

## ABSTRAK

### PENGARUH PEMBERIAN MUSIK INSTRUMENTAL TERHADAP TEKANAN DARAH PASIEN PREOPERATIF TOTAL KNEE REPLACEMENT DI BANGSAL RAWAT INAP RSO PROF. DR. R. SOEHARSO SURAKARTA

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**Latar Belakang :** *Osteoarthritis knee* termasuk sebagai penyakit degeneratif sendi, *Total Knee Replacement* adalah tindakan pilihan untuk menghilangkan nyeri pada sendi lutut, mengembalikan mobilitas dan meningkatkan kualitas hidup pasien. Pembedahan adalah suatu stressor yang bisa menimbulkan stress fisiologis dan stress psikologis yang dimanifestasikan dengan peningkatan tekanan darah. Penatalaksanaan hipertensi secara non farmakologi dapat dilakukan dengan manajemen stress, terapi musik sebagai alternatif dari teknik relaksasi membuat penderita tekanan darah tinggi dapat mencapai keadaan rileks dan keadaan emosional yang stabil, sehingga tekanan darah dapat stabil.

**Tujuan :** Mengetahui pengaruh musik instrumental terhadap tekanan darah pasien pre operasi total knee replacement (TKR) di RS Ortopedi Prof. Dr. R. Soeharso Surakarta.

**Metode :** Desain penelitian yang digunakan adalah pre experimental design, serta rancangan penelitian yang digunakan adalah one group pre test-post test design. Sampel penelitian adalah pasien pre operatif Total Knee Replacement sebanyak 28 orang. Teknik pengambilan sampel dilakukan secara purposive sampling. Analisis data dilakukan dengan uji normalitas data menggunakan *Shapiro-Wilk* yang dilanjutkan analisis dengan menggunakan uji statistik *parametric dengan paired sample t-test*.

**Hasil :** Tekanan darah sistolik sebelum intervensi rata-rata 144,39 mmHg, tekanan darah diastolik 85,57 mmHg, dan MAP 105,18 mmHg. Tekanan darah sistolik setelah intervensi rata-rata 130,82 mmHg, tekanan darah diastolik 77,75 mmHg dan MAP 95,44 mmHg. Terdapat perbedaan bermakna sebelum dan sesudah diberikan musik instrumental dengan *p-value* 0,000 ( $p < 0,05$ ).

**Kesimpulan :** Terdapat pengaruh pemberian musik instrumental terhadap penurunan tekanan darah pasien preoperatif *total knee replacement* di bangsal rawat inap RS Ortopedi Prof. Dr. R. Soeharso Surakarta.

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**Kata Kunci :** *osteorthritis, total knee replacement*, tekanan darah, terapi music

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## ABSTRACT

### THE INFLUENCE OF INSTRUMENTAL MUSIC ON BLOOD PRESSURE IN PREOPERATIVE TOTAL KNEE PATIENTS' REPLACEMENT AT THE INPATIENT WARD IN RSO PROF. DR. R. SOEHARSO SURAKARTA

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**Background:** Osteoarthritis knee is included as a degenerative joint disease. Total Knee Replacement is the procedure of choice to relieve pain in the knee joint, restore mobility and improve the patient's quality of life. Surgery is a stressor that can cause physiological and psychological stress manifested by an increase in blood pressure. Non-pharmacological management of hypertension can be implemented through stress management using music therapy as an alternative to relaxation techniques so that people with high blood pressure can achieve a relaxed state and a stable emotional stateso that the blood pressure can stabilize.

**Objectives:** To determine the effect of instrumental music on blood pressure in preoperative total knee replacement (TKR) patients at Prof. Dr R. Soeharso SurakartaOrtopedi Hospital.

**Method:** The research design used a pre-experimental design. The research design used one group pre-test and post test design. The research samples were 28 Total Knee Replacement preoperative patients. The sampling technique used purposive sampling. Data analysis used the data normality test with Shapiro-Wilk. Moreover, it was continued with an analysis of parametric statistical tests with paired sample t-tests.

**Results:** Systolic blood pressure before the intervention averaged is 144.39 mmHg. Diastolic blood pressure was 85.57 mmHg, and MAP was 105.18 mmHg. Systolic blood pressure after the intervention average is 130.82 mmHg, diastolic blood pressure is 77.75 mmHg, and MAP is 95.44 mmHg. There was a significant difference before and after giving instrumental music with a p-value of 0.000 ( $p < 0.05$ ).

**Conclusion:** Giving instrumental music reduces blood pressure in preoperative total knee replacement patients in the inpatient ward of Prof. Dr R. Soeharso Surakarta Ortopedi Hospital.

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**Keywords:** Osteoarthritis, Total Knee Replacement, Blood Pressure, Music Therapy

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