**ABSTRACT**

**EFFECT OF MUSIC THERAPY ON PAIN, ANXIETY, AND CORTISOL LEVEL IN PRIMIGRAVIDA DURING ACTIVE PHASE OF FIRST STAGE LABOR BASED ON KOLCABA’S THEORY**

**Yurike Septianingrum\*), Hermanto Tri Juwono\*\*), Mira Triharini \*\*\*)**

 \*)Magister Keperawatan Fakultas Keperawatan Universitas Airlangga Surabaya

\*\*) SMF Obsgyn RSUD Dr. Soetomo Surabaya

\*\*\*) Fakultas Keperawatan Universitas Airlangga Surabaya

Email: yurikeseptianingrum@ymail.com

**Introduction:** Labor pain and anxiety are closely interrelated with each other. Pain and anxiety together can increase level of cortisol, may result in a decrease uterine contractions so that the risk of causing prolonged labor. The purpose of this study were to examine the effect of music therapy in pain, anxiety, and cortisol level in primigravida during active phase of first stage labor. **Method:** This study was an experimental research approach with pre-test post-test design at Delivery room Puskesmas Jagir Surabaya. Research subjects of this study was recruited using simple random sampling who was included inclusion criterias. Research subjects in this study was of 32 people who were then divided into two groups, 16 mothers into intervention group and 16 mothers into control group. Data were collected by using observation with VAS and VAAPS, also took venous blood sampling for laboratory test of cortisol serum. Data were analyzed by using paired t-test and independent t-test. **Result and Analysis:** The results showed that: 1) Score of VAS in intervention group was less than control group (p= 0,000), 2) Score of VAAPS in intervention group was less than control group (p=0,000), 3) There was no significant differences cortisol level between intervention group and control group (p=0,305). **Discuss and Conclusion:** Music therapy could reduce pain and anxiety, but could not reduce level of cortisol in primigravida during active phase of first stage labor. Further research, music therapy should be given from third trimester in order to relaxation effect of music therapy can be felt by the mother during labor.

**Keywords: pain, anxiety, cortisol, music therapy**