

SUMMARY

PENGARUH TERAPI DISTRAKSI MENDENGARKAN MUSIK KLASIK MOZART TERHADAP PENURUNAN SKALA NYERI PADA PASIEN KANKER DI RUMAH SAKIT DHARMAIS

EFFECT OF THERAPY DISTRACTION LISTEN CLASSICAL MUSIC MOZART TO DECREASE PAIN SCALE IN CANCER PATIENTS

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Subject : Kanker, jaringan aktual
Subject Alt : Emosional, zat endorphins, zat penenang
Keyword : Distraksi; Musik Klasik Mozart; Skala Nyeri Kanker

Description :

Latar Belakang : Nyeri kanker merupakan pengalaman sensori emosional yang tidak menyenangkan akibat kerusakan jaringan aktual atau protensial. Data Rumah Sakit Kanker Dharmais Jakarta tahun 2012, terdokumentasi dalam 3 bulan terakhir sebanyak 42.2% pasien kanker mengalami nyeri. Salah satu asuhan keperawatan mengatasi nyeri, yaitu terapi distraksi mendengarkan musik untuk meningkatkan produksi zat endorphins dan S-IgA sebagai zat penenang.

Tujuan : Penelitian ini bertujuan mengidentifikasi pengaruh terapi distraksi mendengarkan musik klasik Mozart terhadap penurunan skala nyeri pada pasien kanker di Rumah Sakit Kanker Dharmais Jakarta.

Metode Penelitian : Sampel yang digunakan adalah pasien kanker rawat inap di ruang Cempaka dan Melati sebanyak 25 orang responden dengan teknik non probability sampling dan jenis purposive sampling. Metode yang digunakan adalah kuasi eksperimen, pre tes, post test tanpa kelompok kontrol.

Hasil Penelitian : Sebagian besar responden adalah usia 40 – 50 tahun (64%), jenis kelamin perempuan (56%), pola koping maladaptif (72%), pengalaman masa lalu tidak berhasil mengatasi nyeri (56%), mendapatkan support keluarga & sosial (52%), observasi ekspresi kenyamanan terapi distraksi mendengarkan musik klasik Mozart terlihat nyaman (60%). Rata-rata skala nyeri sebelum pemberian terapi berada pada skala 7.64 dan sesudah terapi 5.60. Hasil uji statistik menunjukkan perbedaan yang bermakna ($p < 0.05$).

Kesimpulan : Disarankan perawat mampu memberikan intervensi pendidikan kesehatan mengenai terapi distraksi mendengarkan musik dan memfasilitasi ruang perawatan dengan pemberian alat pemutar musik yang dapat didengarkan oleh pasien kanker untuk membantu mengatasi nyeri.

Description Alt:

Background: Cancer pain is a sensory experience emotional unpleasant due to actual tissue damage or protensial. data Dharmais Cancer Hospital in Jakarta in 2012, documented in 3 months last as much as 42.2% of cancer patients experience pain. One care nursing pain management, namely distraction therapy for listening to music increase the production of endorphins and substance S-IgA as a sedative.

Objective: This study aimed to identify the influence of distraction therapy listening to classical music Mozart to decrease pain scale in patients cancer in the Cancer Hospital Dharmais Jakarta.

Methods: The sample used was hospitalized cancer patients in Cempaka and Melati space as much as 25 respondents with non-engineering probability sampling and type of purposive sampling. The method used is quasi-experimental, pre-test, post-test without a control group.

Results: Most respondents were aged 40-50 years (64%), female gender (56%), maladaptive coping patterns (72%), past experience then did not relieve the pain (56%), get family & social support (52%), distraction therapy observation kemanyanan expression listening music Mozart classic looks comfortable (60%). Average pain scale before administration therapy is on a scale of 7.64 and 5.60 after treatment. Results of statistical tests showed no significant differences ($P < 0.05$).

Conclusion: It is recommended nurse to provide educational intervention health of the distraction therapy room listening to music and facilitate care by providing music players which can be heard by cancer patients to help manage pain.

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