

ABSTRAK

STUDI KOMPARASI PENGARUH TERAPI MUSIK KLASIK DAN TRADISIONAL TERHADAP INTENSITAS NYERI PADA PASIEN KANKER DI YAYASAN KANKER INDONESIA CABANG KOORDINATOR JAWA TIMUR

Stevani Azahra¹, Adivtian Ragayasa², Sari Luthfiyah³, Supriyanto⁴

Latar Belakang: Nyeri merupakan masalah umum pada pasien kanker yang dapat menurunkan kualitas hidup. Terapi musik merupakan metode non-farmakologis yang potensial untuk mengurangi nyeri. Penelitian ini membandingkan efektivitas terapi musik klasik (Mozart) dan musik tradisional (Gamelan Jawa) dalam menurunkan intensitas nyeri pada pasien kanker di YKI Cabang Koordinator Jawa Timur. **Metode:** Penelitian menggunakan desain *quasi eksperimen* dengan pendekatan *two group pretest-posttest*. Sampel sebanyak 46 responden dipilih secara purposive. Intervensi berupa pemutaran musik klasik *Piano Concerto No. 21 In C Major K.467* karya Mozart dan musik tradisional gamelan Jawa. Intensitas nyeri diukur menggunakan Skala Analog Visual (VAS) sebelum dan sesudah intervensi. **Hasil:** Kedua jenis terapi musik efektif menurunkan intensitas nyeri ($p < 0,05$). Namun, terapi musik tradisional menunjukkan penurunan nyeri yang lebih signifikan dibandingkan musik klasik, dengan hasil uji *Mann-Whitney U Test* menunjukkan $p\text{-value}$ 0,048 ($p < 0,05$). **Kesimpulan:** Terapi musik tradisional lebih efektif dalam menurunkan nyeri pada pasien kanker dibandingkan musik klasik. Pemilihan musik sebaiknya disesuaikan dengan latar belakang budaya pasien untuk hasil yang optimal.

Kata kunci: Keperawatan, Pasien Kanker, Intensitas Nyeri, Terapi Musik Tradisional, Terapi Musik Klasik

ABSTRACT

COMPARATIVE STUDY OF THE EFFECTS OF CLASSICAL AND TRADITIONAL MUSIC THERAPY ON PAIN INTENSITY IN CANCER PATIENTS AT THE INDONESIAN CANCER FOUNDATION, EAST JAVA BRANCH

Stevani Azahra¹, Adivtian Ragayasa², Sari Luthfiyah³, Supriyanto⁴

Introduction: Pain is a common problem among cancer patients that can significantly reduce their quality of life. Music therapy is considered a potential non-pharmacological method to alleviate pain. This study compares the effectiveness of classical music therapy (Mozart) and traditional music therapy (Javanese Gamelan) in reducing pain intensity among cancer patients at Indonesian Cancer Foundation, East Java Branch. **Methods:** This research used a quasi-experimental design with a two-group pretest-posttest approach. A total of 46 respondents were selected through purposive sampling. The interventions included playing Mozart's Piano Concerto No. 21 in C Major K.467 and traditional Javanese Gamelan music. Pain intensity was measured using the Visual Analog Scale (VAS) before and after the intervention. **Results:** Both types of music therapy effectively reduced pain intensity ($p < 0.05$). However, traditional music therapy showed a more significant reduction in pain compared to classical music therapy, as indicated by the Mann-Whitney U Test with a p-value of 0.048 ($p < 0.05$). **Discussion:** Traditional music therapy is more effective in reducing pain among cancer patients compared to classical music therapy. Choosing music that aligns with the patient's cultural background is recommended to optimize therapeutic outcomes.

Keywords: Nursing, Cancer Patients, Pain Intensity, Classical Music Therapy, Traditional Music Therapy