

**PROGRAM STUDI S 1 KEPERAWATAN
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**PERBEDAAN TERAPI MUSIK MOZART DAN MUROTTAL AL-QUR'AN
TERHADAP INTENSITAS NYERI POST *SECTIO CAESAREA* DI RUMAH
SAKIT ROEMANI MUHAMMADIYAH SEMARANG**

xvi + 62 halaman + 18 tabel + 5 bagan + 1 gambar + 10 lampiran + 57 kepustakaan

ABSTRAK

Nyeri dapat diatasi dengan penatalaksanaan non farmakologis. yaitu terapi musik, teknik pernafasan, aromaterapi, audionalgesia, akupuntur, *transcutaneous electric nerve stimulations* (TENS), kompres dengan suhu dingin panas, sentuhan pijatan, murrotal dan hipnotis. Penelitian ini untuk mengetahui perbedaan terapi musik mozart dan murottal Al-Qur'an terhadap intensitas nyeri *post sectio caesarea*. Jenis penelitian *quasi experiment*. Desain penelitian *pre and post test design*. Populasi penelitian ibu *sectio caesariae* sebanyak 135 kasus. Sampel dibagi menjadi kelompok Terapi Musik Mozart sebanyak 15 orang dan kelompok Murottal Al-Qur'an sebanyak 15 orang. Teknik pengambilan adalah *purposive sampling*. Uji statistik yang digunakan uji wilcoxon dan mann whitney. Hasil penelitian didapatkan nyeri *post sectio caesarea* sebelum terapi musik mozart rata-rata 7,47. Nyeri *post sectio caesarea* sesudah terapi musik mozart adalah 5,13. Nyeri *post sectio caesarea* sebelum terapi murottal Al-Qur'an rata-rata 6,60. Nyeri *post sectio caesarea* sesudah terapi murottal Al-Qur'an rata-rata 3,27. Ada perbedaan nyeri *post sectio caesarea* sebelum dan sesudah terapi musik Mozart (P-value=0,000). Ada perbedaan nyeri *post sectio caesarea* sebelum dan sesudah terapi murottal Al-Qur'an (P-value=0,000). Ada perbedaan terapi musik mozart dan murottal Al-Qur'an terhadap intensitas nyeri *post sectio caesarea* (P-value=0,000). Terapi murottal Al Quran lebih efektif mengurangi nyeri karena Murottal Al-Qur'an dapat menurunkan hormon-hormon stres, mengaktifkan hormon endorfin alami, meningkatkan perasaan rileks, dan mengalihkan perhatian dari rasa takut, cemas dan tegang, memperbaiki sistem kimia tubuh sehingga menurunkan tekanan darah serta memperlambat pernafasan, detak jantung, denyut nadi, dan aktivitas gelombang otak. Murottal Al-Qur'an dapat dijadikan SPO di RS Roemani Muhammadiyah Semarang sebagai alternatif untuk mengurangi intensitas nyeri *post sectio caesarea*.

Kata kunci : Terapi musik mozart, murrotal al-qur'an, intensitas nyeri post sectio caesarea

Daftar Pustaka : 57 (2009 - 2016)

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THE DIFFERENCE MUSIC THERAPY MOZART AND MUROTTAL AL-QUR'AN ON THE LEVEL OF PAIN POST SECTIO CAESAREA IN HOSPITAL ROEMANI MUHAMADIYAH SEMARANG

xvi + 62 page + 18 table + 5 chart + 1 picture + 10 attachments + 57 literature

ABSTRACT

Pain can be overcome with management of pharmacological and nonpharmacologic pain. Pharmacologically can be overcome by using analgetik drugs for example, morphine sublimaze, stadol, Demerol and others. There are several non-pharmacological techniques that can be applied in overcoming pain that is music therapy, breathing technique, aromatherapy, audionalgesia, acupuncture, transcutaneous electric nerve stimulations (TENS), hot cold temperature compress, touch massage, murrotal and hypnotic. Know the music therapy mozart and murottal al-qur'an againts the post sectio caesarea. The kind of research quasy experiment. The study design pre and post test design. Study population mothers sectio caesaria as 135 cases. The sample is devided into therapy group the music of mozart as much as 15 people and the group murottal al-qur'an as much as 15 people. Sampling technique is purposive sampling. Statistic test wilcoxon and mann whitney. The results obtained pain post sectio caesarea before the music therapy mozart average 7,47, pain post sectio caesarea after the music therapy mozart average 5,13. Pain post sectio caesarea before therapy murottal al-qur'an average is 6,60. Pain post sectio caesarea after therapy murottal al-qur'an average is 3,27. No difference pain post sectio caesarea before and after music therapy mozart (P-value=0,000). No difference pain post sectio caesarea before and after therapy murottal al-qur'an (P-value=0,000). There is a difference music therapy mozart and murottal al-qur'an on the level pain post sectio caesarea (P-value=0,000). Murrotal al-qur'an can be used as a standard procedure operational in the hospital Roemani Muhamadiyah Semarang as an alternative to reduce the level of pain post sectio caesarea.

Keywords : *Music Therapy Mozart, Murottal Al-Qur'an, the pain in the Post Sectio Caesarea.*

Bibliography : *57 (2009 – 2016)*