Music Can Optimize Nursing Intervention in Elderly in Padang City, West Sumatera Province

Alfianur[1], Rizanda Machmud[2], Mahathir[3]
Nursing Masters Study Program, Andalas University
Corresponding Author: Alfianur

Abstract: *Music therapy can provide health benefits to its users. The benefits of music therapy can help lower blood pressure, help improve the analysis process, enhance body immunity, provide balance in heart rate and pulse and prevent sleep disorders. Various nursing interventions can be done by combining it with music to get more optimal results. The purpose of this study was to determine the interest of the elderly towards music in the elderly who were being given nursing intervention. This type of research is quantitative research. The number of samples in this study were 56 people with the sampling method that is Probability sampling using simple random sampling. Chi square statistical test results obtained p value of 0.127> 0.05. Conclusion there is no difference in the proportion between the elderly in the intervention group and the control group. Suggestions for implementing nursing interventions can be carried out with a combination of music to get optimal results.*
Keywords: *Nursing Interventions, Elderly, Music Therapy*

I.   Preliminary

The benefits of music therapy namely music can reduce pain, reduce anxiety and provide a relaxing effect on postoperative elderly people (Van der Wal-Huisman., Et al 2018). According to Wang, Sun, & Zang (2014) music therapy can help in improving the quality of sleep for people with acute and chronic sleep disorders. Whereas according to research (Lu, Lo, & Sung, 2013) group music therapy can improve depression and psychiatric symptoms in schizophrenic patients. Likewise with physical training with a combination of music effectively reduce anxiety in patients with mild and moderate depression (Verrusio et al., 2014).

Various similar studies conducted a combination of musical intervention in the elderly. According to Istvandity (2017) that the combination of music with remembrance therapy can improve the well-being of the elderly. The same thing was expressed by Ghezeljeh & Ardebili (2018) that the combination of music with Swedish massage can reduce anxiety better than just Swedish therapy or massage.

II.   Research Methodology

This type of research is quantitative research. In this study researchers compared musical interest in the elderly who were receiving nursing intervention. The researcher divided the respondents into two groups, namely the intervention group as many as 30 people and the control group 26 people. The number of samples in this study were 56 people with the sampling method that is Probability sampling using simple random sampling technique .

This research was conducted at Andalas Health Center and at the Lubuk Buaya Health Center in Padang City, West Sumatra. The time of the study starts from December 12, 2018 to January 12, 2019. The test used to analyze the comparison data of the control group with the intervention group, namely using chi square

III.   Research Result

This study was analyzed using Chi Square test. The results of this study obtained respondents who expressed interest in music in the intervention group as many as 28 people (58.3%) while in the control group 20 people (41.7%) with a P value of 0.127> 0.05 then the decision H0 failed to be rejected which means there is no difference in the proportion of elderly who like music in the intervention group and the control group.

IV.   Discussion Of Results

Based on the results of the study conducted by researchers, from 56 respondents (intervention and control) 48 people (85.71%) expressed their love of music. According to van der Wal-Huisman et al (2018) that music intervention is preferred by the elderly because music intervention has no risk or side effects of its use.

Besides that music has many benefits such as reducing pain and anxiety, relaxation, improving cognitive function and using interventions to increase patient satisfaction.

Music therapy is beneficial for health. According to Natalina (2013) stable rhythmic music can help lower blood pressure, help improve the analysis process, increase body immunity, provide balance in heart rate and pulse and prevent sleep disorders. Music therapy can also reduce pain, reduce anxiety and provide a relaxing effect on postoperative elderly people (Van der Wal-Huisman., Et al 2018).

According to Korhan et al (2014) that providing music therapy can help reduce pain. This happens, when someone listens to music, the temporal lobe as the center of hearing in the brain will cause physiological processes through the limbic system to produce enkephalin and endorphins as pain relief.

The results of this study are in line with the research of Liu & Petrini (2015) that music therapy can break down pain, anxiety, blood pressure and heart rate in patients after thoracic surgery in China. Likewise according to Cigerci (2019) that music intervention effectively eliminates anxiety and pain.

Various implementation of health therapy combined with music therapy to get more optimal results. According to the Verrusio et al. (2014) study, there was an effect of physical training with a combination of music therapy in depressed elderly. The same thing was revealed by Soesanto's research (2018) that there was an influence of relaxation with a combination of music on blood pressure in elderly hypertensive patients at the Pucang Gading Social Rehabilitation Unit Semarang.

COVER
Conclusion
Based on the results of this study there is no difference in the proportion of elderly people who like music in the intervention group or the control group

Suggestion
1. For the Development and Progress of Nursing science
The results of this study can be the basis for developing and advancing nursing science as the basic data in obtaining optimal results in providing nursing care

2. For Practical
The results of this study can be used to support the preparation of nursing care strategies especially nursing interventions to obtain optimal nursing intervention results.

Bibliography

[1]. American Music Therapy Association (AMTA). (2018). What is music therapy? Diambil dari https://www.musictherapy.org/
[2]. Cigerci, Y. (2019). Nursing music intervention: A systematic mapping study. Turkey.
[3]. Ghezeljeh, T. N., & Ardebili, F. M. (2018). Hospital and School of Nursing and Midwifery of Iran University of Medical Sciences . This study was registered in the Iranian Registry of Clinical Trials (IRCT201202269143N1). The. Complementary Therapies in Clinical Practice. https://doi.org/10.1016/j.ctcp.2018.05.002
[4]. Istvandity, L. (2017). Combining music and reminiscence therapy interventions for wellbeing in elderly populations: A systematic review. Complementary Therapies in Clinical Practice. https://doi.org/10.1016/j.ctcp.2017.03.003
[5]. Korhan, E. A., Uyar, M., Eyigör, C., Hakverdioğlu Yönt, G., Çelik, S., & Khorshid, L. (2014). The effects of music therapy on pain in patients with neuropathic pain. Pain Management Nursing, 15(1), 306–314. https://doi.org/10.1016/j.pmn.2012.10.006
[6]. Liu, Y., & Petrini, M. A. (2015). Complementary Therapies in Medicine Effects of music therapy on pain , anxiety , and vital signs in patients after thoracic surgery. Complementary Therapies in Medicine, 23(5), 714–718. https://doi.org/10.1016/j.ctim.2015.08.002
[7]. Lu, S., Lo, C. K., & Sung, H. (2013). Effects of group music intervention on psychiatric symptoms and depression in. Complementary Therapies in Medicine, 21(6), 682–688. https://doi.org/10.1016/j.ctim.2013.09.002
[8]. Natalina, D. (2013). Terapi Musik Bidang Keperawatan. Jakarta: Penerbit Mitra Wacana Media.
[9]. Segall, L. E. (2016). Music Therapy and Wellness. Music Therapy: Research and Evidence-Based Practice. Elsevier Inc. https://doi.org/10.1016/B978-0-323-48560-9.00008-5
[10]. Soesanto, E. (2018). Relaksasi dan Terapi Musik terhadap Tekanan Darah pada Hipertensi Lansia di Unit Rehabilitasi Sosial Pucang Gading Semarang, 1, 212–217.
[11]. van der Wal- Huisman, H., Dons, K. S. K., Smilde, R., Heineman, E., & van Leeuwen, B. L. (2018). The effect of music on postoperative recovery in older patients: A systematic review. Journal of Geriatric Oncology. https://doi.org/10.1016/j.jgo.2018.03.010
[12]. Verrusio, W., Andreozzi, P., Marigliano, B., Renzi, A., Gianturco, V., Pecci, M. T., … Gueli, N. (2014). Exercise Training and Music Therapy in Elderly with Depressive Sindrome: A Pilot Study. Complementary Therapies in Medicine. https://doi.org/10.1016/j.ctim.2014.05.012
[13]. Wang, C., Sun, Y., & Zang, H. (2014). International Journal of Nursing Studies Music therapy improves sleep quality in acute and chronic sleep disorders : A meta-analysis of 10 randomized studies. International Journal of Nursing Studies, 51(1), 51–62. https://doi.org/10.1016/j.ijnurstu.2013.03.008
[14]. World Federation of Music Therapy. (2011). What Is Music Therapy? state of North Carolina, USA. Diambil dari http://www.musictherapyworld.net/WFMT/About_WFMT.html
[15]. Yinger, O. S. (2018). Music Therapy in Gerontology. In Music Therapy: Research and Evidence-Based Practice (hal. 95–110). Elsevier Inc. https://doi.org/10.1016/B978-0-323-48560-9.00007-3

Comparison of Music Interest in the Group intervention and control group

Interest music	Group				Amount		P value
	Intervention		Control				
	n	%	n	%	n	%	
Yes	28	58.3	20	41.7	48	100	
No	2	25	6	75	8	100	0.127
Amount	30	53.6	26	46.4	56	100	

Alfianur. " Music Can Optimize Nursing Intervention In Elderly In Padang City, West Sumatera Province" .IOSR Journal of Nursing and Health Science (IOSR-JNHS), vol. 8, no.02 , 2019, pp. 43-45.