

ABSTRACT

Julianus Yudhistira Tan 3001130025

Effect of Instrumental Music Therapy on Post Major Surgery Patient's Pain Scale at Myria Hospital Palembang

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Background : Globally 234 million major surgeries occur each year and 41% patients experience postoperative pain. Inadequate postoperative pain management causes many patients to have complications. Music therapy as a non-pharmacological management can help reduce pain by increasing endorphins release to inhibit pain's transmission.

Purpose : This study aims to determine effect of music therapy on post major surgery patient's pain scale.

Method : This study used quasi experimental method with non equivalent control group design on 50 respondents by purposive sampling which is divided into two groups. Respondents in the intervention group received music therapy for 15 minutes while the control group received standard therapy. The pretest and posttest pain scales of both study groups were measured using the Numeric Rating Scale. The data analysis of this research was conducted using Pearson test, t-test, and simple linear regression test.

Result : Majority of respondents were young adults, female, and had no surgery history. Significant differences occurred between scale of pretest pain (5.84 ± 0.987) and posttest (4.04 ± 0.735) intervention group ($p=0.000$). Significant differences ($p=0.000$) also occurred on intervention group posttest pain scale (4.04 ± 0.735) and control (5 ± 0.764). Significant correlations occurred between scale of posttest pain and music therapy ($r=-0.547; p=0,000$) whereas no significant correlation occurred in respondents characteristics. Music therapy contributed significantly ($p=0,000$) of 68.6% in relieving postoperative pain with pain reduction of one to two pain scales from initial pain scale ($B=-1.418$).

Conclusion : Music therapy has an effect on reducing pain scale so it's advisable to used in patients post major surgery.

Bibliography: 66 (1998-2017)