

# The Effect of Listening to English Classical Music and Murottal on Reducing Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa Regency in 2024

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## ABSTRACT

Depression is the most common psychological disorder in the last years of a person's life. Depression in the elderly has several impacts, including shortening life expectancy by worsening physical decline in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024, inhibiting the fulfillment of developmental tasks in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024, reducing the quality of life of the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024, draining the emotions and finances of those affected as well as their families and social support systems. The physioListening program given to the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024 who experience depression is listening to English Classical Music and murottal. Research Objectives: This study aims to determine the effect of Listening to English Classical Music and Murottal on reducing depression levels in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024. Research Methods: This research method uses a quasi-experimental design with a pre and post test with control group design. The number of samples used was 12 people. Research Results: Statistical tests using the Wilcoxon test showed that there was an effect of listening to English Classical Music and Murottal music on reducing depression levels in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024. with a p value = 0.041 (<0.05). Meanwhile, for the difference in influence test, the p value was obtained = 0.036 (<0.05). Conclusion: With these results, it can be concluded that there is an effect of listening to English Classical Music and Murottal music on reducing depression levels in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024.

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## INTRODUCTION

In 2020, Indonesia's population is estimated to reach around 248 million people. (Liska et al., 2024). With this population, Indonesia is ranked 4th in the world after China, India, and the United States. The number of elderly people (60 years and above) in Indonesia in 2005 reached 16.80 million people. (Mardiyanto et al., 2017), (Nirwan, 2020). This figure will increase to 18.96 million people in 2022 and to 19.32 million people in 2022, meaning that the number of ELDERLY people in Bangun Rejo Village, Tanjung Morawa District in 2024 will be 8.3% of the total population of Indonesia. (WANGAK & NGAJANG, 2023), (Wardani, 2023). Basic Health Research Data from 2007 shows the prevalence of emotional disorders in Indonesia such as depression and anxiety disorders is 11.6% of the adult population. (Mubasyiroh et al., 2017), (Ayuningtyas & Rayhani, 2018). Mental disorders that are often found in the elderly population are: depression, dementia and delirium. Depression is the most common psychological disorder that occurs in the last years of an individual's life. (Pudjianto et al., 2015), (Astuti et al., 2023). Depression in the elderly has an impact including shortening life expectancy by worsening physical decline in the ELDERLY in Bangun Rejo Village, Tanjung Morawa District in 2024, inhibiting the fulfillment of the developmental tasks of the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024, reducing the quality of life of the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024, draining the emotions and finances of those affected as well as their families and social support systems. (Nursanti, 2023), (Rantesigi et al., nd). Preventive and therapeutic management that can be given for conditions of stress, anxiety and depression requires a pharmacological approach, namely including behavioral, cognitive, hypnotic meditation and music. (Anggraini et al., 2024), (SARI, 2024). Music Method is one way to overcome depression. Overall, music can provide physical and psychological effects. Psychologically, music can make someone relax, reduce stress, reduce depression, create a sense of security and well-being, release joy and sadness, and help release pain (Tridiyawati & Wulandari, 2022), (Arisdiani et al., 2021). Likewise, Listening to murottal can be used as a reference in reducing levels of depression and anxiety disorders. At the XVII annual conference of Bond Doctor American, Missouri region, Ahmad Al-Kahdi made a presentation on the results of his research with the theme of the influence of the Qur'an on humans from a physiological and psychological perspective (Pudjianto et al., 2015), (Aliah, 2018). The results of the study showed positive results that listening to the holy verses of the Qur'an had a significant effect in reducing reflexive nervous tension and these results were recorded and measured quantitatively and qualitatively with computer-based tools. (Sulistiyowati & Hasibuan, 2021), (NOVRIANA, 2018). With a slow tempo and the harmony of the Qur'an, it can reduce stress hormones, activate natural endorphin hormones, increase common sense, and divert attention from fear, worry and tension, improve the body's chemical system so that it lowers blood pressure and slows breathing, heart rate, and brain activity waves. (Apriyanto, 2014), (Nani, 2018). Listening to English classical music and murottal have the same benefits in reducing depression levels. However, English classical music is more effective than listening to murottal in reducing stress levels that can cause depression levels compared to listening to murottal. (Azzahra et al., 2023), (SAMBAN et al., 2021). So based on the description, the researcher is interested in researching the effectiveness of providing Listening to English classical music with providing Listening to murottal to reduce the level of depression in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024.

## RESEARCH METHOD

This study was conducted from early August to the end of 2024 on 10 samples experiencing depression. In accordance with the research criteria, the type of research used is quasi-experimental research. This study uses a Pre and Post Test with Control Group Design research design. Where this study is divided into two groups. Group I was given the treatment of listening to English Classical Music regularly for 30 minutes twice a week and lasted for one month, and group II was given the treatment of listening to Murottal music for 30 minutes. Starting with a pre-

test before treatment using the Geriatric Depression Scale (GDS), then a post-test was carried out after one month (the study was completed).

## RESULTS AND DISCUSSIONS

Listening to English Classical Music and Homecoming Murotal to Reduce Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024. The study used the GDS (Geriatric Depression Syndrome) questionnaire. Different influence tests were carried out using the Wilcoxon test with the following statistical test results:

- a. The Effect of Listening to English Classical Music on Reducing Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024

Based on the results of the test of the influence of Listening to English Classical Music on reducing depression levels in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024 using the Wilcoxon Signed Ranks Test. The results of the data analysis obtained the following results

**Table 1.** The Effect of Listening to English Classical Music on Reducing Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024

	Mean	SD	Z	Sig.(2-tailed)
Pre Test	22.80	6,058		
Post Test	16.40	5,683	-2,032	0.042

*Source: Results Processed Data, 2024*

The Wilcoxon test obtained a significance value (p) of 0.042 so that it can be concluded that there is an effect of Listening to English Classical Music on Reducing Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024.

- b. The Effect of Listening to Murottal on Reducing Depression Levels in the Elderly

Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024 Based on the results of the test of the effect of Listening to murottal on reducing depression levels in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024 using the Wilcoxon Signed Ranks Test. The results of the data analysis obtained the following results.

**Table 2.** The Effect of Listening to Murottal on Reducing Depression Levels in the Elderly in Villages Build Rejo, Tanjung Morawa District in 2024

	Mean	SD	Z	Sig.(2-tailed)
Pre Test	22.80	6,686		
Post Test	11.80	4.494	-2,032	0.041

*Source: Results Processed Data, 2024*

The Wilcoxon test obtained a significance value (p) of 0.042 so it can be concluded that there is an effect of Listening to Murottal on Reducing Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024.

Differences in the Effect of Listening to Classical Music in English and Listening to Murottal on Reducing Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024

Based on the results of the test of the difference in the influence of Listening to Classical Music in English and Listening to Murottal on Reducing Depression Levels in the Elderly in

Bangun Rejo Village, Tanjung Morawa District in 2024 using the Mann-Whitney Ranks Test. The results of the data analysis obtained the following results

**Table 3.** Differences in the Effect of Listening to English Classical Music and Listening to Murottal on Reducing Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024

	Mean	SD	Z	Sig.(2-tailed)
Differences in Listening to Classical Music in English	6.40	1,817		
Differences in Murottal Therapy 11.00		3.240	-2,108	0.036

Source: Results Processed Data, 2024

The Mann-Whitney test obtained a significant difference value (p) of 0.036 so that the level of depression in the elderly in Bangun Rejo Village, Tanjung Morawa District in 2024 between after receiving Listening to English Classical Music and murottal there was a significant difference, giving Listening to murottal was more effective in reducing the level of depression compared to Listening to English Classical Music. This result was obtained from the difference in influence test which showed a p value = 0.036. The results of the analysis of this study used the Wilcoxon Test in the English Classical Music and murottal groups. In the English Classical Music group, a significant value of 0.041 was obtained where  $0.041 < 0.05$  and in the murottal group 0.041 where  $0.041 < 0.05$ , which means that there is an effect of Listening to English Classical Music and murottal music on reducing depression levels in the Elderly in Bangun Rejo Village, Tanjung Morawa District in 2024. Meanwhile, in the test of different effects, namely the Mann-Whitney Test, the results were obtained at 0.035 where  $0.035 < 0.05$ , which means there is no difference but there is a significant difference between English Classical Music and murottal in reducing depression levels.

## Discussion

The results of this study were conducted by researchers on the treatment group before and after listening to English Classical Music and murottal music, there was a significant decrease in depression. In line with research conducted by English (2014) on the effect of Listening to English Classical Music and murottal music on reducing anxiety levels in final semester students with the results of  $P = 0.018$  ( $p < 0.05$ ) concluded that giving Listening to English Classical Music and murottal music is very effective in reducing anxiety levels in final semester students. In this case, murottal music is more effective than English Classical Music (Aprilian & Elsanti, 2020).

When you listen to English classical music, the beautiful harmony in English classical music will enter your ears in the form of sound (audio), vibrate your eardrums, vibrate the fluid in the inner ear and vibrate the hair cells in the cochlea to then through the cochlear nerve to the brain and create an imagination of beauty in the right brain and left brain. Which will have an impact in the form of comfort and changes in feelings. This change in feelings is caused because English Classical Music can reach the left area of the cerebral cortex (Mindlin, 2009). From the limbic cortex, the auditory pathway continues to the hippocampus, and transmits music signals to the Amygdala which is an area of conscious behavior that works at the subconscious level, the signal is then forwarded to the hypothalamus. The hypothalamus is an area that regulates several vegetative and endocrine functions of the body as well as many aspects of emotional behavior, the auditory pathway is forwarded to the reticular formation as an impulse channel to the autonomic fibers. These nerve fibers have two nervous systems, namely the sympathetic and parasympathetic nerves (Muttaqin, 2009). These two nerves can affect the contraction and relaxation of body organs. Relaxation can stimulate the reward center so that calmness arises (Ganong, 2005). However, from the data obtained, it turns out that the use of murottal is more effective than Listening to English Classical Music, because Listening to murottal has aspects that are very necessary in overcoming depression, namely the ability to form new coping to overcome depression in the elderly in

Bangun Rejo Village, Tanjung Morawa District in 2024. So in general it can be concluded that Listening to murottal has two important things, namely having a beautiful rhythm and can also provide psychological motivation and provide enthusiasm in dealing with the problems being faced

## CONCLUSION

Based on the results of the study entitled The Effect of Listening to English Classical Music and Murottal on Reducing Depression Levels in the Elderly in Bangun Rejo Village, Tanjung Morawa Regency in 2024. It was concluded that there was an effect of Listening to English classical music and murottal music on reducing depression levels in the elderly in Bangun Rejo Village, Tanjung Morawa Regency in 2024.

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