ABSTRACT

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Effect Therapy Music Keroncong Against The Quality Sleep Of Insomnia In Elderly Patients in Panti Werdha Dharma Bhakti Km. 7 Palembang 2015

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Elderly is not a disease, but a further stage of the process of life marked by a decrease in the body's ability to adapt to environmental stress, such as difficulty sleeping due to the insufficient amount of sleep disorders. Insomnia is the inability to get enough sleep both in quality and quantity, for it could be solved by means of music therapy to create a relaxed and able to fall asleep. The purpose of this study was to determine the effect of music therapy on quality of sleep keroncong in elderly insomnia in Panti Werdha Dharma Bhakti Km.7 Palembang, 2015. The research was conducted on 8-14 June 2015. Quantitative research methods with pre-experimental design approach one group pre-post test. The samples in this study conducted by purposive sampling then obtained 22 elderly people appropriate inclusion and exclusion criteria, at 95% significance level ($\alpha = 0.05$). The test results mean sleep quality in elderly insomniacs with paried test sample t test was obtained p value = 0.000 which means the p value ≤ 0.05. The results showed no effect of music therapy on quality of sleep keroncong in elderly insomnia. Results from this study can be input as a suggestion for Panti Werdha Dharma Bhakti keroncong to provide music therapy for patients with insomnia sleep well in order to improve the quality of the elderly.

Bibliography : 30 (2000-2015)