

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
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ABSTRAK

Laode Hidayat Zain Indrawan

**PENGARUH TERAPI MUSIK GAMELAN TERHADAP PENURUNAN
TEKANAN DARAH TINGGI PADA PENDERITA HIPERTENSI DI RUANG
RAWAT INAP RSUD KOTA SEMARANG**

60 hal + 6 tabel + 3 gambar + xvi

Latar belakang : Hipertensi adalah tekanan darah sistolik lebih atau sama dengan 140 mmHg dan tekanan darah diastolik lebih atau sama dengan 90 mmHg. Penanganan pasien hipertensi terdiri dari farmakologi dan nonfarmakologi. Penanganan non farmakologi seperti penurunan berat badan, pembatasan alkohol, natrium, tembakau, latihan dan relaksasi. Relaksasi dapat diberikan salah satunya dengan menggunakan musik gamelan. Tujuan penelitian ini adalah untuk mengetahui pengaruh terapi musik gamelan terhadap penurunan tekanan darah tinggi pada penderita hipertensi.

Metode : Penelitian ini adalah penelitian kuantitatif dengan *Pre Experimental Designs* menggunakan rancangan *One Group Pretest-Posttest*. Pengambilan sampel yang digunakan adalah *non probability sampling* dengan tehnik *consecutive sampling* dan jumlah responden sebanyak 17 responden, analisis data yang digunakan adalah *Wilcoxon*.

Hasil : Berdasarkan hasil analisa diperoleh mean sistolik sebelum 165,88 mmHg, sistolik sesudah 154,12 mmHg, diastolik sebelum 91,18 mmHg dan diastolik sesudah 82,35 mmHg.

Simpulan : Ada pengaruh terapi musik gamelan terhadap penurunan tekanan darah tinggi pada penderita hipertensi hasil *p value* (<0.05).

Kata Kunci : Musik Gamelan, Hipertensi

Daftar pustaka : 50 (2001-2014)

**UNDERGRADUATE NURSING STUDY PROGRAM
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ABSTRACT

Laode Hidayat Zain Indrawan

**THE INFLUENCE OF GAMELAN MUSIC THERAPY TOWARD THE
REDUCTION OF HIGH BLOOD PRESSURE IN HYPERTENSION PATIENTS
AT THE HOSPITAL ROOM OF REGIONAL PUBLIC HOSPITAL OF KOTA
SEMARANG**

60 Pages + 6 Tabels + 3 Pictures + xvi

Background: Hypertension is a systolic blood pressure more than or equal to 140 mmHg and diastolic blood pressure more than or equal to 90 mmHg. The handling of hypertension patients consist of pharmacological and nonpharmacological treatment. The handlings of non-pharmacological are weight loss, alcohol restrictions, sodium, tobacco, exercises and relaxation. Relaxation can be given by using gamelan music. The purpose of this study was to find out the influence of gamelan music therapy toward the reduction of high blood pressure in hypertension patients.

Methods: This study was a quantitative study with Pre-Experimental design by applying *One Group Pretest-Posttest* design. The sample used in this study was a non-probability sampling with consecutive sampling technique and the number of respondents were 17 respondents. The data analysis used in this study was Wilcoxon Statistic.

Results: Based on the results obtained, it showed the mean of systolic before was 165.88 mmHg, systolic after was 154.12 mmHg, diastolic before was 91.18 mmHg and diatolik after was 82.35 mmHg.

Conclusion: There was an influence of gamelan music therapy toward the reduction of high blood pressure in hypertension patients with results of p value was (> 0.05).

Keywords : Gamelan Music, Hypertension.

Bibliographies : 50 (2001-2014)