

PENGARUH TERAPI MUSIK GAMELAN JAWA TERHADAP DEPRESI PADA LANSIA DI UPT PELAYANAN SOSIAL LANSIA PASURUAN

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JAVANESE GAMELAN MUSIC THERAPY

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The research was carried out at the UPT Social Service for the Elderly of Pasuruan. The research was thought of since depression among the elderly is increasing these days. Using Javanese Gamelan music as therapy can hopefully be an alternative in the treatment of depression among the elderly.

The study is a quasy experimental design with a pre - post tests. The population of the research is the elderly at the UPT Social Service for the Elderly of Pasuruan suffering from a depression with a sample of 18 elderly people. Data collection is done by way of observation and interview with the respondent. The data is analyzed using the Wilcoxon test with a significant level of <0.05 .

The result of the Kruskal Walice statistic shows a significant level of 0.000 which can be concluded that the Javanese Gamelan music used as therapy has an effect on lowering the number of depressed people among the elderly. The Wilcoxon rank test shows that in treatment 1: Pop music has the smallest average in lowering the depression level by 0.6667. Music therapy using Laras Slendro has the largest average which lowers the subjects' depression level by 5.6667. In treatment 2: Music therapy of the Keroncong type has the smallest average that lowers depression level by 1.6667. Music therapy using Laras Slendro has the largest average that lowers depression level by 4.1667 . Therefore, the Javanese Gamelan Music can be made one of the alternative therapies that helps overcome depression problems among the elderly, since the music can make them calm and peaceful.

Key words: Depression, Javanese Gamelan Music Therapy, Laras Slendro, Laras Pelog, Lowering of the depression level.

