

ABSTRACT

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The effect of Keroncong Music Therapy of Stress in the elderly in Social Institution Tresna Werdha Teratai KM 6 Palembang 2014.

THESIS

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Age up periodic the final stage of human growth, where some one will experience a decline in physical and social functioning. These changes area source of stress in the elderly. One of the ways to reduce this stress is with keroncong music therapy. The purpose ofthis study was to determine the effect of keroncong music therapy on stress in the elderly. This research is aquantitative study with a pre-experimental study with one group pre-test-post-test design. The numbers of respondents are 26 respondents taken by using purposive sampling technique. The study was conductedat the Tresna Werdha Teratai Social Institution at KM 6, Palembang on June 14-20, 2014. The data collecting used aquestion naire with 15 questions measuring the results of stress score between 0-15. The analyses of the study used the Wilcoxon Signed Ranks test. The results of the analysis of the effect of keroncong music therapy on stress in elderly which are 26 respondents experienced a signifikan treduction in stress, in which before the keroncong music therapy given, the lowest score is 6 and the highest score is 12;while after the keroncong music therapy given, the lowest score is 5 the highest score is 7. From the statistical test result obtained p value<0.05 =0.000. This means that there is a significant difference between thest ressin the elderly before and after music therapy given, so it can be concluded that keroncong music therapy affects thest ressin the elderly. From this study it is expected that the respondent can conduct keroncong music therapy to reduce the stress sfelt by the elderly and the nursing person nelto be able to provide serviceson how importance is the keroncong music therapy program of activities to entertain the elderly.

Bibliography 26 : (2005-2013)