

PENERAPAN TERAPI MUSIK LANGGAM JAWA TERHADAP LANSIA DENGAN KECEMASAN

Isfari Arya Sanica¹, Bondan Palestin², Titik Endarwati³

ABSTRAK

Latar Belakang: Lansia merupakan fase kehidupan yang ditandai dengan penurunan fungsi fisiologis serta rentan mengalami masalah psikososial. Data menunjukkan peningkatan jumlah lansia di Indonesia, dengan Daerah Istimewa Yogyakarta memiliki persentase tertinggi sebesar 16,23%, melebihi rata-rata nasional. Perubahan biologis, emosional, dan psikososial pada lansia dapat memicu ansietas yang sering muncul dalam bentuk gangguan fisik seperti insomnia dan masalah kardiovaskular. Namun, kondisi ini sering dianggap sebagai bagian normal dari proses penuaan sehingga kurang mendapat perhatian. Studi pendahuluan di BPSTW Abiyoso menunjukkan bahwa 70% dari 115 lansia mengalami gangguan kecemasan. Salah satu intervensi nonfarmakologis yang sesuai dengan budaya setempat adalah terapi musik langgam Jawa.

Tujuan: Menerapkan terapi musik langgam Jawa pada lansia yang mengalami ansietas di BPSTW Abiyoso Yogyakarta melalui pendekatan asuhan keperawatan.

Metode: Penelitian menggunakan metode deskriptif studi kasus dengan pendekatan proses keperawatan pada dua klien lansia yang mengalami ansietas. Intervensi dilakukan selama tiga hari berturut-turut dengan durasi 15 menit setiap sesi.

Hasil: Terapi musik langgam Jawa menurunkan skor kecemasan berdasarkan Geriatric Anxiety Scale (GAS). Klien 1 mengalami penurunan skor dari 24 menjadi 18, sedangkan Klien 2 dari 26 menjadi 20. Kedua klien juga menunjukkan perbaikan respon perilaku seperti kontak mata yang membaik, peningkatan ketenangan.

Kesimpulan: Terapi musik langgam Jawa efektif menurunkan ansietas pada lansia di lingkungan panti.

Kata Kunci: Ansietas, lansia, terapi musik langgam Jawa

¹Mahasiswa D III Keperawatan Kemenkes Poltekkes Yogyakarta

Email: aryanica@gmail.com

^{2,3} Dosen Jurusan Keperawatan Kemenkes Poltekkes Yogyakarta

APPLICATION OF JAVANESE LANGGAM STYLE MUSIC THERAPY IN ELDERLY WITH ANXIETY

Isfari Arya Sanica¹, Bondan Palestin², Titik Endarwati³

ABSTRACT

Background: *Elderly is a phase of life characterized by a decline in physiological function and is vulnerable to experiencing psychosocial problems. Data shows an increase in the number of elderly people in Indonesia, with the Special Region of Yogyakarta having the highest percentage at 16.23%, exceeding the national average. Biological, emotional and psychosocial changes in the elderly can trigger anxiety which often appears in the form of physical disorders such as insomnia and cardiovascular problems. However, this condition is often considered a normal part of the aging process and therefore receives less attention. A preliminary study at BPSTW Abiyoso showed that 70% of 115 elderly people experienced anxiety. One non-pharmacological intervention that is appropriate to local culture is Javanese style music therapy.*

Objective: *Applying Javanese music therapy to elderly people who experience anxiety at BPSTW Abiyoso Yogyakarta through a nursing care approach.*

Method: *The research used a descriptive case study method with a nursing process approach on two elderly clients who experienced anxiety. The intervention was carried out for three consecutive days with a duration of 15 minutes each session.*

Results: *Javanese music therapy reduced anxiety scores based on the Geriatric Anxiety Scale (GAS). Client 1 experienced a decrease in score from 24 to 18, while Client 2 from 26 to 20. Both clients also showed improved behavioral responses such as improved eye contact, increased calm.*

Conclusion: *Javanese music therapy is effective in reducing anxiety in elderly people in nursing homes.*

Keywords: *Anxiety, elderly, Javanese music therapy*

¹D III Nursing Student, Kemenkes Poltekkes Yogyakarta

Email: aryasanica@gmail.com

^{2,3}Lecturer of The Nursing Department, Kemenkes Poltekkes Yogyakarta