

ABSTRAK

Kecemasan bisa terjadi sebelum tindakan operasi *sectio caesarea*. Dampak kecemasan menimbulkan perubahan fisik maupun psikologis seperti bertanya-tanya terus mengenai tindakan yang dilakukan dan meningkatkannya tekanan darah yang menyebabkan tertundanya jadwal operasi *sectio caesarea*. Diperlukan adanya intervensi seperti terapi musik klasik mozart untuk mengurangi kecemasan. Tujuan penelitian yaitu untuk mengetahui pengaruh terapi musik klasik Mozart terhadap kecemasan pasien pre operasi *sectio caesarea* di ruang persiapan operasi Instalasi Bedah Sentral RSUD Majalaya Kabupaten Bandung tahun 2020

Desain penelitian berupa *pre ekspriment*. Rancangan yang digunakan adalah *one group pre test and posttest design*. Populasi sebanyak 66 orang ibu pre operasi *sectio caesarea*, sampel didapatkan sebanyak 40 orang dengan teknik pengambilan sampel yaitu *consecutive sampling*. Pengumpulan data dilakukan dengan cara pemberian kuesioner *Hospital Anxiety Depression Scale*. Analisis data menggunakan analisis univariat berupa distribusi frekuensi dan analisis bivariat berupa uji Wilcoxon.

Hasil penelitian didapatkan sebelum diberikan intervensi terapi musik klasik lebih dari setengahnya dengan tingkat kecemasan sedang sebanyak 29 orang (72,5%). Setelah diberikan intervensi terapi musik klasik lebih dari setengahnya dengan tingkat kecemasan ringan sebanyak 24 orang (60%). Ada pengaruh pemberian intervensi terapi musik klasik mozart terhadap kecemasan pasien pre operasi *sectio caesarea* ($p\text{-value} = 0,000 < 0,05$) dengan hasil terjadi penurunan tingkat kecemasan.

Pemberian musik merangsang otak menghasilkan hormon serotonin dan hormon endorphen yang menyebabkan tubuh menjadi rileks dan membuat perasaan lebih tenang. Saran bagi rumah sakit bisa menjadikan intervensi musik klasik mozart sebagai operasional prosedur dalam menangani masalah kecemasan pasien pre operasi.

Kata kunci : Kecemasan, Musik Klasik Mozart, Sectio Caesarea.
Sumber : 35 Buku (tahun 2011-2018)
12 Jurnal (tahun 2012-2019)

ABSTRACT

Anxiety can occur before caesarean section surgery. The impact of anxiety causes physical and psychological changes such as asking questions about the actions taken and increasing blood pressure which causes delays in the schedule of cesarean section surgery. Interventions such as Mozart classical music therapy are needed to reduce anxiety. The research objective was to determine the effect of Mozart's classical music therapy on the anxiety of preoperative section caesarean patients in the preparation room for the Central Surgery Installation at Majalaya Hospital, Bandung Regency in 2020.

The research design was a pre experiment. The design used was one group pre test and posttest design. Population of 66 mothers preoperative section caesarea, samples obtained as many as 40 people with the sampling technique is consecutive sampling. Data collection was done by giving the Hospital Anxiety Depression Scale questionnaire. Data analysis used univariate analysis in the form of frequency distribution and bivariate analysis in the form of the Wilcoxon test.

The results obtained before being given classical music therapy intervention were more than half of them with moderate anxiety levels as many as 29 people (72.5%). After being given classical music therapy intervention, more than half of them with mild anxiety levels were 24 people (60%). There is an effect of giving Mozart classical music therapy intervention on the anxiety of preoperative section caesarean patients ($p\text{-value} = 0.000 < 0.05$) with the result that there is a decrease in anxiety levels.

Giving music stimulates the brain to produce serotonin and endorphin hormones which cause the body to relax and make you feel calmer. Suggestions for the hospital can make Mozart classical music intervention as an operational procedure in dealing with preoperative patient anxiety problems.

Keywords : Anxiety, Mozart Classical Music, Sectio Caesarea.

Source : 35 Books (2011-2018)
12 Journals (2012-2019)