

ABSTRACT

THE EFFECTIVENESS OF MUSIC THERAPY THE ABILITY OF DAILY LIVING ACTIVITIES IN PATIENT WITH SCHIZOPHRENIA MENTAL HEALTH AT THE AL-HIDAYAH KUTOREJO SHELTER

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Schizophrenia is a form of functional psychosis with major disturbances in thought processes and disharmony (rifts, splits) between thought processes, affect/emotions, and psychomotor accompanied by distortion of reality, mainly due to delusions and hallucinations; the association is fragmented resulting in incoherence, affect and emotion bizar behavior. Schizophrenia is a form of psychosis that is often found everywhere but the causative factor has not been clearly identified. Kraepelin refers to this disorder as dementia precox. This study aims to prove whether music can be applied to patients with schizophrenia mental disorders in patients undergoing rehabilitation treatment at the Al-Hidayah Kutorejo Shelter House. The design of this study is an experimental study that uses a pre-test post-test control group design approach. A sample of 13 people was taken by total sampling. 13 people in the experimental group were given music therapy techniques 7 times with a duration of 10-15 minutes. Data collection uses the Barthel Activity Daily Living Index Observation Sheet. The Wilcoxon Signed Rank Test showed that the p value $(0.001) < (0.05)$, so H_0 was rejected, meaning that there was an influence of classical music therapy techniques on the ability of daily living activities in patients with schizophrenia disorders. So, after the Wilcoxon signed rank test, it can be seen that there is a change in the value of daily living activity in patients with schizophrenia mental disorders, where there is an increase in daily living activities, music therapy can be applied in the daily lives of schizophrenic patients on a regular basis able to provide positive energy every day.

Keywords: *Activity daily living, music therapy, Skizofrenia*

ABSTRAK

EFEKTIVITAS PENGGUNAAN TERAPI MUSIK TERHADAP KEMAMPUAN *ACTIVITY DAILY LIVING* PADA PASIEN DENGAN GANGGUAN JIWA SKIZOFRENIA DI RUMAH SINGGAH ALHIDAYAH KUTOREJO

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Skizofrenia adalah suatu bentuk psikosa fungsional dengan gangguan utama pada proses pikir serta disharmoni (keretakan, perpecahan) antara proses piker, afek/emosi, kemauan dan psikomotor disertai distorsi kenyataan, terutama karena waham dan halusinasi; asosiasi terbagi-bagi sehingga timbul inkoherensi, afek dan emosi perilaku bizar. Skizofrenia merupakan bentuk psikosa yang banyak dijumpai dimana-mana namun factor penyebabnya belum dapat diidentifikasi secara jelas. Kraepelin menyebut gangguan ini sebagai demensia precox. Penelitian ini bertujuan untuk membuktikan apakah music bisa diaplikasikan ke pasien yang mengalami gangguan jiwa skizofrenia pada pasien yang sedang menjalani perawatan rehabilitasi di Rumah Singgah Al-Hidayah Kutorejo. Desain penelitian ini merupakan penelitian eksperimen yang menggunakan pendekatan *pre-test pos- test control group design*. Sampel 13 orang diambil dengan *total sampling*. 13 orang kelompok eksperimen diberikan teknik terapi musik 7 kali pertemuan dengan durasi 10-15 menit. Pengumpulan data menggunakan lembar observasi *index barthel activity daily living*. Uji *Wilcoxon Signed Rank Test* menunjukkan bahwa *p value* $(0,001) < \alpha (0,05)$, sehingga H_0 ditolak artinya terdapat pengaruh teknik terapi music klasik terhadap kemampuan *activity daily living* pada pasien dengan gangguan skizofrenia. Jadi, setelah dilakukan uji *Wilcoxon signed rank test* dapat dilihat terdapat perubahan pada nilai *activity daily living* pada pasien dengan gangguan jiwa skizofrenia, dimana mengalami peningkatan dalam *activity daily living*, terapi music dapat diterapkan di keseharian penderita skizofrenia secara rutin mampu memberikan energy positif pada setiap harinya.

Kata kunci : *activity daily living*, skizofrenia, terapi musik