

# Perbedaan pengaruh intervensi spiritual care murattal dan musik terhadap status depresi lansia = Spiritual care interventions the difference influence between murattal and music against elderly depression status / Ani Auli Ilmi

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## Abstrak

### **ABSTRAK**

Peningkatan kualitas hidup lansia dengan pendekatan bio-psiko-sosiokultural dan spiritual dibutuhkan untuk mencegah terjadinya late life depression. Tujuan penelitian untuk mengidentifikasi perbedaan pengaruh intervensi spiritual care terhadap status depresi lansia. Penelitian ini menggunakan pre test and post test design with two comparison treatment pada 48 lansia di panti sosial yang dibagi dalam dua kelompok. Hasil penelitian menginterpretasikan perbedaan status depresi pada lansia sebelum dan setelah diberikan terapi murattal (pvalue= 0,000) dan musik (pvalue= 0,010). Ada perbedaan selisih tingkat depresi sebelum dan setelah pemberian terapi musik dan murattal (pvalue=0,017). Hasil penelitian menjadi acuan pembuatan program peningkatan kualitas hidup lansia dengan depresi pada lansia.

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### **ABSTRACT**

Improving the elderly quality of life with bio-psycho-socio-cultural and spiritual approach is needed to prevent the occurrence of late life depression. The aim of study is identify difference influence between murattal and music on elderly depression status. A pretest and post test design with two comparison treatment was applied in this study for 48 elderly in social institutions. The results of this study showed that are significant differences in depression status at the elderly before and after the therapy given murattal (pvalue = 0.000) and music (pvalue = 0.010). There are differences in the level of depression at the elderly before and after music therapy and murattal (p value = 0.017). The study results can be a basic reference for program development in enhancing the quality of life of elderly with depression.