ABSTRAK

Efektivitas Kombinasi Metode 5S dan Stimulasi Musik Klasik terhadap Respon Nyeri dan Kualitas Tidur pada Bayi Pasca Imunisasi

Imunisasi merupakan upaya pencegahan penyakit infeksi pada bayi yang efektif, namun pemberiannya melalui suntikan dapat menimbulkan respon nyeri yang, apabila tidak dikelola dengan baik, berpotensi mengganggu kualitas tidur bayi. Kekhawatiran orang tua terhadap nyeri dan ketidaknyamanan pasca imunisasi turut memengaruhi kepatuhan terhadap jadwal imunisasi berikutnya. Penelitian ini bertujuan untuk menganalisis efektivitas kombinasi metode 5S dan stimulasi musik klasik terhadap respon nyeri dan kualitas tidur bayi pasca imunisasi di Klinik Bunda Fatimah. Desain penelitian yang digunakan adalah kuasi-eksperimental dengan rancangan *pretest-posttest two group*. Populasi penelitian adalah seluruh bayi usia 2–4 bulan yang menerima imunisasi DPT di Klinik Bunda Fatimah, berjumlah 78 bayi, yang seluruhnya dijadikan sampel (total populasi) dan dibagi menjadi kelompok intervensi (38 bayi) dan kelompok kontrol (38 bayi). Respon nyeri diukur menggunakan skala FLACC dan kualitas tidur menggunakan kuesioner *Sleep Quality Index*. Data dianalisis menggunakan uji Wilcoxon Signed Rank dan Mann-Whitney. Hasil penelitian menunjukkan bahwa pada kelompok intervensi terdapat perbedaan signifikan respon nyeri ($Z = -5,245$; $p = 0,000$) dan kualitas tidur ($Z = -3,873$; $p = 0,000$) sebelum dan sesudah intervensi, sedangkan pada kelompok kontrol tidak ditemukan perbedaan signifikan ($p > 0,05$). Uji Mann-Whitney menunjukkan perbedaan signifikan respon nyeri ($p = 0,000$) dan kualitas tidur ($p = 0,000$) antara kelompok intervensi dan kelompok kontrol, dengan tingkat nyeri yang lebih rendah dan kualitas tidur yang lebih baik pada kelompok intervensi. Dapat disimpulkan bahwa kombinasi metode 5S dan stimulasi musik klasik efektif menurunkan respon nyeri dan meningkatkan kualitas tidur bayi pasca imunisasi, sehingga dapat dijadikan alternatif intervensi non-farmakologis dalam pelayanan imunisasi.

Kata kunci: metode 5S, musik klasik, respon nyeri, kualitas tidur, imunisasi, bayi

ABSTRACT

The Effectiveness of Combined 5S Method and Classical Music Stimulation on Pain Response and Sleep Quality in Infants After Immunization

Immunization is an effective measure to prevent infectious diseases in infants; however, the injection procedure may induce a pain response that, if not properly managed, can disrupt infants' sleep quality. Parental concern regarding post-immunization pain and discomfort also affects adherence to subsequent immunization schedules. This study aimed to analyze the effectiveness of a combined 5S method (swaddling, side/stomach position, shushing, swinging, sucking) and classical music stimulation on pain response and sleep quality in infants following immunization at Bunda Fatimah Clinic. A quasi-experimental design with a pretest-posttest two-group approach was employed. The study population consisted of 78 infants aged 2–4 months who received DPT immunization, all of whom were included as the sample (total population sampling) and divided into an intervention group (38 infants) and a control group (38 infants). Pain response was assessed using the FLACC scale, and sleep quality was measured using the Sleep Quality Index questionnaire. Data were analyzed using the Wilcoxon Signed Rank test and the Mann-Whitney test. The results showed significant differences in pain response ($Z = -5.245$; $p = 0.000$) and sleep quality ($Z = -3.873$; $p = 0.000$) before and after intervention in the intervention group, while no significant differences were found in the control group ($p > 0.05$). The Mann-Whitney test revealed significant differences in pain response ($p = 0.000$) and sleep quality ($p = 0.000$) between the intervention and control groups, with lower pain levels and better sleep quality observed in the intervention group. It can be concluded that the combination of the 5S method and classical music stimulation is effective in reducing pain response and improving sleep quality in infants after immunization, and may serve as a non-pharmacological intervention alternative in immunization services.

Keywords: ***5S Method, Classical Music, Pain Response, Sleep Quality, Immunization, Infant***