

PENERAPAN TERAPI MUSIK GAMELAN JAWA DALAM MENINGKATKAN KUALITAS TIDUR LANSIA

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ABSTRAK

Latar Belakang: Lansia merupakan kelompok usia yang rentan mengalami berbagai perubahan fisiologis dan psikologis akibat proses penuaan yang dapat menyebabkan gangguan tidur. Secara global, sekitar 30–50% lansia mengalami gangguan tidur yang berdampak pada kualitas hidup dan kesehatan lansia. Hasil studi pendahuluan di wilayah kerja Puskesmas Girimulyo II menunjukkan sekitar 75–80% lansia mengalami keluhan gangguan tidur, namun belum terdapat penanganan khusus terkait masalah tersebut. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu meningkatkan kualitas tidur lansia adalah terapi musik gamelan Jawa laras Slendro yang memiliki tempo lambat dan irama menenangkan sehingga dapat memberikan efek relaksasi.

Tujuan: Mengetahui penerapan terapi musik gamelan Jawa dalam meningkatkan kualitas tidur lansia di wilayah kerja Puskesmas Girimulyo II

Metode: Karya tulis ilmiah ini disusun dalam bentuk laporan studi kasus deskriptif menggunakan pendekatan proses keperawatan. Subjek studi kasus adalah dua lansia yang mengalami gangguan tidur. Studi kasus dilakukan dengan mengobservasi penerapan terapi musik gamelan Jawa untuk meningkatkan kualitas tidur lansia serta membandingkan respons klien sebelum dan sesudah intervensi diberikan.

Hasil: Terjadi peningkatan kualitas tidur setelah diterapkan terapi musik gamelan Jawa selama 7 hari berturut-turut. Hasil pengukuran menggunakan *Pittsburgh Sleep Quality Index (PSQI)* menunjukkan bahwa sebelum penerapan terapi, skor klien 1 adalah 10 dan klien 2 adalah 8, kemudian setelah penerapan terapi menurun menjadi 5 pada klien 1 dan 4 pada klien 2.

Kesimpulan: Terapi musik gamelan Jawa efektif untuk meningkatkan kualitas tidur pada lansia.

Kata kunci: Lansia, Terapi Musik Gamelan Jawa, Kualitas Tidur, Gangguan Tidur

APPLICATION OF JAVANESE GAMELAN MUSIC THERAPY TO IMPROVE SLEEP QUALITY IN ELDERLY

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ABSTRACT

Background: Elderly people are an age group that is vulnerable to experiencing various physiological and psychological changes due to the aging process, which can lead to sleep disturbances. Globally, around 30–50% of older adults experience sleep disorders that impact their quality of life and health. Preliminary study results in the working area of Girimulyo II Public Health Center showed that approximately 75–80% of older adults experienced sleep complaints, yet no specific management had been provided. One non-pharmacological intervention that can be used to help improve sleep quality in older adults is Javanese gamelan music therapy with the Slendro scale, which has a slow tempo and calming rhythm that can provide a relaxation effect.

Objective: To determine the implementation of Javanese gamelan music therapy in improving sleep quality among older adults in the working area of Girimulyo II Public Health Center.

Methods: This scientific paper was prepared in the form of a descriptive case study report using a nursing process approach. The subjects of the case study were two older adults experiencing sleep disturbances. The case study was conducted by observing the implementation of Javanese gamelan music therapy to improve sleep quality and by comparing clients' responses before and after the intervention.

Results: There was an improvement in sleep quality after the implementation of Javanese gamelan music therapy for 7 consecutive days. The results of the Pittsburgh Sleep Quality Index (PSQI) measurement showed that before the intervention, the score of client 1 was 10 and client 2 was 8, which then decreased to 5 in client 1 and 4 in client 2 after the intervention.

Conclusion: Javanese gamelan music therapy was effective in improving sleep quality among older adults.

Keywords: older adults, Javanese gamelan music therapy, sleep quality, sleep disturbance