

PENGARUH TERAPI MUSIK TERHADAP TINGKAT NYERI PASIEN PASCA
OPERASI SEKSIO SESAREA DI RS ISLAM JL .A YANI SURABAYA

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MUSIC THERAPY; PAIN

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SUMMARY

The Effects of Music Therapy on Caesarean section Post-Operative patients' Pain Level in Surabaya Islamic General Hospital on Jl. A Yani Surabaya

The Caesarean section rate is rising progressively from time to time. Based on the result of Riskesdas (Basic Health Research) in 2010, the national birth rate with Caesarean section is 15.3%; in East Java 17%; whereas at Surabaya Islamic General Hospital 37.6%. The impact which mostly occurs in post-operative patients is the pain resulted from surgery. The pain managements to handle the pain are pharmacological and non-pharmacological treatments. One of the non-pharmacological management which can be used to reduce the pain level is by giving music therapy. Therefore, the purpose of this study was to analyze the effects of music therapy on the Caesarean section post-operative patients' pain level. Pain management with non-pharmacological techniques is the main advantage for comfort. In terms of costs and benefits, the use of non-pharmacological management is more economical and has no side effects when compared with the use of pharmacological management. Besides, it also reduces the patient dependence on drugs. One of non-pharmacological management which can be used to relieve pain is music therapy. Music works on the autonomic nervous system that is a part of the nervous system responsible for controlling blood pressure, heartbeat, and brain functions. Listening to a slow and soft music will be able to increase the endorphin and serotonin hormone, and decrease the adrenaline hormone which can make people relax so that it can reduce pain. When music enters the auditory system, the sound will generate nerve impulses which will directly affect the limbic system which will automatically be received by the thalamus, hypothalamus, and neuron Axon. Music with a slow tempo can change the level of awareness from the composition of wave β to wave α so that the body will be calm and relieve pain. Music has the power to cure diseases and improve the ability of one's mind. The hypothesis in this study was that there were effects of music therapy on the Caesarean section post-operative patients' pain level.

The type of study was analytic done by using the design of true experimental and pre and post-test with control group done with random allocation. The population of this study were the Caesarean section post-operative mothers hospitalized in Surabaya Islamic General Hospital located on Jl. A. Yani, Surabaya since May 2011. The samples of study were some of the Caesarean section post-operative mothers hospitalized in the above mentioned hospital, totally 24 respondents: 12 respondents as a control, whereas 12 respondents were treated with music therapy. The sample collection was done by using the consecutive sampling technique. The independent variable was music therapy, while the dependent variable was pain level. Check list was used to measure the independent variable, while the dependent variable was measured by using descriptive pain intensity scale. To analyze the changes in pain levels in pre-test xii and post-test in the control and treatment group, the Paired T-test was applied. To

analyze the difference of pain level in the control and treatment group in pre-test and post-test, the Independent T-Test was used. The result of Paired T-Test showed that the p value was 0,166 ($p > 0.05$) so that there was an insignificant change in pain level in the control group in pre-test and post-test; whereas the p value in the treatment group was 0.000 ($p < 0.05$) so that there was a significant change in pain level in pre-test and post-test. The result of Independent T-Test showed that the p value was 0,892 ($p > 0.05$) so that there was an insignificant change in pain level in the control and treatment group in pre-test; whereas the p value was 0,024 ($p < 0.05$) so that there was a significant change in pain level in the control and treatment group in post-test. The respondents provided with music therapy experienced a reduction in pain level at the surgical wound because the music given can affect the physiological functions, such as respiration, heartbeat, and blood pressure. Music also stimulates the release of the endorphin hormone, a body hormone which gives feelings of pleasure and plays a role in pain reduction. The conclusion of study was that there was no change in pain level in the control group without music therapy. There was a change in pain level in the treatment group provided with music therapy. There was no difference in pain level in the control and treatment group in pre-test, whereas there was a difference in pain level in the control and treatment group in post-test after being given music therapy. Therefore, music therapy is expected to be used as a complementary therapy to reduce pain in the wound resulted from Caesarean section.

ABSTRACT

Pain is the impact which mostly occurs in patients after Caesarean section surgery. Pain management can be done by using non-pharmacological and pharmacological management; one of the non-pharmacological management is by using music therapy. This study was purposed to analyze the effects of music therapy on the Caesarean section post-operative patients' pain level. The type of study was analytic done by using the design of true experimental and pre and post-test with control group done with random allocation. The populations of this study were the Caesarean section post-operative mothers hospitalized in Surabaya Islamic General Hospital located on Jl. A. Yani, Surabaya since May 2011. The samples of study were some of the Caesarean section post-operative mothers hospitalized in the above mentioned hospital, totally 24 respondents: 12 respondents as a control, whereas 12 respondents were treated with music therapy. The sample collection was done by using the consecutive sampling technique. The independent variable was music therapy, while the dependent variable was pain level. The instrument used to measure the independent variable was check list, while the dependent variable was measured by using descriptive pain intensity scale. To analyze the changes in pain levels in pre-test and post-test in the control and treatment group, the Paired T-test was applied. The result of study showed that the p value was 0,166 or ($p > 0.05$) so that there was an insignificant change in pain level in the control group in pre-test and post-test; whereas the p value in the treatment group was 0.000 ($p < 0.05$) so that there was a significant change in pain level in pre-test and post-test. To analyze the difference of pain level in the control and treatment group, the Independent T-Test was used. The result of study showed that the p value was 0,892 ($p > 0.05$) so that there was an insignificant change in pain level in the control and treatment group in pre-test; whereas the p value was 0,024 ($p < 0.05$) so that there was a significant change in pain level in the control and treatment group in post-test. Hence, the result of study concluded that there effects of music therapy on pain level of the Caesarean section post-operative patients. Therefore,

music therapy is expected to be used as a complementary therapy to reduce pain in the wound resulted from Caesarean section.

Key words: music therapy, pain level, Caesarean section post-operative







