

PENGARUH PEMBERIAN TERAPI MUSIK SUARA ALAM TERHADAP  
WAKTU PULIH SADAR PADA PASIEN PASCA *GENERAL* ANESTESI DI  
RS PKU MUHAMMADIYAH YOGYAKARTA

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**ABSTRAK**

**Latar Belakang:** Anestesi umum mempunyai tujuan agar dapat menghilangkan nyeri, membuat tidak sadar, dan menyebabkan amnesia yang bersifat *reversible* dan dapat diprediksi. Pasien post *general* anestesi diobservasi waktu pulih sadarnya. Beberapa faktor yang dapat mempengaruhi lama waktu pulih sadar pasien antara lain yaitu faktor pasien, masalah pembedahan dan anestesi serta faktor obat-obatan. Terapi musik suara alam merupakan salah satu terapi komplementer yang dapat menimbulkan perasaan nyaman, dapat menurunkan aktivitas adrenalin, menurunkan ketegangan aktivitas neuromuskular, dan meningkatkan ambang kesadaran.

**Tujuan:** untuk mengetahui pengaruh terapi musik suara alam terhadap waktu pulih sadar pada pasien pasca *general* anestesi di RS PKU Muhammadiyah Yogyakarta.

**Metode:** Penelitian ini menggunakan quasi eksperimen dengan desain penelitian *pretest post test with control*. Sampel penelitian yaitu 21 responden pada kelompok kontrol dan kelompok perlakuan pasien pasca *general* anestesi dengan teknik *consecutive sampling*. Sampel pada kelompok perlakuan diberikan terapi musik suara alam sampai *aldrete score* mencapai 10.

**Hasil:** Data diuji dengan uji pengaruh Mann Whitney sehingga didapatkan hasil yaitu *p value* sebesar 0.000 (<0.05) sehingga terdapat pengaruh terapi musik suara alam terhadap waktu pulih sadar pada pasien pasca *general* anestesi di RS PKU Muhammadiyah Yogyakarta. Lama waktu pulih sadar yang diberikan terapi musik suara alam adalah 7,9 menit dan lama waktu pulih sadar pada kelompok kontrol adalah 18,86 menit.

**Kesimpulan:** ada pengaruh terapi musik suara alam terhadap waktu pulih sadar pada pasien *general* anestesi di RS PKU Muhammadiyah Yogyakarta.

Kata kunci: pasien pasca *general* anestesi, waktu pulih sadar, terapi musik suara alam

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THE EFFECT OF NATURE SOUND MUSIC THERAPY ON CONSCIOUS  
RECOVERY TIME OF POST GENERAL ANESTHESIA PATIENTS IN PKU  
MUHAMMADIYAH HOSPITAL YOGYAKARTA

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**ABSTRACT**

**Background:** General anesthesia aims to eliminate pain, unconsciousness, and cause amnesia that was reversible and predictable. Post general anesthesia patients were observed to determine the conscious time recovery. Several factors could affect patient's recovery time, including patient factors, surgical problems and anesthesia and drug that used during the operation. Nature sound music therapy was one of the complementary therapy to increase patient's comfort, reduce the adrenaline activity, reduce the tension of neuromuscular activity, and increase the threshold of consciousness.

**Purpose:** Determine the effect of nature sound music therapy toward conscious recovery time of patients with post general anesthesia in PKU Muhammadiyah Hospital Yogyakarta.

**Method:** This research used a quasi-experimental design with pre test post test with control. The sample of this study was 21 respondents in control group and the treatment group of post general anesthesia patients with consecutive sampling technique. Samples of the treatment group were given nature sound music therapy with maximum aldrete score is 10.

**Result:** Data were tested using by Mann Whitney test and the results obtained were P value of 0.000 (<0.05) so that the influence of nature sound music therapy on patients with post general anesthesia in PKU Muhammadiyah Hospital Yogyakarta conscious recovery time was obtained. The recovery time duration of the patient that given nature sound music therapy was 7.9 minutes and for the patient in the control group was 18.86 minutes..

**Conclusion:** There was the influence of natural sound music therapy on the time of conscious recovery in patients with general anesthesia in PKU Muhammadiyah Hospital at Yogyakarta.

Keywords: post general anesthesia patients, conscious recovery time, nature sound music therapy

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