

Efektivitas Terapi Musik Terhadap Pencegahan Postpartum blues Pada Ibu Primipara di ruang Kebidanan RSUP Cipto Mangunkusumo Jakarta pusat

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Abstrak

Rehabilitative the mother and baby health becomes priority to health development at Indonesia. The rehabilitative implementation was concern to physical health and psychological. The psychological problem of mothers postpartum primipara there are the postpartum blues evidence very high almost 75-80%. This research purposed to know music therapy effectiveness in prevents postpartum blues on postpartum prim Para's mother. This research utilize quasi experiment's design, pretest-posttest with control group and intervention group. Intervention group listened ti instrumental music which is Mozart classical musiv type: Eine Kleine Nachtmusik with frequency 20-40 cps hertz's in 15-20 minutes duration, sounding off in 2 times a day, on 8.00WIB a.m an on 14.00 WIB along 3 days. The sample in this observational is postpartum primipara's mother which was nursed at midwifery room RSCM Jakarta Pusat, with total each controls group and intervention group are 18 person. The tests result of logistics regression and double linear regression prove there are available influence music therapy to postpartum blues' prevention. On motherwhich sounding off musical therapy decreased postpartum blues evidence score as 1.80. meanwhile mother that doesn't listened to musical therapies. The research conclusion is the implementasion of listened in musical therapy so effective in postpartum blues' prevention. This result study recommendate it is needs to sound off musical therapy to all post partum's mother as intervention relaxation therapy at health service center such as hospital, puskesmas and also the maternity clinic