

THE EFFECT OF CLASSICAL MUSIC THERAPY ON ANXIETY LEVEL OF PRE OPERATION APENDICTOMY PATIENTS AT IBS ROOM DR ARIO WIRAWAN PULMONARY HOSPITAL, SALATIGA

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ABSTRACT

Everyone has varying levels of anxiety. Patients who are going to perform appendectomy surgery tend to have a lot of anxiety. It cannot be ignored as it can increase the patient's blood pressure. Levels of anxiety must be lowered before performing an appendectomy surgery. Castor music Therapy is an alternative to lowering the level of anxiety of patients Pre operationl appendectomy in the IBS Chamber of the IBS RS Paru dr Ario Wirawan Salatiga.

This type of research uses quantitative research with the research design used is experimental design. Sampling with purposive sampling techniques. Data gathered through questionnaires, analyzed using Wilcoxon stastistic test with a significant of 0.05. The research showed Wilcoxon test value with probability 0.000. The value is smaller 0.05 so that it means there is a significant influence of classical music therapy against the patient's anxiety Pre operation appendectomy in the IBS room of the RS Paru dr. Ario Wirawan Salatiga. The results of this study indicate that there is a classical music therapy influence on the patient's anxiety Pre operation appendectomy in the IBS room of the RS Paru dr. Ario Wirawan Salatiga.

Key words : anxiety, classical music therapy, pre operation appendectomy

BACKGROUND

Surgery is one of the medical actions that will bring a stressor to a person. Surgery will evoke stress reaction. Surgery is a complex and stressful event, beside experiencing physical disturbances, it will leads to the psychological problems, including anxiety. Anxiety may cause physical and psychological changes characterized by the increase of breathing frequency, increase of heart rate, increase of blood pressure, and generally reduces energy levels of the client, so that it may harm the individual (Purwaningsih, 2012).

Anxiety in pre-surgical patients may cause the delay of the surgery, length of recovery, increase postoperative pain, reduce immunity to infection, increase the use of analgesics after surgery, and increase hospitalization period (Faradisi, 2012). Patients with anxiety before surgery is around (75%-85%). Anxiety in pre-surgical patients may arise because psychological readiness for surgery has not occurred. Excessive anxiety and shock or a serious condition occurs if the cardiovascular system is not able to circulate adequate amounts of blood throughout the body, it can generally be accompanied by poor blood circulation and impaired perfusion of vital organs such as the heart and brain. Appropriate nursing interventions are needed to prepare patients both physically and psychologically before surgery (Efendi, 2008). Anxiety handling can be done by giving pharmacological therapy such as antianxiety or antidepressants (Kaplan et al., 2010).

According to (YULINDA, 2015), nursing actions for handling anxiety problems can be in the form of independent actions by nurses, such as relaxation and distraction techniques. One of the distraction techniques to overcome anxiety is to listen to classical music. Music therapy is a non-invasive natural intervention that can be applied simply, it does not always require the presence of a therapist, that is affordable and does not cause side effects (Pratiwi & Dewi, 2016). Music therapy is a health therapy using music to improve physical, emotional, cognitive, and social conditions for individuals of various ages (Suhartini, 2011). Music therapy can cure Frankfurt residents who suffer from a painful hereditary disease and until now there is no cure. According to (Rahmawati & ABIDIN, 2012), classical music therapy can train the sensitivity of taste and emotions so that they can be controlled. Furthermore, music therapy can relieve stress.

The results of (Basri, 2019) obtained information that the provision of classical music therapy had a significant effect on the anxiety level of pre-surgical patients. These results showed that classical music therapy can reduce the anxiety level of pre-surgical patients. Patients with lower anxiety level after being treated with classical music therapy. The results of (Sukron, 2018) showed that classical music therapy had a significant effect on the anxiety of pre-surgical patients. Patients experienced a decrease in anxiety levels after receiving treatment with classical music therapy. The

purpose of this study was to determine the effect of classical music therapy on the anxiety level of pre-surgical appendectomy patients at IBS room Dr. Ario Wirawan Pulmonary Hospital Salatiga.

METHODS

The type of research used is quantitative research with the research quasi experimental design pretest-posttest without control group that is to determine the effect of a treatment on the dependent variable (Sugiyono, 2017). The population in this study were patients who would undergo appendicitis surgery, with the number of patients in the last 1 month as many as 30 patients. The sample is part of the number and characteristics possessed by the population. The sample in this study was part or all of the patients who perform appendectomy surgery. The data collection technique in this study used a structured observation sheet. The data analysis technique used the Wilcoxon test.

RESULTS AND DISCUSSION

Based on the analysis of the results of the study, it was found that of the 30 respondents of pre-surgical Appendectomy patient at IBS Room of the Dr. Ario Wirawan Pulmonary Hospital Salatiga, it was found that the majority of patient anxiety level before treatment were mostly at the moderate anxiety category as many as 15 patients (50%). The results of the data analysis of the frequency distribution of the patient anxiety level before treatment can be presented in the following table.

Table 1 Anxiety levels before given classical music therapy to pre-surgical Appendectomy Patients at IBS Room of dr. Ario Wirawan Pulmonary Hospital Salatiga Month June 2020 n = 30

| Anxiety Level | F | (%) |
|------------------|----|-------|
| Not anxious | 1 | 3,3 |
| Mild anxious | 6 | 20,0 |
| Moderate anxious | 15 | 50,0 |
| Severe anxious | 8 | 26,7 |
| Total | 30 | 100,0 |

Based on the analysis of the results , it was found that of the 30 respondents of pre operation appendectomy patients at the IBS room of the Dr Ario Wirawan pulmonary hospital Salatiga, it was found that the majority of patients anxiety levels before treatment were mostly in the moderate anxiety as many as 15 patients (50%). Based on the analysis , the frequency distribution of the patient anxiety level after treatment can be presented in the following table.

Table 2 Anxiety levels after given classical music therapy to pre-surgical Appendectomy Patients at the IBS Room of Ario Wirawan Pulmonary Hospital Salatiga , June 2020 n = 30

| Anxiety Level | F | (%) |
|------------------|----|-------|
| Not anxious | 16 | 53,3 |
| Mild anxious | 10 | 33,3 |
| Moderate anxious | 4 | 13,3 |
| Severe anxious | 0 | 0 |
| Total | 30 | 100,0 |

Based on Table 2, it is shown that of the 30 respondents who were pre-surgical appendectomy patients at IBS ward of the Dr. Ario Wirawan Pulmonary Hospital Salatiga, it was found that the majority of anxiety levels after treatment were mostly in the non-anxious category as many as 16 patients (53.3%). Based on the results of the research data analysis, the bivariate analysis, namely the Wilcoxon test results, can be seen as follows.

Table 3 The Effect of Classical Music Therapy on Anxiety Levels in Pre-surgical Appendectomy Patients at the IBS Room at the Dr Ario Wirawan Pulmonary Hospital, Salatiga n=30

| | N | Ranks | | Z | Sig |
|----------------|-----------------|-----------|--------------|--------|------|
| | | Mean Rank | Sum of Ranks | | |
| Negative Ranks | 29 ^a | 15,00 | 435,00 | -4,853 | ,000 |
| Positive Ranks | 0 ^b | ,00 | ,00 | | |
| Ties | 1 ^c | | | | |
| Total | 30 | | | | |

- a. postes < pretes
- b. postes > pretes
- c. postes = pretes

Based on the results of Wilcoxon hypothesis test in Table 3, the Effect of Classical Music Therapy on Anxiety Levels of Pre-surgical Appendectomy Patients at IBS Room Dr Ario Wirawan Pulmonary Hospital, Salatiga, it is known that the value decreased before and after. Of the 30 samples, as many as 29 samples decreased their anxiety level. The results of the Wilcoxon test obtained a Z value of -4.853 with a p value of 0.000 with a significant level of 0.000. These results showed that the p value was lower than 0.05 ($0.000 < 0.05$), so the hypothesis was accepted. It means that there was a significant effect of classical music therapy on the anxiety level of pre-surgical appendectomy patients in Indonesia IBS Room Dr Ario Wirawan Pulmonary Hospital, Salatiga.

Based on the results, it was found that the anxiety level of respondents before classical music therapy treatment was obtained on moderate anxiety. Respondents who experienced no anxiety were 3.3%. Respondents who experienced mild anxiety were 20%. Respondents who experienced moderate anxiety were 50%. Respondents who experienced severe anxiety were 26.7%. Based on these results, it is known that most patients experienced moderate anxiety. The results of Waryanarita's research obtained information that the majority of respondents before treatment experienced severe anxiety as many as 55%.

Respondents, namely patients at IBS room who will perform appendix surgery based on the HARS measuring instrument, obtained information that patients are often easily offended. The patient experiences tension such as shaking, restlessness, and it is not easy to rest calmly. Patients who will perform appendiceal surgery before receiving classical music therapy had sleep disturbances. Patients sometimes had difficulty sleeping until the morning. The patient did not sleep well at night, often wakes up at night and had scary dreams.

Based on the results of the study, it was found that the anxiety level of respondents before classical music therapy treatment was obtained on average with moderate anxiety criteria. Respondents who experienced no anxiety were 53.3%. Respondents who experienced mild anxiety were 33.3%. Respondents who experienced moderate anxiety were 13.3%. There were no respondents who experienced severe anxiety. Based on these results, it is known that most patients were not experiencing anxiety. The results of Waryanarita's research obtained information that the majority of respondents before treatment had not experienced anxiety as much as 60%.

Respondents, namely patients in the IBS room who will perform appendix surgery based on the HARS measuring instrument, obtained information that after classical music therapy treatment, patients who were initially often irritable and inexpensive became no longer. The patient was no longer experiencing tension such as shaking, restlessness, and was used to be easy to rest quietly. Patients who will perform appendiceal surgery after receiving classical music therapy did not experience sleep disturbances. Patients who already feel calm may sleep soundly. The patient was no longer bothered by the fear of his mind.

Based on the results obtained information on the value of the Wilcoxon test with a value of 0.000. This value was lower than the standard significant 0.05. So that the hypothesis was accepted, it means that there was a significant effect of classical music therapy on the Anxiety Levels of pre-surgical Appendectomy Patients at the IBS Room of the Dr. Ario Wirawan Pulmonary Hospital Salatiga.

The results of the Wilcoxon test showed that the anxiety conditions before and after classical music therapy were significantly different. It means that classical music therapy affected the anxiety level. The patient with level of anxiety decreased significantly. Patients who previously experienced anxiety became less anxious after following classical music therapy. The results of this study were in line with the opinion of (Rahmawati & ABIDIN, 2012) that

classical music therapy can train taste and emotional sensitivity so that it can be controlled. Furthermore, music therapy can relieve stress. Based on (Basri, 2019), information that the provision of classical music therapy had a significant effect on the anxiety level of pre-surgical patients. These results indicate that classical music therapy can reduce the anxiety level of pre-surgical patients. Patients have lower levels of anxiety after being treated with classical music therapy. The results of (Sukron, 2018) showed that classical music therapy had a significant effect on the anxiety of pre-surgical patients. Patients experienced a decrease in anxiety levels after receiving classical music therapy.

Anxiety is a term that is usually used in everyday life. It describes a state of worry, unexplained restlessness, or a fearful and uneasy reaction that is sometimes accompanied by physical complaints. Anxiety disorders are related to feelings of worry that are not real, unreasonable, do not match between the ongoing principle that occurs (manifestations) and the perceived reality. From the results of the study, it was found that there were 86.6% of patients with no anxiety and only mild anxiety. This number is higher than those who experience anxiety. The results of this classical music therapy research may reduce anxiety levels and can eliminate an anxiety. In accordance with (Stuart & Sundeen, 2016) the theory that one of the things that can affect anxiety is the regulation of the brain in thinking. It means that if the brain is given classical music therapy, it will make the brain settings calm and not feel restless.

Music therapy can cure Frankfurt residents who suffer from a painful hereditary disease and until now there is no cure. The connective tissue weakens to the point that it interferes with other internal organs, including the heart. He's had three mild heart attacks. At first, he used music from his cellphone for 15 minutes to relieve stress, based on his overseas muscle activity. After three weeks of being treated with music therapy, only 5 minutes of listening to music can calm down (Faradisi, 2012)). Music therapy is a therapy that uses music activities to facilitate the therapeutic process in helping clients. Just as therapy that is designed to help people in a physical or mental context, music therapy encourages clients to interact, improvise, listen or actively play music (Geraldina, 2017).

CONCLUSION AND SUGGESTION

The anxiety level of patients with pre-surgical appendectomy at the IBS Room, Dr. Ario Wirawan Pulmonary Hospital, Salatiga, before given classical music therapy, the majority of patients experienced moderate anxiety. The anxiety level of patients with pre-surgical appendectomy at the IBS Room at the Dr. Ario Wirawan Pulmonary Hospital, Salatiga after given classical music therapy, the majority of patients experienced no anxious. Classical music therapy had a significant effect on Anxiety Level of pre-surgical Appendectomy Patients at IBS Room of the Dr. Ario Wirawan Pulmonary Hospital, Salatiga.

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