ABSTRAK

Pengaruh Terapi Musik Terhadap Gangguan Istirahat Tidur Pada Anak Yang Mengalami Hospitalisasi Di RSI Sakinah Kabupaten Mojokerto

Desi Arista

Respon secara umum yang terjadi pada anak yang dirawat inap antara lain mengalami regresi, kecemasan perpisahan, apatis, ketakutan, dan gangguan tidur. Salah satu metode untuk memperbaiki tidur adalah terapi musik. Penelitian ini bertujuan untuk membuktikan pengaruh terapi musik klasik terhadap gangguan istirahat tidur pada anak yang mengalami hospitalisasi di RSI Sakinah Kabupaten Mojokerto. Desain penelitian preeksperimental dengan pendekatan *one group pretest-post test design*. Populasi dalam penelitian ini adalah Semua anak yang mengalami hospitalisasi di RSI Sakinah Kabupaten Mojokerto pada tanggal 26 Februari-21 Maret 2019 sejumlah 43 anak. Teknik sampling penelitian ini adalah *purposive sampling*. Besar sampel yang memenuhi kriteria penelitian adalah 30 anak. Instrumen penelitian menggunakan SOP terapi musik dan kuesioner. Hasil penelitian ini menunjukkan bahwa sebelum diberikan terapi musik hampir seluruh responden kurang dari kebutuhan tidur yaitu sebanyak 23 responden (76,7%), dan sesudah diberikan terapi musik hampir seluruhnya sesuai kebutuhan tidur yaitu sebanyak 26 responden (86,7%). Hasil Uji Wilcoxon Signed Rank dengan pvalue=0,000 atau < α (0,05) yang artinya terdapat pengaruh terapi musik terhadap gangguan istirahat tidur pada anak yang mengalami hospitalisasi di RSI Sakinah Kabupaten Mojokerto. Terapi musik akan memberikan efek relaksasi dimana saat anak menyukai musik akan merangsang hormon endorfin untuk memberikan rasa tenang dan lebih mudah untuk tidur. Tenaga kesehatan diharapkan dapat mempertimbangkan terapi musik untuk mengatasi gangguan istirahat tidur pada anak yang mengalami hospitalisasi.

Kata Kunci: terapi musik, gangguan istirahat tidur, hospitalisasi

ABSTRACT

Effects of Music Therapy on Sleep Rest Disorders at Children Experiencing Hospitalation at Sakinah Islamic Hospital at Mojokerto Regency

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The general response that occurs when hospitalized children included regression, anxiety separation, apathy, fear, and sleep disorders. One method for improving sleep was music therapy. This study aimed to prove the effect of classical music therapy on sleep rest disorders at children who have experienced hospitalization at Sakinah Islamic Hospital, Mojokerto Regency. This research design was pre-experimental with one group pretest-post test design approach. The population at this study were all children who experienced hospitalization at Sakinah Islamic Hospital at Mojokerto Regency on February 26th-March 21th 2019 as many as 43 children. The sampling technique of this study was purposive sampling. The sample size that met the research criteria were 30 children. The research instrument used SOP music therapy and questionnaires. The results of this study suggested that before being given music therapy almost all respondents had lacked sleep needs as many as 23 respondents (76.7%), and after being given music therapy almost entirely had equal sleep needs as many as 26 respondents (86.7%). Wilcoxon Signed Rank Test suggested thatpvalue = 0,000 or $<\alpha$ (0,05), which meant that there was an effect of music therapy on sleep rest disorders at children who have been hospitalized at Sakinah Islamic Hospital Mojokerto Regency. Music therapy would provide a relaxing effect where when children like music would stimulate endorphins to provide a sense of calm and easier to sleep. Health workers were expected to consider music therapy to deal with sleep rest disorders at children who experience hospitalization.

Keywords: music therapy, sleep rest disorder, hospitalization