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ABDURRASYID
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**“THE EFFECT OF MOZART CLASSICAL MUSIC LISTENING
DISTRACTION THERAPY TO THE REDUCTION OF THE PAIN SCALE
OF THE CANCER PATIENTS IN DHARMAIS JAKARTA CANCER
HOSPITAL”**

xvi + 7 Chapters + 82 Pages + 13 Tables + 6 Pictures + 16 Appendices.

ABSTRACT

Background : Cancer pain is an uncomfortable sensory and emotional experience caused by the actual or potential broken tissues. The Dharmais Jakarta Cancer Hospital's data in 2012, documented in the last 3 months there were 42.2% cancer patients experienced the pain. One of the nursing cares to overcome the pain is music listening distraction therapy to increase the productions of endorphins and S-IgA as a sedative.

Objectives : This research objective is to identify the effect of Mozart classical music listening distraction therapy to the reduction of the pain scale of the cancer patients in Dharmais Jakarta Cancer Hospital.

Research Methodology : The samples were the inpatients in Cempaka and Melati room total 25 persons respondents with non probability sampling technique and purposive sampling type. The methods those were used were quasi experiment, pre test, and post test without control group.

Research Findings : Most of the respondents are 40 – 50 years old (64%), female gender (56%), maladaptive coping mechanism (72%), could not overcome the pain in the past (56%), getting support from family and socials (52%), observation of the Mozart classical music listening distraction therapy comfortable expression looks comfortable (60%). The average of the pain scale before therapy was 7.64 and after therapy was 5.60. Statistical test result show a significant difference ($p < 0.05$).

Conclusion : It is suggested to nurses to be able to give the intervention of health education about music listening distraction therapy and facilitate the nursing room with the music player that can be heard by the cancer patients to help them overcoming the pain.

Keyword : Distraction, Mozart Classical Music, Cancer Pain Scale.

Bibliography : 22 (1987-2011)