

PENGARUH TERAPI MUSIK RELAKSASI *MOZART ANDANTE* TERHADAP SKOR NYERI KANULASI PADA PASIEN HEMODIALISIS di RSPAU dr. S. HARDJOLUKITO

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ABSTRAK

Latar Belakang: Gagal ginjal kronis merupakan penurunan fungsi ginjal yang berkontribusi terhadap meningkatnya mortalitas dan morbiditas global. Di Indonesia prevalensi gagal ginjal kronis sebesar 0,38%, sedangkan di Daerah Istimewa Yogyakarta sebesar 0,23%. Peningkatan prevalensi menyebabkan bertambahnya pasien yang memerlukan hemodialisis. Penggunaan arteriovenous fistula (AVF) sebagai akses vaskular hemodialisis dapat menimbulkan nyeri saat kanulasi. Penatalaksanaan nyeri masih didominasi farmakologis sehingga diperlukan intervensi nonfarmakologis, salah satunya terapi musik Mozart tempo andante yang memberikan efek relaksasi dan menurunkan intensitas nyeri.

Tujuan: Mengetahui Pengaruh Terapi Musik Relaksasi Mozart *Andante* terhadap Skor Nyeri Kanulasi Pada Pasien Hemodialisis di RSPAU dr. S. Hardjolukito.

Metode: Penelitian ini menggunakan metode *quasi experimental pretest – posttest with control group design*. Teknik sampling menggunakan consecutive sampling dengan jumlah sampel 66 responden, terdiri dari 33 kelompok intervensi dan 33 kelompok kontrol. Instrumen pengukuran menggunakan Numeric Rating Scale (NRS). Analisis data menggunakan uji *Wilcoxon* dan *Mann-Whitney*.

Hasil: Uji *Wilcoxon* pada kelompok intervensi menunjukkan nilai $p\text{-value} < 0,000$ dengan seluruh responden mengalami penurunan skor nyeri setelah diberikan terapi musik. Pada kelompok kontrol diperoleh $p\text{-value} < 0,000$, dengan 19 responden mengalami penurunan skor dan 14 responden tidak mengalami perubahan. Uji *Mann-Whitney* menunjukkan terdapat perbedaan signifikan penurunan skor nyeri antara kelompok intervensi dan kontrol ($p\text{-value} < 0,000$). Nilai mean rank kelompok intervensi sebesar 47,27 lebih tinggi dibandingkan kelompok kontrol sebesar 19,73.

Kesimpulan: Terapi musik relaksasi *Mozart andante* berpengaruh signifikan menurunkan skor nyeri kanulasi AVF pada pasien hemodialisis dan lebih efektif dibandingkan teknik relaksasi nafas dalam.

Kata Kunci: Nyeri, Terapi Musik, Hemodialisis

**THE EFFECT OF MOZART ANDANTE RELAXATION MUSIC
THERAPY ON CANNULATION PAIN SCORES IN HEMODIALYSIS
PATIENTS at RSPAU dr. S. HARDJOLUKITO**

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ABSTRACT

Background: Chronic renal failure is a decrease in kidney function that contributes to increased global mortality and morbidity. In Indonesia, the prevalence of chronic kidney failure is 0.38%, while in the Special Region of Yogyakarta it is 0.23%. The increase in prevalence causes an increase in patients requiring hemodialysis. The use of arteriovenous fistula (AVF) as a hemodialysis vascular access can cause pain during cannulation. Pain management is still dominated by pharmacology, so non-pharmacological interventions are needed, one of which is Mozart tempo andante music therapy which has a relaxing effect and reduces pain intensity.

Objective: To determine the effect of Mozart Andante Relaxation Music Therapy on Cannulation Pain Scores in Hemodialysis Patients at RSPAU dr. S. Hardjolukito.

Method: This research uses a *quasi experimental pretest – posttest method with control group design*. The sampling technique used consecutive sampling with a total sample of 66 respondents, consisting of 33 intervention groups and 33 control groups. The measurement instrument uses the Numeric Rating Scale (NRS). Data analysis used the Wilcoxon and Mann-Whitney tests.

Results: The Wilcoxon test in the intervention group showed a value of $p\text{-value} < 0.000$ with all respondents experiencing a decrease in pain scores after being given music therapy. In the control group, $p\text{-value} < 0.000$ was obtained, with 19 respondents experiencing a decrease in scores and 14 respondents experiencing no change. The Mann-Whitney test showed that there was a significant difference in reducing pain scores between the intervention and control groups ($p\text{-value} < 0.000$). The mean rank value for the intervention group was 47,27 higher than the control group, which was 19,73.

Conclusion: Mozart andante relaxation music therapy has a significant effect on reducing AVF cannulation pain scores in hemodialysis patients and is more effective than deep breathing relaxation techniques.

Keywords: Pain, Music Therapy, Hemodialysis