PENGARUH *SELF-SELECTED INDIVIDUAL MUSIC THERAPY* (SeLIMuT) TERHADAP *CANCER RELATED FATIGUE* (CRF) PADA PASIEN KANKER

INTISARI

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Latar belakang: Kanker merupakan penyebab kematian kedua tebesar di dunia. Pasien kanker mengalami banyak permasalahan fisik dan psikis baik karena efek karena proses penyakit maupun dari efek samping pengobatannya. Masalah yang banyak timbul pada pasien kanker adalah *cancer related fatigue* (CRF). Salah satu SeLIMuT yang digunakan untuk mengatasi CRF adalah terapi musik (SeLIMuT).

Tujuan: Mengetahui pengaruh *Self-selected Individual Music Therapy* (SeLIMuT) terhadap cancer related fatigue (CRF) dan besar resiko antara *Self-selected Individual Music Therapy* (SeLIMuT) dan *cancer related-fatigue* (CRF).

Metode: Penelitian diambil dari data sekunder penelitian SeLIMUT dengan menggunakan metode observasional analitik dengan pendekatan *cohort retrospective* yang dilakukan di IRNA 1 RSUP Prof. Sardjito Yogyakarta serta bangsal Teratai dan Bougenville RSUD Prof. Margono Soekarjo Purwokerto. Responden dibagi dalam kelompok terpapar (n=21) yang menerima SeLIMuT SeLIMuT sebanyak empat kali dalam dua hari masing-masing selama 15-20 menit dan kelompok tidak terpapar (n=21) yang mendapatkan perawatan standar rumah sakit. Data diambil menggunakan lembar observasi dari data (*Visual Analogue Scale*) VAS Fatigue untuk menilai *outcome* CRF yang dilakukan sebelum (*pre test*) dan setelah (*post test*). *Confidence Interval* (CI) sebesar 95%. Uji pengaruh SeLIMuT terhadap CRF menggunakan *Independent T Test.* Uji besar resiko menggunakan RR (*relative risk*).

Hasil: terdapat perbedaan rerata selisih pre post pada kelompok tidak terpapar sebesar 8,33 dan kelompok terpapar -1,53 dengan nilai p=0,001 (p<0,005). Hasil ini berarti SeLIMuT berpengaruh terhadap penurunan CRF pada pasien kanker. Uji besar resiko dikur menggunakan RR dan didapatkan sebesar 5,00. Hal ini berarti bahwa SeLIMuT memiliki efek yang cukup besar teradap penurunan CRF dan pasien kanker dengan SeLIMuT berpeluang tidak mengalami tidak lelah-lelah ringan 5x lebih banyak dibanding kelompok non SeLIMuT.

Kesimpulan: SeLIMuT dapat berpengaruh terhadap penurunan *cancer related fatigue* pada pasien kanker.

Kata kunci: *Self-selected Individual Music Therapy, fatigue*

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EFFECT OF *SELF-SELECTED INDIVIDUAL MUSIC THERAPY* (SeLIMuT) TO *CANCER RELATED FATIGUE* (CRF) IN CANCER PATIENT

ABSTRACT

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Background: Cancer is the second leading cause of death globally. Patients with cancer have so many physical and physiological problems because the process of cancer and the effect of treatment. CRF is found as the most problem in patients with cancer. One of intervention to decrease CRF in cancer patient is music therapy (SeLIMuT)

Outcome: Understanding the effect of *Self-selected Individual Music Therapy* (SeLIMuT) toward cancer related fatigue (CRF) of cancer patient and to understanding relative risk between *Self-selected Individual Music Therapy* (SeLIMuT) and *cancer related-fatigue* (CRF).

Methods: The data was obtained from SeLIMuT research and the design was cohort retrospective with analytic observational approach. Research was conducted in IRNA 1 RSUP Prof. Sardjito Yogyakarta and Teratai and Bougenville unit of RSUD Prof. Margono Soekarjo Purwokerto. Respondent were divided into exposure group (non SeLIMuT) with standard care in hospital (n=21) dan not exposure group with SeLIMuT (n=21) therapy four time in two days within 15-20 minutes. Cancer related fatigue (CRF) was assessed in both group with using Visual Analogue Scale (VAS) Fatigue and has been put in observational sheet. This study was used 95% *Confidence Interval* (CI). *Independent T Test* was used to measure SeLIMuT on CRF. The relative risk was calculated using RR.

Results: The result of the study showed that there was significant difference in average pre post in both groups with score 8,33 in SeLIMuT group and -1,53 in non SeLIMuT group with score of p=0,00 (p<0,05). Cancer related fatigue (CRF) decreased occurred in SeLIMuT group after intervention. The relative risk was measured using RR and the result was 5,00. This means that SeLIMuT had a great effects toward CRF reduction and had opportunity 5 more didn't experience with mild fatigue in non SeLIMuT group.

Conclusions: SeLIMuT intervention is effective on reducing cancer related fatigue in cancer patient.

Keywords: *Self-selected Individual Music Therapy, fatigue*

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