30 respondents and the control group of 30 respondents. Sampling by consecutive sampling. Hypothesis testing using Mann-Whitney.

Results: The recovering time conscious of the treatment group provided the addition of Mozart's classical music mostly <15 minutes. The recovery time of the conscious control group which was not performed Mozart classical music mostly more than > 15 minutes Mann Whitney test results obtained a value of Z -3.578 with a significance of p value = 0,000 (p <0.05) then Ha is accepted so that there is an effect of giving music therapy classical mozart against conscious recovery time in post general anesthesia patients at PKU Muhammadiyah Hospital Yogyakarta.

Conclusion: There is an effect of giving Mozart classical music therapy to the conscious recovery time of post general anesthesia patients.

Keywords: General Anesthesia, Mozart's Classical Music Therapy, Conscious Fast Time

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