

**ABSTRACT**

**THE EFFECT OF SUNDANESE DEGUNG INSTRUMENTAL MUSIC INTERVENTION ON BLOOD PRESSURE REDUCTION IN ELDERLY WITH HYPERTENSION**

Pra-Experiment study in UPTD Griya Werdha Surabaya

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Hypertension in the elderly caused by physiological changes in the structure and cardiovascular function. An increase in cardiovascular morbidity in 65 years old and above. Hypertension can lead to a coronary heart disease and stroke. Pharmacological management of hypertension in elderly over a period of time can cause various side effects. One alternative non-pharmacological treatment of hypertension is the music intervention, which can give a feeling of relaxation in a person's blood pressure. Sundanese degung instrumental music can be used a relaxation therapy. The study used a pra experiment research design (one group pre post test design). The population were elderly with hypertension in UPTD Griya Werdha Surabaya. The sampling technique in the study used the purposive sampling with a total of 15 respondents. Independent variable is the Sundanese degung instrumental. Dependent variable is the reduction blood pressure and pulse rate. Data were analyzed by using Wilcoxon signed rank test with significance value  $\leq 0.05$ . Further results showed the effect of Sundanese degung instrumental music of the value of systolic blood pressure ( $p = 0.001$ ), diastolic blood pressure ( $p = 0.004$ ). Otherwise, there was no effect of Sundanese degung instrumental music of the pulse frequency ( $p = 0.467$ ). The study showed that Sundanese degung instrumental music intervention has an effect in reducing systolic and diastolic blood pressure in the elderly with hypertension, but not to the pulse frequency.

**Keywords:** Elderly blood pressure, music intervention, Sundanese degung *instrumental*.