

# Pengaruh Terapi Musik terhadap Nyeri Selama Tindakan Endotracheal Suction pada pasien Anak di ruang PICU RSUP DR Sardjito Yogyakarta = The Effect of Music Therapy on Pain During Endotracheal Suction Procedures in Pediatric Patients in the PICU of DR Sardjito General Hospital, Yogyakarta

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## Abstrak

**Pendahuluan:** Pediatric Intensive Care Unit (PICU) merupakan ruang perawatan intensif anak di rumah sakit yang merawat pasien anak dengan gangguan kesehatan yang serius. Berbagai prosedur tindakan yang dilakukan di ruang perawatan intensif akan dapat menimbulkan pengalaman stress dan nyeri, salah satunya adalah tindakan Endotracheal Suction (ETS). Salah satu terapi non farmakologik yang dapat digunakan untuk menangani nyeri selama tindakan ETS adalah terapi musik.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh terapi musik terhadap nyeri selama tindakan ETS di ruang PICU RSUP DR.Sardjito Yogyakarta.

**Metode:** Penelitian ini adalah penelitian kuasi eksperimen dengan posttest only with control group design. Subjek penelitian adalah pasien anak yang dirawat di ruang PICURSUP DR.Sardjito Yogyakarta yang mendapatkan tindakan ETS. Sampel dibagi menjadi kelompok intervensi dan kelompok kontrol. Kelompok intervensi mendapatkan perlakuan berupa terapi musik selama 30 menit. Kelompok kontrol tidak diberikan terapi musik. Musik yang diberikan menggunakan musik Mozart jenis Piano Sonata No 17 in B-Flat Major Adagio.

**Hasil:** Uji hipotesis menggunakan Mann Whitney U-Test dengan taraf signifikansi 5% menghasilkan  $p=0,001$  artinya ada perbedaan nyeri pada kelompok kontrol dengan nyeri pada kelompok intervensi.

**Kesimpulan:** Terapi musik berpengaruh terhadap nyeri selama tindakan ETS pada pasien anak di ruang PICU RSUP Dr.Sardjito Yogyakarta.

.....Introduction: The Pediatric Intensive Care Unit (PICU) is a pediatric intensive care unit in a hospital that treats pediatric patients with serious health problems. Various procedures performed in the intensive care unit can cause stress and pain, one of which is Endotracheal Suction (ETS). One of the non-pharmacological therapies that can be used to treat pain during ETS procedures is music therapy.

**Purpose:** This study aims to determine the effect of music therapy on pain during ETS procedures in the PICU of RSUP Dr. Sardjito Yogyakarta.

**Methods:** This research is a quasy-experimental study with a posttest only with control group design. The research subjects were pediatric patients who were treated at the PICU RSUP DR.Sardjito Yogyakarta room who received ETS procedures. The sample was divided into the intervention group and the control group.

The intervention group received an intervention in the form of music therapy for 30 minutes. The control group was not given music therapy. The music provided uses Mozart's Piano Sonata No. 17 in B-Flat Major Adagio.

Results: Hypothesis testing using the Mann Whitney U-Test with a significance level of 5% resulted in  $p = 0.001$ , meaning that there was a difference in the mean pain in the control group and pain in the intervention group.

Conclusion: Music therapy has an effect on pain during ETS procedures in pediatric patients in the PICU of Dr. Sardjito General Hospital, Yogyakarta.