

PERBEDAAN TERAPI *NATURE SOUND* DAN TERAPI MUSIK
KERONCONG TERHADAP KUALITAS TIDUR LANSIA DI
UPT RPSLUT BUDHI DHARMA YOGYAKARTA

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ABSTRAK

Latar Belakang: Kualitas tidur pada lansia seringkali menjadi masalah yang kompleks dan berdampak signifikan pada kualitas hidup lansia. Salah satu terapi non farmakologis untuk meningkatkan kualitas tidur adalah terapi *nature sound*. Terapi *nature sound* mendukung gelombang otak alpha yang berkaitan dengan relaksasi dan meditasi sehingga membantu meningkatkan kualitas tidur pada lansia.

Tujuan: Mengetahui perbedaan terapi *nature sound* dan terapi musik keroncong terhadap kualitas tidur lansia di UPT RPSLUT Budhi Dharma Yogyakarta.

Metode: Jenis penelitian *quasy experiment* dengan *pre and posttest control group*. Jumlah responden sebanyak 50 dipilih dengan total sampling. Jumlah sampel kelompok intervensi 25 responden dan kelompok pembandingan 25 responden. Instrumen penelitian menggunakan kuesioner kualitas tidur PSQI. Analisa data menggunakan uji *paired t-test* dan uji *independent t-test* dengan taraf signifikan $p < 0,05$.

Hasil: Terdapat perbedaan kualitas tidur lansia yang signifikan sebelum dan sesudah diberikan perlakuan pada kelompok intervensi ($\Delta \text{Mean} = 5,28$) dan kelompok pembandingan ($\Delta \text{Mean} = 3,08$) dengan nilai $p \text{ value} = 0,001$ ($p < 0,005$).

Kesimpulan: Terapi *nature sound* lebih efektif meningkatkan kualitas tidur lansia dibandingkan terapi musik keroncong.

Kata Kunci: Kualitas tidur, lansia, *nature sound*, musik keroncong.

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DIFFERENCE IN NATURE SOUND THERAPY AND KERONCONG MUSIC
THERAPY ON THE QUALITY OF SLEEP OF THE ELDERLY AT
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ABSTRACT

Background: Sleep quality in the elderly is often a complex problem and has a significant impact on the quality of life of the elderly. One of the non-pharmacological therapies to improve sleep quality is nature sound therapy. Nature sound therapy supports alpha brain waves related to relaxation and meditation, which helps improve sleep quality in the elderly.

Objective: Knowing the difference between nature sound therapy and keroncong music therapy on the quality of sleep of the elderly at UPT RPSLUT Budhi Dharma Yogyakarta.

Methods: Type of research quasy experiment with pre and posttest control group. The number of respondents was 50 selected by total sampling. The number of intervention group samples was 25 respondents and the comparison group was 25 respondents. The research instrument used the PSQI sleep quality questionnaire. Data analysis using paired t-tests and independent t-tests with a significant level of $p < 0.05$.

Results: There is a significant difference in the quality of elderly sleep before and after treatment in the intervention group ($\Delta\text{Mean} = 5.28$) and the comparison group ($\Delta\text{Mean} = 3.08$) with a p value = 0.001 ($p < 0.005$).

Conclusion: Nature sound therapy is more effective in improving the quality of sleep of the elderly than keroncong music therapy.

Keywords: Sleep quality, lanisa, nature sound, keroncong music.

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