

ABSTRACT

EFFECTIVENESS OF COMBINATION MUSIC THERAPY AND DEEP BREATHING RELAXATION TECHNIQUE TOWARDS DECREASING PAIN TO PATIENT WITH POST CARDIAC CATHETERIZATION

Nanik Sri Khodriyati¹, Arlina Dewi², Azizah Khoiriyati³

¹Student of Nursing Master, University of Muhammadiyah Yogyakarta.

^{2,3}Lecture of Graduate Program, Universitas Muhammadiyah Yogyakarta.

Email: naniksri72@yahoo.com

Background: Coronary heart disease can be identified / diagnosed with cardiac catheterization action. This action can cause discomfort / pain. Pain management should be given appropriately, because free from pain is part of human rights. Pain can be derived using pharmacological and non-pharmacological techniques. Non-pharmacological techniques include therapy with a combination of music and deep breathing relaxation techniques, which proved to show the effect of releasing pain, decreasing blood pressure and heart rate.

Objective: To analyze the effectiveness of combination music therapy and deep breathing relaxation towards decreasing pain intensity to patients with post cardiac catheterization.

Methods: Research design was quasi experiment with pre post test with control group using consecutive sampling approach. Total samples were 38 respondents, divided of 19 respondents in intervention groups with a combination of music therapy and deep breathing relaxation and 19 respondents in control group with therapy of standard room with deep breathing relaxation techniques. Pain assessment used Numeric Rating Scale (NRS), statistical test of data analysis used paired t test, wilcoxon, independent sample t-test and mann-whitney.

Results: Statistical test results of paired t test, wilcoxon showed value of p value < 0.05 so that the combination of music therapy and deep breathing relaxation technique can significantly decrease pain intensity and stabilize the vital signs to patients with post cardiac catheterization, then analyzed the differences of each variable and SOP hospital as a control with independent sample t-test and mann-whitney test. Results value of p value < 0.05 for pain, respiration and pulse where as for systole, diastole value of p value > 0.05 and continued to mann-whitney test to compare decreasing of two variables with each p value > 0.05, except pain value of p value < 0.05 was thus statistically there was no difference in stability of vital signs, between intervention group and control group, but decreasing pain was significant.

Conclusion: The combination of music therapy and deep-breathing relaxation technique is effective in decreasing pain to patients with post cardiac catheterization.

Keywords: Combination music therapy and deep-breathing relaxation technique, pain, post cardiac catheterization.