

ABSTRACT

THE EFFECT OF JAVANESE TRADITIONAL MUSIC THERAPY ON THE FULFILLMENT OF THE NEED OF SLEEP IN ELDERLY

A Pre Experimental Study in Panti Sosial Tresna Werdha Blitar

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Quality and quantity sleep disorder are one of the problems that faced by elderly. These disorder can increase activity of sympathetic nerve and muscle stress. Javanese traditional music therapy is one of the method to increase the fulfillment of the need of sleep. The objective of this study was to analyze the effect of Javanese traditional music therapy on the fulfillment of the need of sleep in elderly.

This study used pre experimental design. The population was elderly with sleep disorders in Panti Sosial Tresna Werdha Blitar. The sample was recruited using purposive sampling, consisting of 12 respondents, taken according to the inclusion criteria. The independent variable of this study was the Javanese traditional music and the dependent variable was the fulfillment of sleep in elderly. Data were collected by using structured questionnaire and the measurement of respondent vital sign, and they were analysed by using Wilcoxon Signed Rank Test and Paired t Test with level of significance $p \leq 0.05$.

Result showed that Javanese traditional music therapy effect the increase of fulfillment of the need of sleep: quality ($p=0.001$), and also effect the increase sleep duration ($p=0.00001$), besides it could reduce hearth rate ($p=0.001$), and respiratory rate ($p=0.00001$). However, Javanese traditional music therapy did not effect the reduction of systolic ($p=0,104$) and diastolic blood pressure ($p=0.339$).

It can be concluded that Javanese traditional music therapy has significantly effect on the fulfillment of the need of sleep in elderly. Further research should measure the effect of Javanese traditional music therapy on the fulfillment of the need of sleep with the rate of melatonin and EEG (Electro Encephalo Gram).

Keyword: Javanese traditional music therapy, the need of sleep, elderly

