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Judul : *The Effect Of Music Therapy To Decrease Blood Pressure, Pulse Rate, And A Recovery Time On One Day Surgery Patients*

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# Paper 11

*by* Adin Mu'afiro 11

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## THE EFFECT OF MUSIC THERAPY TO DECREASE BLOOD PRESSURE, PULSE RATE, AND A RECOVERY TIME ON ONE DAY SURGERY PATIENTS

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### ABSTRACT

**Background:** Patients of One day surgery have a higher stress than elective surgery. Stress increases the response of the sympathetic response including pulse and blood pressure before surgery. Nurses should be able to decrease the sympathetic response.

**Objective:** The purpose of the study was to analyze the effect of music therapy on patients of one-day surgery to decrease blood pressure, pulse rate, and a recovery period of conscious .

**Methods:** The study design was a quasi experimental with Randomized Controlled Trial design with double-blind . The samples were mostly patients undergoing One Day Surgery at the Hajj Hospital Surabaya treatment group of 20 people and 20 people with a comparison control group of men and women, respectively 10. Dependent variables were blood pressure, pulse rate, and time conscious patient recovers One Day Surgery. Independent Variable was music therapy. The questionnaire research instruments include State-Trait Anxiety Inventory (STAI), administered using MP4 Music through headphones; and monitor patients. Data analysis using a t - test ( $\alpha=0.05$ ).

**Results:** The results of the study in patients with ODS in RS Haji Surabaya between treatment and control groups showed a difference in mean decrease: 1) systolic pressure ( $p = 0.038$ ) ; 2) diastolic blood pressure ( $p=0.009$ ); and 3) pulse rate ( $p = 0.035$ ). Patients treated group experienced an average drop in systolic pressure of 9.35 mm Hg; the average decrease in diastolic blood pressure by 8.10 mm Hg; and decrease the average pulse rate of 8.05 times per minute. The results showed there wasn't differences in the average recovery time aware ( $p = 0.1515$ ) between the treatment and control groups. Patients treated group had an average recovery time of 9.85 min realized. Systolic pressure, diastolic and pulse rate were decreased due to the effect of music therapy to stimulate the HPA axis secrete endorphins, epinephrine, and norepinephrine which works to lower blood pressure and cardiac output . Music has no effect time recovers conscious of patient one day surgery because of drug type and dosage of anesthesia, patient one day surgery is given a minimum drug dosage and type drug was rapid of action to avoid complications.

**Recommendation:** Music Therapy suggested as one of the procedures still nursing actions before the one-day surgery to give patients the opportunity to listen to his favorite song using headphones just before the one-day surgery

**Keywords:** music therapy, blood pressure, pulse rate, and a recovery time, one day surgery

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