

## **ABSTRACT**

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**The Effect of Classical Music Therapy Against Stress Levels In Hemodialysis Patients In RSI Siti Khadijah Palembang 2015**

**SKRIPSI**

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Haemodialysis is an act that is given to patients with kidney failure to remove the remaining toxic, excess fluid and electrolyte balance improve. Classical music therapy is a non-pharmacological therapy is beneficial to provide a sense of comfort, reduce stress, anxiety and restlessness. The purpose of this study was to investigate the influence of classical music therapy for stress levels in hemodialysis patients in RSI Siti Khadijah Palembang 2015. This study uses a quantitative method with quasi-experimental approach with one group pretest posttest design. The sampling technique is purposive sampling with a sample of 25 respondents who appropriated with the inclusion criteria, using a questionnaire Depression Anxiety Stress Scale (DASS). Data analysis was done by the analysis of univariate and bivariate analysis. The results showed an average level of stress in hemodialysis patients before therapy classical music is 21.32 with a standard deviation of 1,796 and after classical music therapy the average is 18.00 with a standard deviation of 1.080. The analysis found that there is therapeutic effect of classical music on the level of stress in hemodialysis patients. This influence is obtained with a test T-test where the results of statistical analysis showed that  $p\text{-value} = 0,000 < \alpha 0.05$ . Classical music therapy can be used to help reduce stress levels in patients undergoing hemodialysis therapy.

**Reference : 22 (2000 – 2014)**