

# Pengaruh terapi musik instrumentalia terhadap tekanan darah dan nadi pada pasien penyakit jantung koroner saat fase recovery pascatindakan treadmill = The effect of instrumental music therapy to blood pressure and pulse in coronary heart disease patients during the recovery phase after treadmill

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## Abstrak

[<b>ABSTRAK</b><br>

Treadmill merupakan salah satu tindakan untuk mengevaluasi kemampuan kapasitas fungsional jantung pada pasien Penyakit jantung koroner.

Penelitian ini bertujuan mengetahui pengaruh terapi musik instrumentalia terhadap tekanan darah dan nadi pada pasien Penyakit Jantung Koroner saat fase recovery pasca tindakan treadmill. Desain yang digunakan adalah quasi eksperimen dengan pre and post test with control group desain dan pendekatan analitik komparatif numerik. Jumlah sampel 30 pasien (15 kelompok kontrol dan 15 kelompok intervensi). Analisis data menggunakan independent test, paired t test, chi square, ANOVA. Hasil penelitian pada uji independent test menunjukkan bahwa ada perbedaan yang bermakna pada tekanan darah sebelum dan setelah fase recovery (nilai  $p = 0,0001$ ). Faktor konfounding yang berpengaruh terhadap tekanan darah dan nadi adalah Diabetes melitus ( $p \text{ value} < 0,05$ ) menunjukkan bahwa variabel tersebut secara signifikan mempengaruhi waktu pengembalian tekanan darah dan nadi. Rekomendasi penelitian ini digunakan untuk intervensi keperawatan dalam membantu mengembalikan tekanan darah dan nadi seperti sebelum latihan setelah fase recovery.

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<b>ABSTRACT</b><br>

Treadmill is one of the treatment to evaluate the ability of the heart functional capacity in patients with coroner heart disease. This study aims to determine the effect of instrumental music therapy to blood pressure and pulse in coronmy heart disease patients during the recovery phase after treadmill. The design that used to is a quasi-experiment vwith pre and post test with control group desain comparative numerical and analytical approaches. Total of sample are 30 patients (I 5 control group and 15 intervention group). Analysis of the data using independent test, paired t test, chi square, ANOVA. The results of the research on independent test showed that there were significant differences in blood pressure, pulse, before and after the recovery phase in both groups ( $p \text{ value} = 0.0001$ ). Confounding factors influential to blood pressure and pulse are Diabetes

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