



The Effect of Relaxation Music Therapy in Overcoming Depressive Disorders in Adolescents in Purwakarta Regency, Indonesia

Roslinawati Roslinawati^{1*}

¹Politeknik Bhakti Asih, Purwakarta, Indonesia

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*Corresponding author:

Roslinawati Roslinawati

E-mail address:

roslinawati@polbap.ac.id

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ABSTRACT

Depression is a mental disorder that is often experienced by teenagers. Relaxation music therapy is one method that can be used to treat depressive disorders. This study aims to determine the effect of relaxation music therapy in treating depressive disorders in adolescents in Purwakarta Regency, Indonesia. This research uses a quasi-experimental method with a pretest-posttest control group design. The research sample was teenagers aged 15-19 years who experienced depressive disorders in Purwakarta Regency, Indonesia. The sample was divided into two groups, namely the experimental group which was given relaxation music therapy and the control group which was not given relaxation music therapy. The results showed that there was a significant difference between the experimental group and the control group in terms of depression scores after being given relaxation music therapy. Depression scores in the experimental group decreased more significantly compared to the control group. Based on the results of this research, it can be concluded that relaxation music therapy can be an effective method in treating depressive disorders in adolescents.

1. Introduction

Depression is a mental disorder that is often experienced by teenagers. According to data from the World Health Organization (WHO), around 20% of teenagers in the world experience depressive disorders. Depression can cause various problems in teenagers' lives, such as learning disorders, impaired social relationships, and even suicide. Relaxation music therapy is one method that can be used to treat depressive disorders. Relaxation music therapy uses music to assist individuals in achieving a state of relaxation. Music has positive effects on the body and mind, such as reducing stress hormone levels, increasing happiness hormone levels, and improving cognitive function.¹⁻⁴

Several studies have shown that relaxation music therapy can be effective in treating depressive disorders. A study shows that relaxation music therapy can reduce symptoms of depression in teenagers. Other research shows that relaxation music therapy can improve the quality of life in teenagers with depression.⁵⁻⁸ This study aims to determine the effect of relaxation music therapy in treating depressive disorders in adolescents in Purwakarta Regency, Indonesia.

2. Methods

This research uses a quasi-experimental method with a pretest-posttest control group design. This method is used to test the effect of a treatment on a variable by comparing the group that received the



treatment with the group that did not receive the treatment. The research sample was teenagers aged 15-19 years who experienced depressive disorders in Purwakarta Regency, Indonesia. The sample was taken by purposive sampling, namely by selecting teenagers who met the inclusion and exclusion criteria. Inclusion criteria were adolescents aged 15-19 years, having a diagnosis of depressive disorder based on DSM-5, and willing to take part in the research. Exclusion criteria were adolescents who were taking medication or undergoing other therapy to treat depressive disorders.

The total sample obtained was 30 people, who were divided into two groups, namely the experimental group (15 people) and the control group (15 people). The experimental group was given relaxation music therapy, while the control group was not given therapy. The experimental group was given relaxation music therapy for 12 sessions, each session lasting 60 minutes. Relaxation music therapy is provided using relaxation music selected based on certain criteria, namely music that has a slow tempo, soft rhythm and harmonious melody.

Relaxation music was chosen because this music has a positive effect on the body and mind. Relaxation music can reduce stress hormone levels, increase happiness hormone levels, and improve cognitive function. These positive effects of music can help teenagers overcome depressive disorders. Measurement of depressive symptoms was carried out before and after being given relaxation music therapy. The measurement uses the Depression Anxiety Stress Scale (DASS-21) instrument. DASS-21 is an instrument used to measure symptoms of depression, anxiety, and stress.

3. Results and Discussion

The results showed that there was a significant difference between the experimental group and the control group in terms of depression scores after being given relaxation music therapy. Depression scores in

the experimental group decreased more significantly compared to the control group. In the experimental group, the average depression score before being given relaxation music therapy was 20.20 ± 2.43 . After being given relaxation music therapy, the average depression score decreased to 10.43 ± 2.12 . In the control group, the average depression score before being given relaxation music therapy was 18.10 ± 2.11 . After being given relaxation music therapy, the average depression score decreased to 15.13 ± 1.87 . The t-test showed that there was a significant difference between the depression scores of the experimental group and the control group after being given relaxation music therapy ($t = 2.56$; $p < 0.05$). The results of this study indicate that relaxation music therapy can be an effective method in treating depressive disorders in adolescents. Relaxation music therapy can help teenagers achieve a state of relaxation, which can reduce symptoms of depression.

Music has a positive effect on the body and mind. The positive effects of music can be observed directly, such as physiological and behavioral changes. Physiologically, music can reduce levels of stress hormones, such as cortisol and adrenaline. This stress hormone can cause various symptoms of depression, such as feelings of sadness, fatigue, and anxiety. Music can also increase levels of happiness hormones, such as dopamine and serotonin. These hormones play a role in improving mood and motivation. Apart from that, music can also improve cognitive functions, such as memory and learning ability. Impaired cognitive function can be a factor that causes depression.⁹⁻¹³

The decrease in depressive symptoms in the experimental group in this study is thought to be caused by the relaxing effect of relaxation music. Relaxation music can help teenagers achieve a state of relaxation, which can reduce stress hormone levels and increase happiness hormone levels. Relaxing music can cause changes in brain activity in areas related to emotions, stress, and happiness. Relaxing



music can cause changes in the release of stress hormones and happiness hormones. Relaxing music can cause changes in the activity of the autonomic nervous system, which plays a role in regulating body functions, such as heart rate and blood pressure.¹⁴⁻¹⁶

4. Conclusion

The results of this study indicate that music has the potential to be an effective method in treating depressive disorders in adolescents. The relaxing effect of music can help teenagers reduce stress hormone levels and increase happiness hormone levels, which can reduce symptoms of depression.

5. References

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