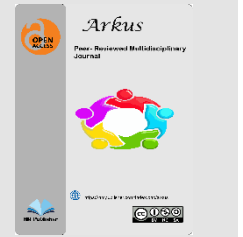




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The Effect of Providing Classical Music Therapy on Anxiety Levels in Menopausal Women in the Munjul Jaya Health Center Area, Purwakarta, Indonesia

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ABSTRACT

Menopause is a time in a woman's life when menstruation or menstruation stops. Menopause occurs naturally after the age of 45 years. During menopause, a woman will experience various kinds of changes within herself. The changes that arise, both physically and psychologically, such as anxiety, can disrupt a woman's daily life, and this can cause anxiety for women facing menopause. One way to reduce anxiety is to use classical music therapy distraction techniques. This study aims to determine the effect of classical music therapy on anxiety levels in menopausal women in the Pisangan Region, East Ciputat, South Tangerang. The research method uses a pre-experiment method with one pre-and post-test design group. The sampling technique used was purposive sampling with 22 respondents. The Hamilton Anxiety Rating Scale (HARS) is used to assess anxiety. The research data were analyzed using statistical tests, namely the Wilcoxon test. The results of this study show an effect of classical music therapy on the anxiety level of menopausal women with a value of ($p=0.000$).

1. Introduction

Menopause is a time in a woman's life when menstruation or menstruation stops. Menopause occurs due to a decrease in ovarian function in producing the hormones estrogen and progesterone while there is still an increase in follicle stimulating hormone (FSH) and luteinizing hormone (LH).^{1,2} This usually occurs naturally after the age of 45 years. Some state that the average age of menopause is 51 years. According to data obtained by the World Health Organization (WHO), in 2000, the total population of women experiencing menopause globally reached 645 million people. In 2010, it reached 894 million people, and it is estimated that in 2030, it will reach 1.2 billion people. This means that as many as 1.2 billion women will enter the age of 50 years, and this figure is three times the 1990 census figure. WHO 2010 data states

that the number of menopausal women in Asia in 2025 will reach 373 million people. Data obtained by the Ministry of Health of the Republic of Indonesia, released in 2016, states that based on 2014 Susenas data, the number of older adults in Indonesia reached 20.24 million people or around 8.03% of the entire population of Indonesia.²⁻⁵

Women during the menopausal transition generally report signs and symptoms, such as vasomotor symptoms, namely feeling hot. Anxiety is a feeling of fear that is unclear and not supported by the situation. When anxious, individuals feel uncomfortable or afraid or may have a premonition that disaster will befall them even though they do not understand why these threatening emotions occur. No object can be identified as an anxiety stimulus. Hormonal changes are often the root cause of women's anxiety during menopause.⁶

Hormonal changes in the form of a decrease in the hormone estrogen affect mood and emotional regulation in the brain. Classical music that a person listens to will enter the ear in the form of sound (audio), vibrating the eardrum, shaking the fluid in the inner ear and vibrating the hair cells in the cochlea and then through the cochlear nerve to the brain and creating imagination in the right and left brain will have an impact in the form of comfort and changes in a person's feelings.⁷ Changes in feelings are caused by classical music reaching the left region of the cerebral cortex. This study aims to determine the effect of classical music therapy on anxiety levels in menopausal women in the Pisangan Region, East Ciputat, South Tangerang.

2. Methods

This research uses a quantitative type of research with a pre-experimental design study. Researchers used a one-group pre and post-test design approach, revealing cause-and-effect relationships involving one group of subjects. The subject group was observed before the intervention and then observed again after the intervention. The population in this study were women who had entered menopause in the Pisangan Community Health Center working area. Based on Posbindu data at the Community Health Center in the Pisangan area, East Ciputat, South Tangerang, the number of pre-elderly people (45-59 years) in the Pisangan area is 147. The sample is part of the population to be studied or a portion of the characteristics possessed by the population. The sampling technique used in this research used a purposive sampling technique. Hamilton Anxiety Rating Scale (HARS) is used to assess anxiety. HARS consists of several items covering a wide range of anxiety symptoms, including physical and psychological symptoms, for examples muscle tension, restlessness, excessive worry, sleep disturbances, and other physical symptoms related to anxiety. A mental health professional rated each item on the HARS based on an interview with the individual being assessed. The rating scale ranges from 0 (no symptoms) to 4 (severe

symptoms). A total score is obtained by adding up the scores on each item, with a higher total score indicating a higher level of anxiety. The total score range on the HARS can vary but typically ranges from 0 to 56 points, with higher scores indicating higher anxiety levels. Changes in HARS scores can be used to measure response to treatment or intervention. Data analysis was carried out using SPSS version 25 software. Univariate and bivariate analyses were carried out in this study. Univariate analysis was carried out to present the data frequency distribution for each test variable. Bivariate analysis was carried out to test the effectiveness of the intervention on anxiety, with a p-value <0.05.

3. Results and Discussion

Based on the study results, ten respondents experienced mild anxiety (14-20), and 12 experienced moderate anxiety (21-27). Mild anxiety (14-20) was 14 people (63.6%). Meanwhile, eight respondents did not experience anxiety (36.4%). The results of the Shapiro-Wilk normality test resulted in a value for the pre-test variable of 0.020 and the post-test variable of 0.040, where the Sig value was <0.05. This shows that the pre-test and post-test data are not normally distributed ($p < 0.05$). The average anxiety level score between the pre-test and post-test using the Wilcoxon test analysis was obtained with a significance value of 0.000 ($p < 0.05$). This means that the respondent's anxiety level decreased after being given classical music therapy. Thus, it can be concluded that there is a significant difference in anxiety levels before and after classical music therapy was given to menopausal women in the Munjul Jaya Purwakarta Community Health Center area.

This study showed that most menopausal women's anxiety levels before classical music therapy were moderate, namely 12 people (54.5%). This study's results align with other research showing that the highest level of anxiety in menopausal women is moderate anxiety (84.3%).⁸⁻¹¹ When women experience menopause, they experience various changes within themselves, including changes in the urinary tract

system and genital organs (urogenital), hormonal, vasomotor, and emotional changes.¹²⁻¹⁴ Problems arising from these psychological changes will cause anxiety in most women.¹⁵ This can be proven by the results of this study, which show that menopausal women can experience anxiety with various levels of anxiety, mild and moderate.

4. Conclusion

Providing classical music therapy influences the anxiety level of menopausal women in the Pisangan Region, East Ciputat, South Tangerang.

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