

ABSTRAK

**PENGARUH TERAPI MUSIK MOZART
TERHADAP PENURUNAN PERILAKU *TANTRUM*
DI SEKOLAH AUTIS HARAPAN BUNDA SURABAYA**

Quasy Experimental Study

Siti Maria

Perilaku *tantrum* merupakan perilaku ekspulsif yang disebabkan karena kerusakan otak pada daerah *hippocampus* dan *amygdala* sehingga membuat anak autisme menjadi sulit mengontrol emosi. Tujuan pemberian Musik Mozart adalah untuk memberikan stimulasi pada otak untuk meningkatkan fungsi kontrol emosi.

Penelitian ini menggunakan design quasy exsperimetal dengan teknik pengambilan sampel berupa purposive sampel dan populasi adalah seluruh anak autisme Sekolah Autis Harapan Bunda Surabaya dan didapatkan Jumlah sampel sebanyak 14 anak, terdiri dari 7 kelompok perlakuan dan 7 kelompok kontrol. Variabel independen adalah musik Mozart dan variabel dependen adalah perilaku *tantrum*. Data dikumpulkan menggunakan lembar observasi behavior problem rating scale dan dianalisa menggunakan Wilcoxon Signed Rank Test dan Mann Whitney Test dengan significance level $p \leq 0,05$.

Hasil penelitian menunjukkan nilai wilcoxon sign rank test $p = 0,016$ pada kelompok perlakuan, $P=0,059$ pada kelompok kontrol, dan Mann Whitney Test $P = 0,027$, memiliki makna ada pengaruh terapi musik Mozart terhadap penurunan perilaku *tantrum*.

Dapat disimpulkan Musik Mozart yang diperdengarkan secara konsiten dan kontinue dapat meningkatkan minat dan relaksasi sehingga anak mampu mengontrol emosi dan perilaku. Selain itu keberhasilan terapi dipengaruhi oleh faktor usia, lama terapi di sekolah, serta tingkat kecerdasan responden. Terapi ini direkomendasikan kepada orang tua, institusi dan terapis untuk menggunakan metode ini secara konsisten dan kontinue dalam membantu menurunkan perilaku *tantrum* autisme.

Keywords : autism, Mozart music, *tantrum* behavior.

ABSTRACT

**THE EFFECT OF MOZART MUSIC THERAPY
TO DECREASE *TANTRUM* BEHAVIOR OF CHILDREN WITH AUTISM
AT HARAPAN BUNDA AUTISM SCHOOL**

A Quasi-Experimental Study

Siti Maria

Tantrum behavior disorder is the expulsive behavior that makes autistic children difficult to control their emotion and it's caused by brain damage in the *hippocampus* and *amygdala* system. The purpose of Mozart's music is to stimulate the brain wave to increase its function of control emotion.

This study used quasi-experimental design taken by purposive sampling and the population was autism children at Harapan Bunda Autism School Surabaya, with 14 respondents as sample, consisting of 7 children in treatment groups and 7 in control groups. Independent variable was Mozart music and dependent variable was *tantrum* behavior. Data were collected using the observation sheet of problem behavior rating scale and analyzed using the Wilcoxon Signed Rank Test and Mann Whitney test with significance level of $p \leq 0.05$.

The results revealed that Wilcoxon signed rank test had $p = 0.016$ in treatment group and $= 0.059$ in control group, while the Mann Whitney test had $p = 0.027$. It was mean there was significant effect of Mozart music therapy to decrease *tantrum* behavior.

It can be concluded that Mozart's music which being listened continuously can improve the interest and relaxation of children, so they can control their emotion and behavior, besides that the duration of therapy, age, and intellectuality of respondents affected the therapy session. This therapy is recommended to parents, institution and therapists to be used consistently and continuously in helping lowering *tantrum* behavior in autism.

Keywords: autism, Mozart music, tantrum behavior