

ABSTRACT

PERBEDAAN TEKANAN DARAH DAN DENYUT NADI AKIBAT APLIKASI MUSIK RELAKSASI PADA ANAK YANG MENJALANI PERAWATAN GIGI (DIFFERENCE IN BLOOD PRESSURE AND PULSE RATE DUE TO RELAXATION MUSIC APPLICATION IN CHILDREN UNDERGOING DENTAL TREATMENT)

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ANXIETY; MUSIC

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Background: Relaxation music contain elements of the use of natural sounds in the background, the slow tempo, repetitive, rhythmic, and the addition of an acoustic sound with binaural beat effect with the desired frequency to achieve the reduction in brain wave frequencies up to stage relax. The elements of music relaxation are suggested to have effect of decreasing blood pressure and pulse rate of children who will undergo dental treatment which will cause the child more relaxed to face it. **Purpose:** The aim of this study is Proving the existence of differences in blood pressure and pulse rate due to relaxation music applications in children undergoing dental treatment. **Method:** This study used semi-experimental design with the approach pre-post test control group design. Experimental subjects are the children who come to the IKGA clinic Dentistry Airlangga University and will undergo dental treatment and fulfilled the criteria. Subject were divided into two groups, control group and treatment group. Each group has ten members. In all these two groups, we measured blood pressure three times, when it arrived at the clinic, when sitting in the dental chair, and when finished dental care. In the treatment group, we provide music relaxation during dental treatment, while the control group did not. The results were tested with independent t-test to look for the differences in blood pressure and pulse rate between control and treatment group. **Result:** Based on statistical independent t-test there's a significant difference of blood pressure and pulse between the sample control group and treatment group which is equal to 0.000 ($p < 0.05$). Also the mean difference of - 8.9 in blood pressure and - 8 on the pulse. Thus, because both variables are significant differences between control and treatment group samples, it can be concluded that the treatment group decreased by 8.9 in blood pressure and a decrease of 8 on the pulse when compared with the control group. **Conclusion:** The use of relaxation music with binaural beat effect in children undergoing dental treatment can cause significant differences in blood pressure and pulse children. This shows that the use of relaxation music can reduce anxiety of children who will undergo dental treatment.

Keywords : anxiety, child, blood pressure, pulse, relaxation music.