

THE EFFECT OF MUSIC THERAPY ON REDUCING ANXIETY OF PRE OPERATIONAL PATIENTS IN SRI PAMELA TEBING HIGH HOSPITAL IN 2022

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ABSTRACT

Surgery often causes a stress reaction that affects both physiological and psychological. One of the psychological responses that can be experienced by patients who will undergo surgery is anxiety with a high percentage of 80% which has an impact on delays in surgery, increasing surgical risk. Efforts to overcome anxiety can be done by giving music therapy because it can divert from painful stimuli or negative thoughts associated with surgery, relieve symptoms of anxiety and increase relaxation. For this reason, the authors are interested in examining whether the effect of music therapy on reducing anxiety in pre-operative patients at Sri Pamela Tebing Tinggi Hospital. The purpose of this study was to identify the effect of classical music therapy on reducing the anxiety level of patients who will carry out surgical procedures. The type of research used in this study is a quasi-experimental design using a pre-test and post-test group design. The data collection in this study was carried out in 2 stages. The implementation stage included determining the appropriate respondents to measuring anxiety levels through filling out questionnaires, then intervening in patients by listening to the classical song Mozart Clarinet Concerto In A Major K 622 for 2 cycles and then measuring the level again. The results showed that the majority of patients tended to experience a decrease in anxiety after giving music therapy, where previously as many as 24 people (92, 3%) experienced moderate anxiety which decreased to 12 people (46.2%) after giving music therapy to the category of mild anxiety. Based on the results of this study, it was concluded that Mozart's classical music therapy had a positive effect in reducing the patient's anxiety level. Therefore, the management can apply the music therapy as an alternative nursing intervention in reducing anxiety.

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1. Introduction

Surgery or surgery is an invasive medical treatment carried out to diagnose or treat disease, injury, or body deformity, surgery will injure tissues that can cause physiological changes in the body and affect other organs. Based on data obtained from the World Health Organization (WHO), the number of patients undergoing surgery has increased significantly from year to year. It was recorded that in 2011 there were 140 million patients in all hospitals in the world, while in 2012 the data experienced an increase of 148 million people. Operations in Indonesia in 2012 reached 1.2 million people. Based on the National Tabulation Data of the Ministry of Health of the Republic of Indonesia in 2009.

Pre-operation is one part of several stages that will be carried out before carrying out the operation. Pre-operation is the initial/first stage of perioperative care which begins when the

patient enters the patient care room and ends when the patient is transferred to the operating table for surgery (Marliyani, 2017). When the pre-operative phase begins, the patient is given education about his health condition and the actions that will be taken during treatment in order to make a decision to undergo surgery and this phase ends when the patient is transferred to the operating room. The success of the operation as a whole is highly dependent on this phase (Smeltzer & Bare, 2010 in Marliyani, 2017).

Surgery is a medical procedure that puts a stressor on a person's integrity. Surgery will cause a stress reaction that is neither physiological nor psychological. One of the psychological responses that can be experienced by patients who will undergo surgery is anxiety. Anxiety is a normal response to a threatening or stressful event and is usually short-lived and manageable. Anxiety serves as an alarm mechanism to prepare individuals to respond physically to perceived danger. Anxiety in the surgical process is usually associated with all kinds of foreign procedures that the patient must undergo and also threats to life safety due to surgical procedures and anesthetic procedures (Resna & Suwarno, 2017).

De Jong (2017) states that every patient who will undergo surgery on average experiences anxiety, where around 80% of patients experience surgery delays due to moderate or mild anxiety. The same thing happens not only in children, but also in adult patients. Anxiety usually tends to be accompanied by pain and usually the patient's anxiety level increases when he is in the hospital. Anxiety is a psychological disorder that can cause various detrimental things, where the negative effects felt by patients include experiencing fatigue, difficulty sleeping and digesting, loss of appetite and weight, increased heart rate, experiencing more stress, feeling helpless and pessimistic, losing self-confidence to fight disease,

Potter & Perry in Sulistyoningih (2018) states that in dealing with patient anxiety, the role of nurses is very necessary to encourage and provide information that can help get rid of the anxiety or worry. Nurses also have another important role, namely having the obligation to provide nursing services and health information needed by patients as educators and motivators. This is in accordance with the rights that should be received by every patient starting from understanding the disease, procedures before surgery to preparing for the patient to go home. In overcoming anxiety, nurses as educators can provide interventions, one of which is in the form of distraction techniques by listening to classical music (Wlandari, 2015).

Holistically about music is seen as having a function in increasing the ability of the brain in relation to overcoming the decline in cognitive and verbal function in geriatric care and they recommend non-pharmacological approaches such as music to overcome the problems of the elderly which are considered safe compared to drugs. In the last two decades, music has been widely used as a non-pharmacological strategy in overcoming anxiety and to improve optimal treatment outcomes for hospitalized patients. The American Music Therapy Association (2017) defines purposeful music delivery as therapeutic therapy called music therapy or music treatment. Music therapy has been described as the provision of therapeutic music to individuals by trusted music therapists, while music treatment is managed by health workers, for example, doctors or nurses. Music therapy differs from music treatment in that the music therapist assesses, plans, and manages music as a treatment, with the active participation of the client. Unlike music therapy, healthcare workers can give patients music medication, in the form of pre-recorded music using a device such as a CD player with headphones or speakers.

Music therapy acts as a diversion from painful stimuli or negative thoughts associated with surgery, to more pleasant ones which means in anticipation of surgery, because the unpleasant experience, can cause stimulation of the sympathetic nervous system and what is known as the fight, flight or response response. fear which, in turn, increases heart rate, blood pressure, sugar levels, sweats and sometimes loss of gait and falls. Music has the potential to stimulate the parasympathetic nervous system or also known as rest, digest, and recover responses (Riganello et al., 2015). The parasympathetic nervous system is responsible for returning the body to its normal state after the action of the sympathetic nervous system, by reducing adrenergic activity which, in turn, reduce neuromuscular arousal, thus achieving anxiolytic effect. The limbic system can also be stimulated by music, resulting in the release of endorphins, a neurotransmitter that is important for promoting a sense of well-being in humans (Gye Seon & Mi Hyung, 2015).

The same thing was also conveyed by Sibanda, et al. (2018) in research that music has been widely used to manage pain and stress, increase symptom relief, and foster independence and a

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lifestyle with the highest possible quality of life. Music intervention has been widely used as a therapeutic treatment to meet the physiological, psychological and spiritual needs of patients (Yinger & Gooding, 2015). Other studies have reported positive effects of music intervention in different settings, such as hospitalized patients, patients with dementia, brain injury and critically ill patients (Mofredj, Alaya, Tassaioust, Bahloul, & Mrabet, 2016). Other researchers have focused on evaluating the effects of music on various outcomes, such as pain (Cepeda, 2015), anxiety, delirium, and increasing patient satisfaction (Cole &

Based on the results of an initial survey on January 17, 2022 conducted by the author at the Sri Pamela Tebing Tinggi Hospital, Medan in 2022, data showed that obgyn, general surgery, urology, orthopedic surgery patients in 2021 totaled 1,773 people with details, obgyn 884 while general surgery, urology, and orthopedic as many as 929 Orang patients, data for January 2022, general urology and orthopedic surgery 74 patients, ob-gyn as many as 40 patients from interviews and observations of patients who will undergo surgery experience anxiety. there are those who refuse surgery. Most patients are worried and afraid of the pain after surgery, during the healing process and some are worried about the financing problems that must be spent after surgery and are afraid of ending up on the operating table, therefore, researchers are interested in seeing the effect of classical music in reducing or overcoming anxiety caused by the surgery plan that will be carried out by patients at Sri Pamela Tebing Tinggi Hospital in 2022. (1) General Objectives, In general, this study aims to identify the effect of classical music therapy on reducing the level of anxiety of patients who will carry out surgical procedures at Sri Pamela Tebing Tinggi Hospital in 2022. (2) Special Objectives. The specific objectives of this study were to obtain an overview of nursing care which included: (1) Knowing the level of anxiety of pre-operative patients before music therapy was carried out at Sri Pamela Tebing Tinggi Hospital in 2022. (2) Knowing the level of anxiety of preoperative patients after music therapy intervention. At Sri Pamela Tebing Tinggi Hospital in 2022.

The results of this paper are expected to be an input or source of information as well as a knowledge base for nursing students about the management of pre-operative patient anxiety. (2) For further writers, the results of this paper are expected to be a strong foundation and can provide clear information in the implementation of pre-operative care services in the field and become a guide in developing therapeutic therapy for patients who experience anxiety (3) For the Place of Implementation of Case Studies. By writing this scientific paper, it is expected to be able to add readings to improve the quality of better services, especially in handling the anxiety of pre-operative patients in hospitals, especially at Sri Pamela Tebing Tinggi Hospital in 2022.

2. Research Methods

2.1 Research Types and Design

This research includes quantitative research. The type of research used in this study is a quasi-experimental design using a pre-test and post-test group design, namely providing treatment or intervention to the research subject and then measuring and analyzing the effect of the treatment (Polit & Beck, 2012). The design of this study aims to determine the extent of the effect of the action on the desired outcome in the intervention group. This design is used to see the effect of treatment which is assessed by comparing the post-test and pre-test scores. This design is used to examine the effect of music on the anxiety level of preoperative patients.

2.2 Population and Sample

2.2.1 Population

The population is a certain group of individuals or elements that are the focus of research. The target population is the entire set of individuals or elements that meet the sampling criteria expected by researchers (Burn & Grove, 2010). The population in this study were patients who would undergo surgery with types of surgery, Obstetrics & Gynecology, Orthopedics and Urology carried out by the Surgical Team of Sri Pamela Tebing Tinggi Hospital in 2022 totaling 114 people.

2.2.2 Sample

Samples are participants who are selected from a certain population selected in a certain way so that they can represent the population (Burn & Grove, 2010). In this study the sample was determined and selected using a non-probability sampling technique (purposive sampling). The number of samples in this study were 26 people whose determination of the number of samples was taken from 5% of the total population. With this technique, the researcher will determine the sampling based on special characteristics that are in accordance with the research objectives and in settling the respondents who are the research samples based on the inclusion criteria as follows: (1) Respondents who plan to carry out operations for the first time. (2) Respondents who are over 18 years of age and are able to make decisions independently regarding the given action. (3) Respondents who will undergo surgery with a duration of more than two hours. (4) The sampled respondents are patients who will undergo surgery in Obstetrics & Gynecology, Cardiovascular, Digestive, Orthopedic and Neurosurgery and are hospitalized.

2.3 Data Processing and Analysis Techniques

The data analysis method used in the study consisted of the process of editing the data that had been collected through questionnaires and the observation sheets were processed through four stages, namely:

2.3.1 Univariate Analysis

Univariate analysis was carried out using descriptive analysis which was presented in the form of a frequency distribution with the presentation or proportion of data on age, gender, education level, occupation, monthly income, marital status, and length of illness.

2.3.2 Bivariate Analysis

Prior to the bivariate statistical test, the data normality test was first performed. Because the sample is less than 50, the data normality test used in this study is the Kolmogorov-Smirnov data normality test. The results of the normality test of the data on the average pre-test and post-test anxiety values in the control group and the music therapy intervention group, obtained p value <0.05, meaning that the data was not normally distributed.

After the normality test was carried out, it was continued with the homogeneity or equality test on each demographic data variable between the intervention group and the control group. Homogeneity test was conducted to determine whether the demographic data of the control group and the intervention group were homogeneous or not. So that the change in the average anxiety that occurs is not due to variations in the demographic data of the respondents. For this homogeneity test, the chi square test was used, with a p value > 0.05, the data was said to be homogeneous.

Based on the results of the normality test, the research variable data is not normally distributed, it can be concluded that the resulting data is non-parametric. Therefore, the bivariate analysis used in this study was the Wilcoxon-signed ranks test which was used to assess the anxiety level of preoperative patients. Meanwhile, to assess the post-test anxiety level in the intervention group, the non-parametric Wilcoxon-signed ranks test used the non-parametric test with a significance of p<0.05 with the following decision making, namely, if the analysis results obtained a p-value <0.05, it can be concluded that H_0 is rejected.

3. Result And Discussion

3.1 Result

3.1.1 Overview of Research Place

This research was conducted at Sri Pamela Tebing Tinggi Hospital, North Sumatra Province. This research was conducted for 2 weeks on March 21 – April 02, 2022 by making observations based on the research questionnaire sheet. Sri Pamela Tebing Tinggi Hospital is a General Hospital, one of the North Sumatra Provincial Government hospitals, which is located on Jl. Gen. Sudirman No. 299 Tebing Tinggi. Carrying the Vision of the Governor of North Sumatra, namely Making North

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Sumatra Advanced, Safe and Dignified. Institutionally according to the regulation of the Governor of North Sumatra Number 25 of 2012, dated July 28, 2012 concerning the Formation of Organizations, Duties, Functions, Job Descriptions and Work Procedures,

3.1.2 Demographic Data

Based on the research that has been done regarding the effect of music therapy on reducing anxiety in preoperative patients at Sri Pamela Tebing Tinggi Hospital, the characteristics of research respondents that can be seen in the demographic data of respondents are as follows:

TABLE 1
DISTRIBUTION OF RESPONDENT CHARACTERISTICS IN SRI PAMELA TEBING HIGH Hospital in 2022.

Characteristics of Respondents	Frequency	Percentage (%)
Gender		
Man	16	61
Woman	10	39
Total	26	100.0
Age		
21-30 years old	5	19
31-40 years old	14	54
> 40 years	7	27
Total	26	100.0
Marital status		
Marry	23	89
Not married yet	3	11
Total	26	100.0
Religion		
Islam	26	100
Total	26	100.0
Tribes		
Batak	22	85
Mandailing	4	15
Total	26	100.0
Education		
S-1	2	8
D-3	10	38
SENIOR HIGH SCHOOL	13	50
JUNIOR HIGH SCHOOL	1	4
Total	26	100.0
Income		
< Rp. 1,500,000	2	8
Rp. 1,500,000 – 2,500,000	5	19
Rp. 2,600,000 – 3,500,000	10	38
Rp. 3,600,000 – 6,000,000	9	35
Total	26	100.0
Work		
PNS/Police/BUMN	14	53
Private employees	3	12
Farmer	7	17
Self-employed	2	8
Total	26	100.0

Based on table 2, the data on the characteristics of respondents in Preoperative Patients at Sri Pamela Tebing Tinggi Hospital were obtained, the majority of the sexes were male as many as 16 people (61%), age 31-40 years as many as 14 people (54%), marital status was married as many as 23 people (89%), Islam as many as 26 people (100%), ethnic Batak as many as 22 people (85%), high school education as many as 13 people (50%), income is Rp. 2,600,000-3,500,000 as many as 10 people (38%) and the occupations are civil servants/police/BUMN as many as 14 people (53%).

3.1.3 Univariate analysis

TABLE 2
FREQUENCY DISTRIBUTION OF ANXIETY CHARACTERISTICS OF PRE OPERATIONAL PATIENTS AT SRI PAMELA TEBING HIGH HOSPITALS IN 2022 BEFORE MUSIC THERAPY PROVISION

Worry	Frequency	Percentage
Mild anxiety	2	7.7
Moderate anxiety	24	92.3
Total	26	100.0

Based on table 3, it is known that the majority of preoperative anxiety patients at Sri Pamela Tebing Tinggi Hospital before giving music therapy were in the moderate anxiety category as many as 24 people (92.3%).

Worry	Frequency	Percentage
Mild anxiety	14	53.8
Moderate anxiety	12	46.2
Total	26	100.0

TABLE 3
FREQUENCY DISTRIBUTION OF ANXIETY CHARACTERISTICS OF PRE OPERATIONAL PATIENTS IN SRI PAMELA HOSPITAL TEBING HIGH IN 2022 AFTER MUSIC THERAPY

Worry	Frequency	Percentage
Mild anxiety	14	53.8
Moderate anxiety	12	46.2
Total	26	100.0

Based on table 3, it is known that the majority of preoperative anxiety patients at the Sri Pamela Tebing Tinggi Hospital after music therapy were in the category of mild anxiety as many as 14 people (46.2%).

3.1.4 Bivariate Analysis

Based on the results of the bivariate test calculation using the Wilcoxon Test on the data on the effect of music therapy on reducing anxiety in preoperative patients at Sri Pamela Tebing Tinggi Hospital, the following data were obtained:

TABLE 6
THE EFFECT OF MUSIC THERAPY ON REDUCING ANXIETY OF PRE OPERATIONAL PATIENTS AT SRI PAMELA TEBING HIGH HOSPITAL IN 2022

Posttest Anxiety	Pretest Anxiety				Total		sig.
	Light		Currently		F	%	
	f	%	f	%			
Light	2	7.7	12	46.2	14	53.8	0.001
Currently	0	0.0	12	46.2	12	46.2	
Total	2	7.7	24	92.3	26	100.0	

Based on table 5, it is known that, the majority or tends to decrease anxiety after giving music therapy, the data shows 12 people (46.2%) who previously experienced moderate category anxiety, then there was a decrease after music therapy became a mild anxiety category. The results of statistical tests with the Wilcoxon test showed a p-value of 0.001 meaning the p-value <0.05, it can be concluded that there is an effect of music therapy on reducing anxiety in preoperative patients at Sri Pamela Tebing Tinggi Hospital.

3.2 Discussion

3.2.1 Anxiety of Preoperative Patients at Sri Pamela Tebing Tinggi Hospital Before Giving Music Therapy

The results of this study showed that the majority of preoperative anxiety patients at Sri Pamela Tebing Tinggi Hospital before giving music therapy were in the moderate anxiety category as many as 24 people (92.3%). The results of the analysis of the questionnaire given showed that the patient felt anxious because he was going to carry out the operation.

The patient's anxiety can be seen from the results of the questionnaire answered by the respondent, where the patient feels tense, afraid, nervous and feels nervous about what will be done to him, the patient feels very nervous because of the surgery to be carried out, and has never had this before.

Pre-operation is one part of several stages that will be carried out before carrying out the operation. Pre-operation is the initial/first stage of perioperative care which begins when the patient enters the patient care room and ends when the patient is transferred to the operating table for surgery (Marliyani, 2017). When the pre-operative phase begins, the patient is given education about his health condition and the actions that will be taken during treatment in order to make a decision to undergo surgery and this phase ends when the patient is transferred to the operating room. The success of the operation as a whole is highly dependent on this phase (Smeltzer & Bare, 2010 in Marliyani, 2017).

Surgery is a medical procedure that puts a stressor on a person's integrity. Surgery will cause a stress reaction that is neither physiological nor psychological. One of the psychological responses that can be experienced by patients who will undergo surgery is anxiety. Anxiety is a normal response to a threatening or stressful event and is usually short-lived and manageable. Anxiety serves as an alarm mechanism to prepare individuals to respond physically to perceived danger. Anxiety in the surgical process is usually associated with all kinds of foreign procedures that the patient must undergo and also threats to life safety due to surgical procedures and anesthetic procedures (Resna & Suwarno, 2017).

According to the researcher's assumption, the anxiety that is happening to the respondent is because the respondent will face surgery, where this operation is a scourge for the respondent, thus giving fear, anxiety and worry to the respondent, in addition, the lack of non-pharmacological therapy such as music therapy for example, gives anxiety the higher the respondent.

3.2.2 Anxiety of Preoperative Patients at Sri Pamela Tebing Tinggi Hospital After Giving Music Therapy

The results showed that the anxiety of preoperative patients at Sri Pamela Tebing Tinggi Hospital after giving music therapy was in the category of mild anxiety as many as 14 people (46.2%).

This can be seen from the results of the research questionnaire, that there was a decrease in anxiety in respondents after giving music therapy, it can be seen from the results of the questionnaire that the majority of patients felt calmer and had less worry than before. And respondents said they were comfortable with the music therapy they were given, so they were more relaxed in dealing with the surgery they were going to undergo.

De Jong (2017) states that every patient who will undergo surgery on average experiences anxiety, where around 80% of patients experience surgery delays due to moderate or mild anxiety. The same thing happens not only in children, but also in adult patients. Anxiety usually tends to be accompanied by pain and usually the patient's anxiety level increases when he is in the hospital. Anxiety is a psychological disorder that can cause various detrimental things, where the negative effects felt by patients include experiencing fatigue, difficulty sleeping and digesting, loss of appetite and weight, increased heart rate, experiencing more stress, feeling helpless and pessimistic, losing self-confidence to fight disease,

According to the researcher's assumptions, the majority of respondents' anxiety is in the mild category, this is because the effect of the music provided provides a comfortable atmosphere, and makes the patient more relaxed, so that the patient's fear, tension, and worry are reduced from before.

3.2.3 The effect of music therapy on reducing anxiety in preoperative patients at Sri Pamela Tebing Tinggi Hospital

The results showed that the majority or tended to decrease anxiety after giving music therapy, the data showed 12 people (46.2%) who previously experienced moderate category anxiety, then there was a decrease after music therapy became a mild anxiety category.

The results of statistical tests with the Wilcoxon test showed a p-value of 0.001 meaning the p-value <0.05, it can be concluded that there is an effect of music therapy on reducing anxiety in preoperative patients at Sri Pamela Tebing Tinggi Hospital.

The results of this study are in line with research by Sibanda, et al (2018) in their study that music has been widely used to manage pain and stress, increase symptom relief, and foster independence and a lifestyle with the highest possible quality of life. Music intervention has been widely used as a therapeutic treatment to meet the physiological, psychological and spiritual needs of patients (Yinger & Gooding, 2015).

Other studies have reported positive effects of music intervention in different settings, such as hospitalized patients, patients with dementia, brain injury and critically ill patients (Mofredj, Alaya, Tassaious, Bahloul, & Mrabet, 2016). Other researchers have focused on evaluating the effects of music on various outcomes, such as pain (Cepeda, 2015), anxiety, delirium, and increased patient satisfaction (Cole & LoBiondo-Wood, 2014).

Potter & Perry in Sulistyoningsih (2018) states that in dealing with patient anxiety, the role of nurses is very necessary to encourage and provide information that can help get rid of the anxiety or worry. Nurses also have another important role, namely having the obligation to provide nursing services and health information needed by patients as educators and motivators. This is in accordance with the rights that should be received by every patient starting from understanding the disease, procedures before surgery to preparing for the patient to go home. In overcoming anxiety, nurses as educators can provide interventions, one of which is in the form of distraction techniques by listening to classical music (Wlandari, 2015).

Holistically about music is seen as having a function in increasing the ability of the brain in relation to overcoming the decline in cognitive and verbal function in geriatric care and they recommend non-pharmacological approaches such as music to overcome the problems of the elderly which are considered safe compared to drugs. In the last two decades, music has been widely used as a non-pharmacological strategy in overcoming anxiety and to improve optimal treatment outcomes for hospitalized patients.

The American Music Therapy Association (2017) defines purposeful music delivery as therapeutic therapy called music therapy or music medicine. Music therapy has been described as the provision of therapeutic music to an individual by a trusted music therapist, whereas music therapy is administered by a healthcare worker, for example, a doctor or nurse. Music therapy differs from music therapy in that the music therapist assesses, plans, and manages music as a treatment, with the active participation of the client. Unlike music therapy, healthcare workers can give patients music medication, in the form of pre-recorded music using a device such as a CD player with headphones or speakers.

Music therapy acts as a diversion from painful stimuli or negative thoughts associated with surgery, to more pleasant ones which means in anticipation of surgery, because the unpleasant experience, can cause stimulation of the sympathetic nervous system and what is known as the fight, flight or response response. fear which, in turn, increases heart rate, blood pressure, sugar levels, sweats and sometimes loss of gait and falls. Music has the potential to stimulate the parasympathetic nervous system or also known as rest, digest, and recover responses (Riganello et al., 2015).

The parasympathetic nervous system is responsible for returning the body to its normal state after the action of the sympathetic nervous system, by reducing adrenergic activity which, in turn, reduces neuromuscular arousal, thereby achieving an anxiolytic effect. The limbic system can also be stimulated by music, resulting in the release of endorphins, a neurotransmitter that is important for promoting a sense of well-being in humans (Gye Seon & Mi Hyung, 2015).

According to the researcher's assumptions, there is an effect of music therapy on reducing anxiety in preoperative patients, this is because the music therapy given provides a change in the perception of thinking of the respondents, where respondents are diverted their minds by listening to music, which provides a comfortable and relaxed atmosphere, thus forgetting for a moment the worries and burdens. respondent's mind.

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4. Conclusion

Based on the results of research and discussion conducted on the effect of music therapy on reducing anxiety in preoperative patients at Sri Pamela Tebing Tinggi Hospital, the following conclusions were obtained: (1) Anxiety of preoperative patients at Sri Pamela Tebing Tinggi Hospital before surgery Music therapy was given in the category of moderate anxiety as many as 24 people (92.3%). (2) The anxiety of preoperative patients at Sri Pamela Tebing Tinggi Hospital after music therapy was in the category of mild anxiety as many as 14 people (46.2%). (3) There is an effect of music therapy on reducing anxiety in preoperative patients at Sri Pamela Tebing Tinggi Hospital. Suggestions in this study are: (1) The place of research, it is hoped that the hospital will make this research the next policy step in reducing anxiety in patients who will undergo surgery by making music therapy an alternative choice as a nursing intervention in reducing patient anxiety. (2) Educational institutions, It is hoped that it can add insight or knowledge for students, especially about the effect of music therapy on reducing preoperative patient anxiety, and can be used as information for educators and students, in adding insight into the effect of music therapy on reducing anxiety in preoperative patients. (3) Further Research, It is hoped that it can be considered, input in further research, and can add other related variables to support better and varied research results.

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