

Pemenuhan kebutuhan dasar pada pasien ansietas melalui terapi musik dan terapi murotal di intensive care: Laporan kasus = Fulfillment of basic needs in anxiety patients through music therapy and murotal therapy in intensive care: A case report.

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Abstrak

Kecemasan merupakan perasaan yang sering dirasakan oleh pasien yang dirawat di ICU. Hal ini terjadi karena adanya stressor lingkungan, banyaknya tindakan invasif, perasaan kesepian dan ketakutan akan kematian. Banyak jenis terapi komplementer untuk menurunkan tingkat kecemasan. Salah satunya dengan terapi musik dan terapi murotal. Tujuan penelitian ini adalah mengidentifikasi penerapan terapi musik dan terapi murotal terhadap penurunan kecemasan pada pasien yang dirawat di ruang intensif care. Desain penelitian menggunakan studi kasus pada 1 responden dengan kriteria pasien dirawat di ICU > 48 jam dengan ventilator, kesadaran composmentis. Penelitian ini dilakukan selama 5 hari. Hasil penelitian menunjukkan terdapat penurunan tingkat kecemasan, tingkat kecemasan pada pasien yang dirawat sebelum diberikan terapi musik dan terapi murotal tingkat kecemasan Ny. I 86 (sedang) sesudah diberikan selama 5 hari, kecemasan responden mengalami penurunan skor kecemasan Ny. I 62 (ringan) dan respon dari penderita mengatakan lebih rileks, hati tenang dan nyeri berkurang. Kesimpulan terapi musik dan terapi murotal efektif menurunkan kecemasan pasien, nyeri, dan meningkatkan proses penyapihan ventilator yang dialami pasien perawatan kritis.

.....Anxiety is an emotion that is often experienced by patients who admitted to the ICU. Anxiety occurs due to the of environmental stressors, multiple invasive actions, feelings of loneliness and fear of death. There are several complementary therapies that are feasible to be done to reduce anxiety levels, such as music therapy and murotal therapy. The purpose of this study was to identify the application of music therapy and murotal therapy to reduce anxiety in patients treated in the intensive care. The study design used a case study on 1 respondent with the criteria of patients being treated in the ICU > 48 hours on a ventilator, with compos mentis awareness. This research was conducted for 5 days. The results showed that there was a decrease in the level of anxiety of patients who were treated before and after given music therapy and murotal therapy. Before the intervention was applied, Ny. I anxiety score is 86 (moderate) and after being given for 5 days, the anxiety of the respondent decreased with score of 62 (mild). Subjective response from the patient claimed that she was more relaxed, calmed down and reduced pain. The conclusion is that music therapy and murotal therapy are effective in reducing patient anxiety, pain and improve ventilator weaning process experienced by critical care patient..