

PENGARUH PEMBERIAN TERAPI MUSIK KLASIK MOZART TERHADAP KECEMASAN PASIEN PRE OPERASI DENGAN ANESTESI UMUM DI RSUD SLEMAN YOGYAKARTA

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ABSTRAK

Latar Belakang : Tindakan pembedahan dengan *general* anestesi merupakan stresor yang dapat membangkitkan reaksi stres berupa kecemasan. Kecemasan yang timbul menjelang tindakan anestesi akan mengganggu jalannya proses operasi.

Tujuan Penelitian : Mengetahui pengaruh pemberian terapi musik klasik Mozart terhadap kecemasan pasien pre operasi dengan anestesi umum di RSUD Sleman Yogyakarta.

Metode Penelitian : Penelitian ini merupakan penelitian *quasy experiment* dengan desain penelitian *pre test and post test with control group*. Penelitian ini menggunakan pendekatan kuantitatif dengan metode analitik komparatif. Penelitian ini dilaksanakan pada bulan April – Juni 2018. Subjek dalam penelitian ini adalah pasien pre operasi dengan anestesi umum di RSUD Sleman Yogyakarta. Jumlah subjek penelitian sebanyak 40 responden yang diambil dengan cara *purposive sampling*. Responden dibagi dalam dua kelompok yaitu intervensi dan kontrol masing – masing 20 responden. Analisis statistik yang digunakan adalah analisis *Chi Square*.

Hasil Penelitian : Hasil analisis bivariat diketahui bahwa ada pengaruh terapi musik klasik Mozart terhadap kecemasan pasien pre operasi dengan anestesi umum dengan p_{value} 0,000.

Kesimpulan : Ada pengaruh pemberian terapi musik klasik Mozart terhadap kecemasan pasien pre operasi dengan anestesi umum.

Kata Kunci : musik klasik Mozart, cemas, anestesi umum

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**THE INFLUENCE OF MOZART CLASSICAL MUSIC THERAPY
TOWARDS THE ANXIETY OF PRE OPERATIVE PATIENT
WITH GENERAL ANESTHESIA AT RSUD SLEMAN
YOGYAKARTA**

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ABSTRACT

Background: Surgery with general anesthesia is a stressor that can increase stress reactions that is anxiety. Anxiety that appear before anesthesia will disrupt the surgery and generally reduce the energy of patient so harming the patient itself.

Objective: To know the influence of giving Mozart classical music therapy towards the anxiety of pre operative patient with general anesthesia at RSUD Sleman Yogyakarta.

Method: This is quasy experiment research with pre test and post test with control group design. This research uses a quantitative approach with comparative analytic method. This research already implemented from April to June 2018. The subjects in this research were pre operative patients with general anesthesia at RSUD Sleman Yogyakarta. The number of research subjects as many as 40 respondents taken by purposive sampling. Respondents were divided into two groups that is intervention and control each of 20 respondents. Statistical analysis using Chi Square.

Results: The results of bivariate analysis is there is an influence of Mozart classical music therapy towards the anxiety of pre operative patient with general anesthesia with $p_{value} 0,000$.

Conclusion: There is an influence of giving Mozart classical music therapy towards the anxiety of pre operative patient with general anesthesia.

Keyword: Mozart classical music, anxiety, general anesthesia

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