

STUDI LITERATUR : EFEKTIVITAS TERAPI MUSIK TERHADAP NYERI PADA PASIEN PASCA OPRASI BEDAH JANTUNG

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INTISARI

Latar Belakang: Nyeri pasien pasca oprarasi kardiak dapat memperburuk kondisi pasien. Upaya meredakan nyeri tersebut telah banyak dilakukan, salah satunya menggunakan terapi musik.

Tujuan Penelitian: Mengetahui efektifitas terapi musik terhadap nyeri pasien pasca oprasi kardiak

Metode Penelitian: Penelitian ini menggunakan metode penelitian kepustakaan atau kajian literature (literature review, literature research) dengan melakukan pengumpulan data pustaka dari berbagai jurnal.

Hasil: Hasil penelitian pada jurnal pertama menunjukkan skala nyeri pasien pasca bedah jantung sebelum diberikan terapai musik merasakn nyeri dengan skala rata-rata $45,75 \pm 20,09$ dan setelah diberikan intervensi musik nyeri yang dirasakan berkisar $22,81 \pm 19,02$. Hasil jurnal kedua nyerir rata-rata $4,0 \pm 2,4$ dan setelah diberikan terapi musick rata-rata nyeri $1,2 \pm 2,2$. Hasil jurnal ke tiga menggambarkan nyeri yang dirasakan pasien post oprasi bedah jantung rata-rata $6,32 \pm 0,21$ dan setalah diberikan intervensi musik, nyeri yang diirasakan rata-rata $3,11 \pm 0,12$. Terdapat pengaruh terapi musik terhadap nyeri pasien pasca oprasi bedah jantung.

Kesimpulan: Terapi musik efektif digunakan untuk mendampingi standar pengobatan pada pasien pasca bedah jantung untuk mengurangi nyeri yang dirasakan pasien.

Kata kunci: Nyeri, pasca oprasi bedah jantung, terapi musik

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STUDY OF LITERATURE : EFFECTIVENESS OF MUSIC THERAPY TOWARD PATIENTS AFTER HEART SURGERY OPERATIONS

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ABSTRACT

Background: Post cardiac surgery patient pain can worsen the patient's condition. There have been many attempts to relieve pain, one of which is using music therapy.

Research Objectives: To determine the effectiveness of music therapy on patient pain after cardiac surgery

Research Methods: This study uses literature research methods or literature studies (literature review, literature research) by collecting library data from various journals.

Results: The results of the study in the first journal showed that the pain scale of patients after heart surgery before being given music felt pain with an average scale of 45.75 ± 20.09 and after being given music intervention, the felt pain ranged from 22.81 ± 19.02 . The results of the second journal had an average pain of 4.0 ± 2.4 and after being given music therapy the average pain was 1.2 ± 2.2 . The results of the third journal describe the average pain felt by postoperative cardiac surgery patients of 6.32 ± 0.21 and after being given music intervention, the average pain felt was 3.11 ± 0.12 . There is an effect of music therapy on patient pain after heart surgery surgery.

Conclusion: Music therapy is effectively used to accompany the standard of treatment in post-cardiac surgery patients to reduce the pain felt by patients.

Key words: Pain, post cardiac surgery, music therapy

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