

**PENGARUH KOMBINASI TERAPI MUSIK GAMELAN JAWA DAN
TEKNIK RELAKSASI NAPAS DALAM TERHADAP KECEMASAN
PADA PASIEN KANKER PAYUDARA YANG MENJALANI
KEMOTERAPI DI RSPAU DR. S. HARDJOLUKITO**

Destira Prajna Paramita, Umi Istianah, Abdul Majid, Maryana
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Email : paramitadestira@gmail.com

ABSTRAK

Latar Belakang : Kanker payudara merupakan salah satu kanker dengan prevalensi tinggi pada perempuan. Kemoterapi sebagai terapi utama kanker payudara dapat menimbulkan efek samping fisik dan psikologis, salah satunya kecemasan. Kecemasan selama kemoterapi dapat memengaruhi kondisi psikologis dan kualitas hidup pasien. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk menurunkan kecemasan yaitu terapi musik gamelan Jawa dan teknik relaksasi napas dalam.

Tujuan : Mengetahui pengaruh kombinasi terapi musik gamelan Jawa dan teknik relaksasi napas dalam terhadap kecemasan pada pasien kanker payudara yang menjalani kemoterapi.

Metode : Penelitian quasi experiment dengan rancangan *pretest-posttest with control group*. Sampel penelitian adalah pasien kanker payudara yang menjalani kemoterapi di RSPAU dr. S. Hardjolukito dan dipilih menggunakan *total sampling*. Tingkat kecemasan diukur menggunakan *Zung Self-Rating Anxiety Scale (ZSAS)*. Data dianalisis menggunakan uji *wilcoxon* dan *mann-whitney*.

Hasil : Rata-rata skor kecemasan kelompok intervensi menurun dari 44,11 menjadi 30,41 dengan nilai $Z = -4,547$ dan $p\text{-value} = 0,000$. Pada kelompok kontrol, rata-rata skor kecemasan menurun dari 38,19 menjadi 36,04 dengan nilai $Z = -3,691$ dan $p\text{-value} = 0,000$. Hasil uji *Mann-Whitney* menunjukkan nilai *mean rank* kelompok intervensi lebih tinggi dibandingkan kelompok kontrol ($39,57 > 15,43$) dengan $p\text{-value} = 0,000$.

Kesimpulan : Ada pengaruh terapi musik gamelan Jawa dan teknik relaksasi napas dalam terhadap penurunan kecemasan pada pasien kanker payudara yang menjalani kemoterapi.

Kata Kunci : terapi musik gamelan Jawa, relaksasi napas dalam, kecemasan, kanker payudara, kemoterapi.

**THE EFFECT OF COMBINED JAVANESE GAMELAN MUSIC THERAPY
AND DEEP BREATHING RELAXATION ON ANXIETY LEVELS AMONG
BREAST CANCER PATIENTS UNDERGOING CHEMOTHERAPY AT
RSPAU DR. S. HARDJOLUKITO**

Destira Prajna Paramita, Umi Istianah, Abdul Majid, Maryana
Nursing Department of the Yogyakarta Ministry of Health Polytechnic
Email : paramitadestira@gmail.com

ABSTRACT

Background: Breast cancer is a cancer with a high prevalence among women. Chemotherapy as the primary treatment for breast cancer can cause physical and psychological side effects, one of which is anxiety. Anxiety during chemotherapy can affect the psychological condition and quality of life of patients. One of the non-pharmacological interventions that can be used to reduce anxiety is Javanese gamelan music therapy and deep breathing relaxation techniques.

Objective: To determine the effect of combining Javanese gamelan music therapy and deep breathing relaxation techniques on anxiety in breast cancer patients undergoing chemotherapy.

Methods: This study was a quasi-experimental study with a pretest-posttest with control group design. The study population consisted of breast cancer patients undergoing chemotherapy at RSPAU dr. S. Hardjolukito. The sampling technique used was total sampling. The intervention group received Javanese gamelan music therapy and deep breathing relaxation techniques for 15–20 minutes, while the control group received only standard hospital care. Measurement of anxiety levels was conducted before and after the intervention using the ZSAS instrument. Data analysis was performed using appropriate statistical tests.

Results: The average anxiety score of the intervention group decreased from 44.11 to 30.41 with a Z value = -4.547 and p-value = 0.000. In the control group, the average anxiety score decreased from 38.19 to 36.04 with a Z value = -3.691 and p-value = 0.000. The Mann-Whitney test results showed that the mean rank of the intervention group was higher than the control group (39.57 > 15.43) with a p-value = 0.000, indicating that Javanese gamelan music therapy and deep breathing relaxation techniques were more effective in reducing anxiety compared to standard hospital interventions.

Conclusion: There is an effect of Javanese gamelan music therapy and deep breathing relaxation techniques on reducing anxiety in breast cancer patients undergoing chemotherapy.

Keywords: Javanese gamelan music therapy, deep breathing relaxation, anxiety, breast cancer, chemotherapy.