

ABSTRAK

**PENERAPAN TERAPI MUSIK KLASIK TERHADAP PENURUNAN
TANDA DAN GEJALA PADA PASIEN DENGAN RESIKO PERILAKU
KEKERASAN DI RUANG ARIMBI RSJD DR. AMINO
GHONDOHUTOMO, SEMARANG**

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Latar Belakang: Resiko perilaku kekerasan adalah suatu bentuk perilaku yang bertujuan untuk melukai seseorang secara fisik maupun psikologis, perilaku kekerasan dapat dilakukan secara verbal, diarahkan pada diri sendiri, orang lain dan lingkungan.

Metode: Metode studi kasus dengan pendekatan asuhan keperawatan dengan mengambil satu kasus sebagai unit analisa. Unit analisa adalah satu responden pasien resiko perilaku kekerasan di ruang Brotojoyo RSJD Dr.Amino Gondohutomo Provinsi Jawa Tengah. Metode pengambilan data menggunakan asuhan keperawatan meliputi pengkajian, diagnose keperawatan, intervensi, implementasi dan evaluasi, analisa data deskriptif.

Hasil: Musik klasik mozart dapat menurunkan gejala resiko perilaku kekerasan dibuktikan dengan 3. Perubahan tanda dan gejala resiko perilaku kekerasan yang muncul sebelum dilakukan terapi musik klasik Mozart adalah 22 dari 30 (73,33%). Setelah di intervensi terapi musik klasik Mozart menjadi 2 tanda gejala dari 30 (6,67%). Hal tersebut menunjukkan terdapat perubahan tanda gejala sebanyak 20 tanda gejala.

Simpulan : Terapi music klasik dapat menurunkan tanda dan gejala pasien dengan resiko perilaku kekerasan. Diharapkan peneliti selanjutnya dapat lebih mengeksplere terkait pemberian terapi tambahan ini.

Kata Kunci: *terapi musik klasik, resiko perilaku kekerasan, terapi music Mozart*

ABSTRACT

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**THE APPLICATION OF CLASSICAL MUSIC THERAPY TO REDUCE
SIGNS AND SYMPTOMS IN PATIENTS AT RISK OF VIOLENT
BEHAVIOUR IN ARIMBI WARD OF DR. AMINO GONDOHUTOMO
PSYCHIATRIC HOSPITAL, SEMARANG**

Introduction

The risk of violent behaviour refers to actions intended to cause physical or psychological harm. Such behaviour can be verbal or physical and may be directed toward oneself, others, or the surrounding environment.

Methods

This study employed a case study design with a nursing care approach, using a single case as the unit of analysis. The unit of analysis was one patient at risk of violent behaviour in Arimbi Ward, Dr. Amino Gondohutomo Psychiatric Hospital, Semarang, Central Java. Data were collected through the stages of nursing care, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The collected data were analysed descriptively.

Results

Mozart classical music therapy was found to reduce the signs and symptoms of violent behaviour risk. Prior to the intervention, 22 out of 30 symptoms (73.33%) were observed. After the intervention, only 2 symptoms out of 30 (6.67%) remained. This indicates a reduction of 20 symptoms following the therapy.

Discussion

Classical music therapy can effectively reduce the signs and symptoms in patients at risk of violent behaviour. Further research is recommended to explore the potential of this intervention as a complementary therapy.

Keywords: *classical music therapy, risk of violent behaviour, Mozart music therap*