

EFFECT OF MUSIC THERAPY OF ANXIETY PATIENTS SURGERY WITH SPINAL ANESTHESIA IN RS PKU MUHAMMADIYAH YOGYAKARTA

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ABSTRACT

Background : The operation of a person can pose a threat that can generate stress reactions both physiologically and psychologically such as fear, anger, anxiety, and anxiety. The cause of anxiety in patients pre-spinal anesthesia is the concern about procedures that during surgery can be seen and heard. Anxiety in preoperative patients needs to be considered, one of the actions to overcome anxiety in patients can be in the form of music therapy.

Objective : knowing the effect of giving music therapy to the anxiety of spinal surgery patients at PKU Muhammadiyah Hospital in Yogyakarta

methods : This research method is quasi experiment with one group pre test and post test with control design. The population in the study were all patients who were treated with 64 patients with spinal anesthesia. Sampling by consecutive sampling with intervention groups as many as 32 respondents and 32 respondents as a control group, with inclusion and exclusion criteria

Result : Classical music therapy lowers the anxiety of patients with spinal surgery with significance ($p = 0,000$). There was a difference in the decrease in anxiety after giving music therapy between the intervention group and the control group.

conclusion: music therapy can reduce the anxiety of patients undergoing spinal anesthesia surgery

Keywords:, Anxiety, Music Therapy, Spinal anesthesia

PENGARUH PEMBERIAN TERAPIMUSIK TERHADAP KECEMASAN PASIEN OPERASI SPINAL ANESTESI DI RS PKU MUHAMMADIYAH YOGYAKARTA

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INTISARI

Latar belakang : Tindakan operasi seseorang dapat menimbulkan ancaman yang dapat membangkitkan reaksi stress baik fisiologis maupun psikologis seperti ketakutan, marah, gelisah, dan kecemasan. Penyebab kecemasan pada pasien preoperasi spinal anestesi yakni kekhawatiran akan prosedur yang selama operasi yang dapat dilihat dan didengar. Kecemasan pasien preoperasi perlu diperhatikan, salah satu tindakan untuk mengatasi kecemasan pada pasien dapat berupa pemberian terapi musik.

Tujuan : mengetahui pengaruh pemberian terapi musik terhadap kecemasan pasien operasi spinal di RS PKU Muhammadiyah Yogyakarta.

Metode : Metode penelitian ini adalah *quasy eksperiment* dengan *pre test and post test one group with control design*. Populasi dalam penelitian adalah seluruh pasien yang dilakukan tindakan dengan spinal anestesi sejumlah 64 pasien. Pengambilan sampel dengan cara *consecutive sampling* dengan kelompok intervensi sebanyak 32 responden dan 32 responden sebagai kelompok kontrol, dengan kriteria inklusi dan eksklusi.

Hasil penelitian : Terapi musik klasik menurunkan kecemasan pasien preoperasi spinal dengan signifikasi ($p=0,000$). Terdapat perbedaan penurunan kecemasan sesudah pemberian terapi musik antara kelompok intervensi dan kelompok kontrol.

Kesimpulan : terapi musik dapat menurunkan kecemasan pasien yang menjalani operasi spinal anestesi

Kata kunci : Kecemasan, Spinal Anestesi.Terapi Musik,