

PERAN INTERVENSI GENDING JAWA TERHADAP SKOR *BURNOUT* PADA SUKARELAWAN COVID-19 PMI KABUPATEN TEMANGGUNG

INTISARI

Latar belakang: Musik gending Jawa adalah musik tradisional Jawa yang merupakan kekayaan budaya yang luhur. Musik gending dari alat gamelan mempunyai tempo sedemikian rupa yang memberikan pengaruh pada respon emosi pendengarnya. Permasalahan psikososial akibat pandemi covid-19 yang kompleks dan berkepanjangan bisa menyebabkan *burnout* pada sukarelawan COVID-19 yang membantu menangani permasalahan psikososial tersebut. *Burnout* pada sukarelawan COVID-19 yang tidak terdeteksi dan ditangani dengan baik berpotensi menjadi gangguan jiwa berat yang selanjutnya menyebabkan disabilitas yang bisa memperberat beban kehidupan keluarga, masyarakat dan pemerintah. Penelitian sukarelawan COVID-19 dengan intervensi musik gending Jawa yang dikaitkan dengan burnout dan subdomainnya sangat terbatas. Kabupaten Temanggung beberapa kali masuk dalam zona merah penyebaran COVID-19 dengan segala permasalahan psikososial yang diakibatkannya. Hasil penelitian ini penting sebagai dasar penyusunan panduan intervensi awal *burnout* pada sukarelawan yang turut serta menangani permasalahan psikososial akibat pandemi COVID-19.

Tujuan penelitian: Mengidentifikasi peran intervensi gending Jawa pada skor *burnout* sukarelawan COVID-19 PMI Kabupaten Temanggung.

Metode: Penelitian jenis *Quasi experimental* dengan rancangan *one group pretest-posttest design*. Subyek terdiri dari 21 sukarelawan COVID-19 Palang Merah Indonesia (PMI) Kabupaten Temanggung. Intervensi menggunakan instrumen gending Jawa *Ladrang Asmorondono* dalam album Ki Narto Sabdo dengan laptop dan *headset* 40 – 60 dB. Skor *burnout* diukur sebelum perlakuan (pre test) dan segera setelah perlakuan pertama 30 menit (post test 1) serta segera setelah 6 hari berturut-turut perlakuan (post test 2) dengan menggunakan instrumen *Maslach Burnout Inventory (MBI)* dengan tingkat kemaknaan uji statistik dinyatakan pada $p < 0.05$. Analisis data menggunakan uji *ANOVA*, *Fisher Exact Test* dan *Chi-squared test*.

Hasil: hasil penelitian menunjukkan perbedaan rerata pada ketiga kelompok pengamatan (pretest – post test 1 – post test 2). Hasil analisis uji Anova F hitung skor MBI sebesar 3,829 dengan nilai p sebesar 0,026 yang menunjukkan adanya perbedaan rerata pada ketiga kelompok pengamatan (pretest – post test 1 – post test 2). Pengujian *post hoc* pada skor pretest dibandingkan dengan post test 2 dengan metode *Least Significant Difference (LSD)* didapatkan F hitung sebesar 5,402 dengan nilai p sebesar 0,007 ($p < 0,05$) skor MBI pada dimensi *Emotional Exhausted (EE)*. Dengan demikian intervensi gending Jawa berpengaruh bermakna pada penurunan skor *burnout* pada dimensi EE setelah 6 hari. Sedangkan pada dimensi *Personal Accomplishment (PA)* dan *Depersonalization (DP)* tidak menunjukkan perbedaan yang bermakna. Hasil intervensi durasi pendek selama 6 hari secara mandiri menunjukkan hasil lebih baik terhadap penurunan skor *burnout* dibandingkan intervensi tunggal dengan durasi 30 menit.

Kesimpulan:

Intervensi gending Jawa mempunyai peran bermakna dalam penurunan skor burnout terutama pada dimensi Emotional Exhausted (EE) pada Sukarelawan COVID-19 PMI Kabupaten Temanggung.

Kata kunci: Musik tradisional – *Burnout* – Sukarelawan COVID-19- PMI Kabupaten Temanggung.

**THE ROLE OF JAVANESE GENDING INTERVENTION
ON BURNOUT SCORES IN COVID-19 VOLUNTEERS
OF INDONESIAN RED CROSS (PMI) KABUPATEN TEMANGGUNG**

ABSTRACT

Background: Javanese gending music is Javanese traditional music and represents a great, cultural treasure. Gending music from gamelan instruments has a tempo that influences the listener's emotional response. Psychosocial problems due to the complex and prolonged COVID-19 pandemic can cause burnout of COVID-19 volunteers who help deal with these psychosocial problems. If early detection and early treatment of burnout in COVID-19 volunteers are not carried out properly, it could potentially lead to prolonged psychiatric disorders that can lead to severe mental disorders which in turn causes disability that can aggravate the burden of family, community and government life. Research on COVID-19 volunteers with Javanese music intervention associated with burnout and its subdomains is limited. Temanggung Regency has been designated the red zone in terms of the spread of COVID-19 for several times with all the psychosocial problems it causes. The results of this study is important as a basis for guiding the optimal preparation of initial interventions in order to improve the role of COVID-19 volunteers in helping psychosocial problems during the pandemic.

The aim of the study: To identify the role of Javanese gending intervention on the burnout score of COVID-19 Indonesian Red Cross (PMI) volunteers in Temanggung district

Methods: This study used a quasi-experimental design in the form of one group pretest-posttest design. The subjects of the study were 21 COVID-19 volunteers in PMI Temanggung Regency. Ladrang Asmorondono's Javanese music in the album *Ki Narto Sabdo* is listened to subject on a laptop using a headset with a sound range of 40 - 60 dB. Burnout score was measured before intervention (pre test) and immediate after 30 minutes the first intervention (post test 1) and immediate after 6 consecutive days of intervention (post test 2) using the *Maslach Burnout Inventory* (MBI) instrument and the significance level of the statistical test was stated at $p < 0.05$. The ANOVA test, *Chi-squared test* and *Fisher Exact Test* was used for data analysis.

Results: The study showed that there was a difference in mean in the three observation groups (pretest – post test 1 – post test 2). The results of the Anova F test analysis calculated an MBI score of 3.829 with a P value of 0.026, which indicated that there was a difference in mean in the three observation groups (pretest – post test 1 – post test 2). Post hoc testing on the pretest score compared to post test 2 with the Least Significant Difference (LSD) method obtained an F count of 5.402 with a P value of 0.007 ($P < 0.05$) for the Emotional Exhausted (EE) dimension MBI score. Thus, the intervention had a significant effect on reducing burnout on the EE dimension after 6 days, while the Personal Accomplishment (PA) and Depersonalization (DP) dimensions did not show a significant difference. The results of the intervention with a duration of 6 days independently showed better results in reducing burnout scores than the intervention with a shorter duration of 30 minutes.

Conclusion: There is a significant role of Javanese gending intervention on the burnout score of COVID-19 PMI volunteers in Temanggung Regency especially dimension on emotional exhausted (EE).

Keywords: Traditional music – *Burnout* – COVID-19 Volunteers – PMI Temanggung Regency