

PENGARUH PEMBERIAN TERAPI RELAKSASI MUSIK KLASIK TERHADAP PERUBAHAN TINGKAT KECEMASAN PENDERITA HIPERTENSI DI RSU ROYAL PRIMA MEDAN

Afnita Khoiron Nisa ¹, Diana Lase ², Loina Maharani Saragih ³, Novida Sihombing ⁴, Radiyanto ⁵, Kristina L Silalahi ^{6*}

¹²³⁴⁵⁶PUI-PT Palliative Care, Universitas Prima Indonesia.

Fakultas Keperawatan dan Kebidanan

Universitas Prima Indonesia

Email: kristinasilalahi@unprimdn.ac.id

Abstrak

Penyakit hipertensi mengharuskan penderitanya untuk harus senantiasa menjaga dan mengubah gaya atau pola hidup. Penderita hipertensi dapat mengalami kecemasan karena perubahan gaya hidup dan proses perjalanan penyakit serta pengobatan. Menganalisa apakah ada pengaruh pemberian terapi relaksasi musik klasik terhadap penurunan tingkat kecemasan penderita hipertensi di Rumah Sakit Umum Royal Prima Royal Prima merupakan tujuan yang ingin dicapai. Penelitian ini dilakukan di Rumah Sakit Royal Prima dengan desain penelitian eksperimen semu dengan satu kelompok pre-test dan satu kelompok post-test. Penderita hipertensi rawat inap menjadi sampel dalam penelitian berjumlah 26 orang. Data hasil penelitian diolah dengan univariat dan bivariat melalui uji *Wilcoxon signed rank test*. Uji Wilcoxon menjelaskan bahwa adanya sebuah pengaruh terhadap tingkat kecemasan pasien hipertensi setelah dilakukannya pemberian terapi relaksasi musik klasik dengan perolehan nilai Pvalue 0,004 dan Z -3,450. Kesimpulannya adalah ada pengaruh pemberian terapi relaksasi musik klasik terhadap penurunan tingkat kecemasan penderita hipertensi di Rumah Sakit Umum Royal Prima Royal Prima.

Kata kunci : hipertensi, relaksasi musik klasik, tingkat kecemasan

THE EFFECT OF PROVIDING CLASSIC MUSIC RELAXATION THERAPY ON CHANGES IN THE ANXIETY LEVEL OF HYPERTENSION PATIENTS AT RSU ROYAL PRIMA MEDAN

ABSTRACT

Hypertension requires sufferers to constantly maintain and change their lifestyle or lifestyle. Hypertension sufferers can experience anxiety due to changes in lifestyle and the course of the disease and treatment. Analyzing whether there is an effect of providing classical music relaxation therapy on reducing the anxiety level of hypertension sufferers at the Royal Prima Royal Prima General Hospital is the goal to be achieved. This research was conducted at the Royal Prima Hospital with a quasi-experimental research design with one pre-test group and one post-test group. Inpatient hypertension sufferers were the sample in the study totaling 26 people. The research data were processed using univariate and bivariate methods using the Wilcoxon signed rank test. The Wilcoxon test explains that there is an influence on the anxiety level of hypertensive patients after giving classical music relaxation therapy with a P value of 0.004 and Z -3.450. The conclusion is that there is an influence of providing classical music relaxation therapy on reducing the anxiety level of hypertension sufferers at the Royal Prima Royal Prima General Hospital.

Key words: *hypertension, classical music relaxation, anxiety level*