

# **PENGARUH NADA MUSIK MAYOR DAN MINOR DALAM TEMPO LAMBAT TERHADAP TEKANAN DARAH PASIEN HIPERTENSI GRADE I**

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## **Abstrak**

Penyakit kardiovaskular diperkirakan menyebabkan kematian hingga 17 juta jiwa per tahun, dan diantaranya disebabkan oleh komplikasi hipertensi. *The Seventh report of the Joint National Committee* mengindikasikan modifikasi gaya hidup, dan terapi farmakologi sebagai manajemen untuk hipertensi, sedangkan terapi nonfarmakologi ditujukan untuk menurunkan stres dan memberikan perasaan tenang. Hasil penelitian menunjukkan musik dapat menurunkan tekanan darah. Penelitian ini dilakukan untuk mengetahui pengaruh musik bernada mayor dan minor dalam tempo lambat terhadap tekanan darah pada pasien hipertensi. Penelitian ini menggunakan desain penelitian quasi eksperimen. Jumlah sampel penelitian sebanyak 24 pasien hipertensi *grade 1* yang diambil dengan *consecutive sampling*. Tekanan darah diukur sebelum dan sesudah mendengarkan musik selama 10 menit. Hasil uji statistik menunjukkan terdapat perbedaan antara tekanan darah sistolik (TDS) serta diastolik (TDD) basal dibanding sesudah mendengarkan musik bernada mayor dan minor ( $p=0,000$ ). Hasil uji T menunjukkan terdapat perbedaan penurunan antara TDS sesudah mendengarkan musik bernada mayor dan musik bernada minor ( $p=0,013$ ), namun tidak terdapat perbedaan penurunan antara TDD sesudah mendengarkan musik bernada mayor dan bernada minor. Berdasarkan hasil penelitian didapatkan musik bernada mayor dan minor dalam tempo lambat dapat digunakan sebagai terapi komplementer bagi pasien hipertensi, namun musik bernada minor lebih baik dalam menurunkan TDS dibandingkan musik bernada mayor.

Kata kunci: musik, tekanan darah, hipertensi, terapi komplementer

# **THE EFFECT OF MAJOR AND MINOR TONED MUSIC IN SLOW TEMPO ON BLOOD PRESSURE OF GRADE I HYPERTENSION PATIENTS**

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## **Abstract**

Cardiovascular diseases were estimated to cause the death of up to 17 million people per year, among them are caused by complications of hypertension. The Seventh report of the Joint National Committee indicates lifestyle modification, and pharmacological therapy as management for hypertension, while non-pharmacological therapies are aimed to reduce stress and promote relaxation. Research showed, music could reduce stress and lower blood pressure. This study was conducted to understand major and minor toned music in slow tempo on hypertensive patients's blood pressure. This study used quasi-experimental research design. The research's samples were 24 grade 1 hypertensive patients which taken using consecutive sampling. Blood pressure was measured before and after listening to 10 minutes music. Statistical test results showed that there were differences between basal systolic blood pressure (SBP) and diastolic (DBP) compared to after listening to major and minor toned music ( $p=0,000$ ). T test result showed that there was a difference in decreased blood pressure between SBP after listening to major and minor toned music ( $p=0,013$ ), but no difference were found in DBP. Based on the results, major and minor toned music in slow tempo can be used as complementary therapy for hypertensive patients, but minor toned music is better at lowering SBP compared to major toned.

Keywords: music, blood pressure, hypertension, complementary therapy