

INTISARI

PENGARUH PEMBERIAN *SELF-SELECTED INDIVIDUAL MUSIC THERAPY* (SeLIMuT) TERHADAP TINGKAT KECEMASAN PADA PASIEN PRE OPERASI

Indrawan¹, Indriyati², Widiyono²

Latar belakang : Tindakan pembedahan merupakan salah satu faktor seseorang merasa cemas, takut dan gelisah. Saat menghadapi pembedahan pasien akan mengalami berbagai stressor, sedangkan rentang waktu menunggu pelaksanaan pembedahan akan menyebabkan rasa takut dan kecemasan pada pasien. Bila kecemasan tersebut tidak mendapat penanganan yang adekuat dari dokter, perawat maupun keluarga, tidak tertutup kemungkinan kecemasan akan bertambah parah yang berdampak kepada ketidaksiapan pasien menjalani operasi .

Tujuan : Mengetahui pengaruh pemberian *Self-selected Individual Music Therapy* (SeLIMuT) terhadap tingkat kecemasan pasien pre operasi

Metode : Penelitian ini merupakan jenis penelitian kuantitatif, menggunakan quasi-experimental, dalam penelitian ini menggunakan rancangan *one group design* dengan *pretest dan posttest*. Dari hasil studi pendahuluan yang dilakukan, jumlah populasi pasien operasi sebanyak 122 orang dalam tiga bulan terakhir. sampel dalam penelitian ini adalah sebanyak 51 orang

Hasil : terdapat 47 pasien (92,2%) mengalami penurunan tingkat kecemasan setelah adanya perlakuan *selected Individual Music Therapy* (SeLIMuT) dan 4 pasien (7,8%) yang tidak mengalami perubahan tingkat kecemasan sebelum operasi. Hasil uji *Wilcoxon Test* mendapatkan nilai $Z=-6,726$ dan nilai $p=<0,001$ ($p<0,05$) yang berarti bahwa terdapat perbedaan yang signifikan tingkat kecemasan sebelum dan sesudah perlakuan *selected Individual Music Therapy* (SeLIMuT)

Kesimpulan : *Self-selected Individual Music Therapy* (SeLIMuT) berpengaruh signifikan terhadap tingkat kecemasan pasien pre operasi ($p=<0,001$).

Kata Kunci : Pre operasi, Kecemasan, SeLIMuT

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1. Mahasiswa Program Studi Ilmu Keperawatan Universitas Sahid Surakarta
 2. Dosen Program Studi Ilmu Keperawatan Universitas Sahid Surakarta

ABSTRACT

THE EFFECT OF GIVING SELF-SELECTED INDIVIDUAL MUSIC THERAPY (SeLIMuT) ON THE LEVEL OF ANXIETY IN PRE OPERATING PATIENTS

Indrawan¹, Indriyati², Widiyono²

Background: Surgery is one factor that causes a person to feel anxious, afraid, and anxious. In facing surgery, the patient will experience various stressors, while the period waiting for surgery will cause fear and anxiety in the patient. Suppose the anxiety is not handled adequately from doctors, nurses, or family. In that case, the anxiety may worsen and impact the patient's unpreparedness for surgery.

Objectives: To determine the effect of giving Self-selected Individual Music Therapy (SeLIMuT) on the preoperative patient anxiety level

Methods: This research was quantitative research with a quasi-experimental. This study using a one-group design with pretest and posttest. Based on the preliminary study results, the total population of surgery patients was 122 people in the last three months. The sample in this study were 51 people

Results: There are 47 patients (92.2%) experienced a decrease in anxiety levels after the selected Individual Music Therapy (SeLIMuT) treatment, and four patients (7.8%) did not experience changes in anxiety levels before surgery. The Wilcoxon Test test results get a Z value = -6.726 and a p-value = <0.001 (p <0.05), which means that there is a significant difference in anxiety levels before and after the selected Individual Music Therapy (SeLIMuT) treatment.

Conclusion: Self-selected Individual Music Therapy (SeLIMuT) has a significant effect on the preoperative patient anxiety level (p = <0.001).

Keywords: Pre-operation, anxiety, SeLIMuT

1 Students of Nursing department of Sahid Surakarta University

2,3 Lecturer of Nursing department of Sahid Surakarta University

