

## INTISARI

### Pengaruh *Self-selected Individual Music Therapy* (SeLIMuT) terhadap Kualitas Hidup Pasien Kanker

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**Latar Belakang:** Jumlah pasien kanker diprediksi akan terus mengalami peningkatan. Pengidap kanker sering mengalami masalah fisik dan psikis yang berdampak pada kualitas hidupnya. Terapi musik merupakan salah satu alternatif dalam mengatasi masalah pada pasien kanker.

**Tujuan:** Mengetahui pengaruh *Self-selected Individual Music Therapy* (SeLIMuT) terhadap kualitas hidup pasien kanker.

**Metode:** Penelitian ini adalah penelitian intervensi dengan rancangan *Randomized Controlled Trial* (RCT). Pengambilan data dilakukan pada bulan Maret sampai Mei 2017. Instrumen penelitian menggunakan EORTC QLQ-C30 versi bahasa Indonesia. Penelitian ini melibatkan 73 pasien kanker di RSUP Dr. Sardjito Yogyakarta dan RSUP Prof. Dr. Margono Soekarjo Purwokerto, 36 orang pada kelompok intervensi mendapatkan intervensi SeLIMuT dan 37 orang di kelompok kontrol mendapatkan perawatan standar. Confidence Interval (CI) sebesar 95%. Uji pengaruh SeLIMuT terhadap kualitas hidup menggunakan Mann Whitney U Test. Uji *effect size* ( $r$ ) dilakukan melalui perhitungan manual nilai Z dan total sampel.

**Hasil:** Terdapat pengaruh SeLIMuT terhadap kualitas hidup global pasien kanker ( $p=0,001$ ). SeLIMuT memiliki efek yang besar terhadap kualitas hidup global pasien kanker ( $r=0,65$ ). SeLIMuT berpengaruh terhadap status fungsional seperti fungsi fisik ( $p=0,001$ ), fungsi emosional ( $p=0,001$ ), fungsi kognitif ( $p=0,001$ ) fungsi sosial ( $p=0,017$ ). Efek SeLIMuT terhadap status fungsional meliputi level sedang pada fungsi fisik ( $r=0,44$ ), fungsi emosional ( $r=0,48$ ), fungsi kognitif ( $r=0,41$ ), dan kecil pada fungsi sosial ( $r=0,28$ ). SeLIMuT terbukti signifikan terhadap kelelahan ( $p=0,001$ ), mual dan muntah ( $p=0,003$ ), nyeri ( $p=0,001$ ), dan insomnia ( $p=0,003$ ). SeLIMuT memiliki efek besar terhadap kelelahan ( $r=0,59$ ) dan berefek sedang terhadap nyeri ( $r=0,35$ ), insomnia ( $r=0,45$ ), mual dan muntah ( $r=0,35$ ). Tidak terdapat perbedaan yang signifikan pada fungsi peran, sesak nafas, kehilangan nafsu makan, konstipasi, diare, dan kesulitan keuangan.

**Kesimpulan:** SeLIMuT terbukti berpengaruh terhadap kualitas hidup global pasien kanker, meningkatkan semua status fungsional kecuali fungsi peran, dan menurunkan gejala kelelahan, mual dan muntah, nyeri dan insomnia pada pasien kanker.

**Kata Kunci:** *Self-selected Individual Music Therapy*, kualitas hidup, EORTC QLQ-C30

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## ABSTRACT

### The Influence of Self-selected Individual Music Therapy (SeLIMuT) on Quality of Life Cancer Patients

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**Background:** The number of cancer patients will increase by prediction. Cancer patients have been experienced included physical and psycholocial problems. Those problems may affect their quality of life. Music therapy is the one of non-pharmacological intervention giving to cancer patient to decrease symptom and improving quality of life. Seventy-three qualified cancer patient was included to this study.

**Objective:** Investigate the influence of Self-selected Individual Music Therapy (SeLIMuT) on quality of life cancer patients.

**Methods:** This Randomized Controlled Trial (RCT) research was conducted at Sardjito hospital of Yogyakarta and Margono Soekarjo hospital of Purwokerto. Data collection was held between March until May 2017. EORTC QLQ-C30 Indonesian version was used to measure quality of life on cancer patients. Seventy-three cancer patients were joined to present study. They were randomized into intervention group (n=36) got music therapy and control group (n=37) who received standard care. This study was used 95% of *Confidence Interval* (CI). Mann Whitney U Test was used to measure SeLIMuT on quality of life. The effect size (*r*) was calculated using Z value and number of total sample.

**Result:** SeLIMuT was influenced on global quality of life ( $p=0,001$ ). SeLIMuT was have great effect on quality of life cancer patients ( $r=0,65$ ). The influence of SeLIMuT also found on fungsional scale included physical function ( $p=0,001$ ), emotional function ( $p=0,001$ ), cognitive function ( $p=0,001$ ), and social function ( $p=0,017$ ). The moderate effect size was found on physical function ( $r=0,44$ ), emotional function ( $r=0,48$ ), and cognitive function ( $r=0,41$ ) and small effect size on social function ( $r=0,28$ ). SeLIMuT were influenced fatigue ( $p=0,001$ ), nausea and vomiting ( $p=0,003$ ), pain ( $p=0,001$ ), and insomnia ( $p=0,003$ ). The large effect size were found on fatigue ( $r=0,59$ ) and moderate on pain ( $r=0,35$ ), insomnia ( $r=0,45$ ), nausea and vomiting ( $r=0,35$ ). There were no influence between SeLIMuT on role function, dyspnea, loss of appetite, constipation, diarrhea, and financial difficulties.

**Summary:** SeLIMuT could enhance global quality of life cancer patients, improve their functional state except role function, and decrease symptom as follow fatigue, nausea and vomiting, pain, and insomnia.

**Keyword:** Self-selected Individual Music Therapy, Quality of Life, EORTC QLQ-C30

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