PERBANDINGAN PENGARUH TERAPI MUSIK TRADISIONAL DAN TERAPI TAWA TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI DI PANTI WERDHA MOJOPAHIT MOJOKERTO

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ABSTRAK

Latar Belakang: Penderita hipertensi di Panti Werhda Mojopahit Mojokerto belum mendapatkan penatalaksanaan yang tepat dalam mengontrol tekanan darah, yang menyebabkan angka morbilitas dan mortalitas meningkat. Perlu adanya terapi pelengkap untuk mengontrol tekanan darah. Secara umum tujuan penelitian mengetahui efek terapi musik tradisional dengan terapi tawa terhadap penurunan tekanan darah pada penderita hipertensi.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan *quasy experiment pretest-posttest control group design..* Populasi penelitian ini yaitu semua pasien hipertensi primer sebanyak 45 pasien. Sampel diambil dengan teknik *purposive sampling* sebanyak 45 pasien hipertensi yang terlibat dalam penelitian, dibagi menjadi 3 kelompok meliputi, kelompok intervensi musik tradisional, intervensi tawa dan kelompok kontrol yang masing-masing berjumlah 15 responden.

Hasil: Berdasarkan hasil analisis menggunakan uji t test dan uji *Wilcoxon*. Terdapat perbedaan pada kelompok musik tradisional dan kelompok terapi tertawa sama-sama menunjukkan nilai 0,001 sehingga $\rho < \alpha$ maka hal ini berarti terdapat perbedaan penurunan tekanan darah pada kelompok musik tradisional dan kelompok terapi tawa di Panti Werdha Mojopahit Mojokerto.

Kesimpulan: Kedua terapi nonfarmakologis yaitu terapi musik tradisonal dan terapi tawa dapat memberikan pengaruh yang cukup signifikan terhadap penurunan tekanan darah pada lansia. Akan tetapi penggunaan kedua terapi ini juga harus memperhatikan aspek lain yang dapat mempengaruhi tekanan darah seperti kebiasaan olah raga, kebiasaan makanan dan faktor pencetus lain yang menyebabkan terjadinya hipertensi.

Kata Kunci : Hipertensi, Lansia, Terapi Musik, Terapi Tawa, Tekanan Darah.

COMPARISON BETWEEN INFLUENCE OF TRADITIONAL MUSIC THERAPY AND LAUGHING THERAPY TOWARDS DECREASING BLOOD PRESSURE TO ELDERLY WITH HYPERTENSION AT ELDERLY HOSPICE MOJOPAHIT MOJOKERTO

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ABSTRACT

Background: *Elderly with hypertension at Elderly Hospice Mojopahit Mojokerto does not get appropriate management in controlling blood pressure, which causes amount of morbidity and mortality increase. It needs a complementary therapy to control blood pressure. A general objective is to determine the influence of traditional music therapy and laughing therapy towards decreasing blood pressure to elderly with hypertension.*

Methods: *Research design was quantitative using quasy experiment with pretest-posttest control group design. The population was all of elderly with primary hypertension as many as 45 elderly. Samples were 45 respondents with hypertension using purposive sampling who was involved, divided into 3 groups including of intervention of traditional music group, intervention of laughing group, and control group, that each group consisted of 15 respondents.*

Results: *Based on the analysis of t-test and Wilcoxon test. There was difference in traditional music group and laughing therapy, both of groups showed value of 0.001, so that $\rho < \alpha$, it meant that there was difference in decreasing blood pressure in traditional music group and laughing therapy group at Elderly Hospice Mojopahit Mojokerto.*

Conclusion: *Both of non-pharmacological therapy like traditional music therapy and laughing therapy can provide significant influence towards decreasing blood pressure to elderly. However, the usage of these two therapies must also consider other aspects that can influence blood pressure such as exercise habit, food habit and other precipitating factors that cause hypertension.*

Keywords: *Hypertension, Elderly, Music Therapy, Laughing Therapy, Blood Pressure.*

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