

ABSTRAK

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PENGARUH TERAPI MUSIK *MEDLEY* JASWALA TERHADAP PENURUNAN
TEKANAN DARAH PADA LANJUT USIA DENGAN
HIPERTENSI DI UPTD GRIYA WREDA SURABAYA

Xv + 123 Halaman + 12 Tabel + 25 Lampiran

Masalah hipertensi menjadi masalah global dan prevelensinya meningkat secara signifikan. Penuaan pada Lansia menyebabkan penurunan fungsi fisiologis sehingga kesulitan dalam menjaga tekanan darah dalam kisaran normal. Terapi untuk membantu mengendalikan tekanan darah pada lanjut usia bisa memanfaatkan musik *medley* jaszwa. Tujuan penelitian untuk memahami perbandingan tekanan darah sebelum maupun setelah intervensi serta dampak terapi musik *medley* jaszwa pada nilai tekanan darah lanjut usia.

Desain menggunakan metode kuantitatif Pra-eksperimen menggunakan pendekatan satu kelompok dengan pengukuran sebelum dan setelah. Sampel meliputi 35 partisipan yang memenuhi kriteria. Variabel independen musik *medley* jaszwa, variabel dependen tekanan darah. Instrumen alat tulis, tensimeter, musik *medley* jaszwa, Mp3 dan *earphone*, SOP, dan lembar observasi pengukuran tekanan darah. Mengaplikasikan analisis uji t berpasangan dan Wilcoxon.

Temuan dari penelitian didapatkan sebelum terapi musik *medley* jaszwa didapatkan tekanan darah sistolik pada Lansia hampir setengahnya berada pada kategori hipertensi stadium 1 dan tekanan darah diastolik sebagian besar berada pada kategori hipertensi stadium 2. Setelah terapi musik *medley* jaszwa ditemukan tekanan sistolik dan diastolik Lansia hampir setengahnya tergolong dalam kategori hipertensi stadium 2 berubah menjadi hampir setengah Lansia di tekanan darah sistolik termasuk sebagai kategori pre hipertensi, dan hampir setengah Lansia di tekanan darah diastolik berada pada kategori hipertensi stadium 1.

Terdapat dampak terapi musik *medley* jaszwa pada nilai tekanan darah Lansia penderita hipertensi di UPTD Griya Wreda Surabaya dengan peluang kejadian perubahan tekanan darah sistolik berada pada rentang 5,25-8,75 mmHg kali, berada pada kategori hipertensi stadium 1. Terapi musik *medley* jaszwa dapat menjadi alternatif non farmakologi menurunkan tekanan darah pada Lansia penderita hipertensi.

Kata kunci: Terapi, Musik, Tekanan Darah, Lansia

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ABSTRACT

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THE EFFECT OF JASWALA MEDLEY MUSIC THERAPY ON REDUCE BLOOD PRESSURE IN THE ELDERLY WITH HYPERTENSION AT UPTD GRIYA WREDA SURABAYA

Xv + 123 Pages + 12 Tables + 25 Appendices

The problem of hypertension is a global problem and its prevalence has increased significantly. Aging in the elderly causes a decrease in physiological function so that it is difficult to maintain blood pressure in the normal range. Therapy to help control blood pressure in the elderly can utilize the music of medley jaswala. The purpose of the study was to understand the comparison of blood pressure before and after the intervention as well as the impact of music medley jaswala therapy on the blood pressure values of the elderly.

The design uses the quantitative method Pre-experiment using a single-group approach with before and after measurements. The sample included 35 participants who met the criteria. Independent variables of jaswala medley music, blood pressure-dependent variables. Stationery instruments, sphygmomanometers, music medley jaswala, Mp3 and earphones, SOPs, and blood pressure measurement observation sheets. Applying paired and Wilcoxon t-test analysis.

The findings of the research were obtained before the music medley therapy of jaswala, it was found that systolic blood pressure in the elderly was almost half in the category of stage 1 hypertension and diastolic blood pressure was mostly in the category of stage 2 hypertension. After the music medley therapy of jaswala, it was found that almost half of the elderly were classified as stage 2 hypertension, changed to almost half of the elderly in systolic blood pressure included as the pre-hypertension category, and almost half of the elderly in diastolic blood pressure were in the stage 1 hypertension category.

There was an impact of jaswala medley music therapy on the blood pressure values of the elderly with hypertension at UPTD Griya Wreda Surabaya with the chance of systolic blood pressure changes in the range of 5.25-8.75 mmHg times, in the category of stage 1 hypertension. Jaswala medley music therapy can be a non-pharmacological alternative to lowering blood pressure in the elderly with hypertension.

Keywords : Therapy, Music, Blood Pressure, Elderly

Reference : 88 Journals and Books (2013-2025)