

ABSTRACT

**Effect of Music Therapy: Sound of Nature for Decreasing Agitation in
Dementia's Elderly at UPTD Griya Werdha Surabaya**

A Quasi-Experimental Study

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Dementia is major cause of disability and dependency among elderly. Dementia impact one's physiological and psychological aspect such as agitation. Agitation in elderly shows many abnormal behavior. At UPTD Griya Werdha Surabaya, there was a high prevalence of agitation, where 16 out of 23 dementia elderly in the data indicated the need to using nursing interventions to assist elderly to decrease their agitation.

This study used quasi-experimental design. The purpose of this study was to prove the effect of music therapy: sound of nature for decrease agitation in dementia's elderly. Population comprised dementia's elderly who met the population criteria, and the total sample comprised 16 people. Samples were taken using total sampling. The independent variable was the music therapy: sound of nature. The dependent variable was agitation in dementia's elderly. This research was carried out for 2 weeks and 4 days (January 14 - January 31, 2016). Data were collected using CMAI (Cohen Mansfield Agitation Inventory). Data analysis used Wilcoxon Signed Rank Test and Mann Whitney U Test with significance level $\alpha \leq 0.05$.

Results showed that music therapy: sound of nature had significant effect reduction agitation in dementia's elderly with $p = 0.014$. It can be concluded that music therapy: sound of nature affects agitation reduction in dementia's elderly at UPTD Griya Werdha Surabaya. This result can be used as a consideration to modify nursing intervention as a non pharmacological intervention in managing elderly with agitation.

Keywords: agitation, dementia, elderly, music therapy, sound of nature