

## ABSTRACT

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The Influence of Classical Music Therapy Against Anxiety Of Preschoolers Experiencing Hospitalization At Clara Pavilion Of Myria Palembang Hospital

## ESSAY

**NURSING SCIENCE STUDY PROGRAM**

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Keywords: Classical Music, Anxiety, Hospitalization

(64 Pages + 3 Chart + 5 Table + 12 Attachments)

**Background:** Music for children will enhance memory stimulation, develop a sense of comfort and entertaining. Hospitalization of sick children, almost always shows a very irritable, easily anxious, angry, aggressive, timid, suspicious and sensitive attitude. Children who have been exposed to anxiety and anxiety because of separation with parents and family, examination and treatment procedures, and the effect of being in a foreign environment.

**Aim:** To determine the effect of Classical Music Therapy on anxiety levels of preschoolers who experience hospitalization in Clara Pavilion RumahSakit Myria Palembang

**Method:** Using Pre-Experiment method with one group pre-post test and sample consisting of 35 respondents with purposive sampling technique.

**Result:** The result of the statistical test showed the frequency distribution of anxiety level of preschool children who had undergone hospitalization before classical therapy therapy performed with mild anxiety 1 (2.9%), which experienced mild anxiety 3 (8.6%) and those with severe anxiety 31 (88 , 6%). While the frequency of anxiety level of preschool children who experienced anxiety after being given music therapy that experienced mild anxiety 14 (40.0%) moderate anxiety 15 (42.9%) and severe anxiety 6 (17.1%). Analysis of the effect of anxiety before and after given classical music therapy with p-value value 0.001

**Suggestions:** it is expected that health professionals can provide classical music therapy interventions especially in preschool children who experience anxiety and provide explanations to the family that music therapy can be done at home and can decrease children's anxiety levels.

References: 25 (2007-2016)