PENGARUH PEMBERIAN *FAMILY AUDITORY STIMULATION* TERHADAP TINGKAT KESADARAN DAN STATUS HEMODINAMIK PASIEN DENGAN PENURUNAN KESADARAN DI RUANG *INTENSIVE CARE UNIT*

Syalsabilla Putri

Abstrak

Pasien dengan penurunan kesadaran di ruang *Intensive Care Unit* (ICU) rentan mengalami gangguan neurologis dan hemodinamik. Penelitian ini bertujuan untuk mengetahui pengaruh *Family Auditory Stimulation* terhadap tingkat kesadaran dan status hemodinamik pasien di ICU. Desain penelitian menggunakan quasi-eksperimen dengan pendekatan *pretest-posttest* yang dilakukan pada 40 pasien, dibagi menjadi kelompok intervensi dan kontrol. Intervensi berupa rekaman suara keluarga berdurasi 10 menit, diberikan 2 kali sehari selama 3 hari berturut-turut. Hasil penelitian menunjukkan bahwa variabel tingkat kesadaran yang diukur menggunakan GCS dan tingkat kesadaran kualitatif, serta parameter SpO_2 dianalisis menggunakan uji Wilcoxon dan Mann–Whitney, sedangkan parameter hemodinamik lainnya, yaitu tekanan darah sistolik, tekanan darah diastolik, frekuensi nadi, *respiratory rate* (rr) dan suhu tubuh dianalisis menggunakan uji Paired T-Test dan Independent T-Test. Terdapat peningkatan signifikan pada variabel tingkat kesadaran (GCS dan tingkat kesadaran kualitatif) serta tekanan darah sistolik pada kelompok intervensi ($p < 0,05$), sementara tekanan darah diastolik, frekuensi nadi, *respiratory rate* (rr), SpO_2, dan suhu tubuh tidak menunjukkan perbedaan yang signifikan pada kelompok intervensi maupun kontrol ($p > 0,05$). FAS terbukti meningkatkan kesadaran tanpa mengganggu status hemodinamik, sehingga aman dan efektif untuk pasien ICU.

Kata kunci: *Family Auditory Stimulation*, tingkat kesadaran, status hemodinamik, ICU.

THE EFFECT OF FAMILY AUDITORY STIMULATION ON LEVEL OF CONSCIOUSNESS AND HEMODYNAMIC STATUS OF PATIENTS WITH DECREASED CONSCIOUSNESS IN THE INTENSIVE CARE UNIT

Syalsabilla Putri

Abstract

Patients with decreased levels of consciousness in the Intensive Care Unit (ICU) are vulnerable to neurological and hemodynamic disturbances. This study aimed to examine the effect of Family Auditory Stimulation on the level of consciousness and hemodynamic status of ICU patients. A quasi-experimental design with a pretest–posttest approach was conducted involving 40 patients, who were divided into intervention and control groups. The intervention consisted of a 10-minute family voice recording administered twice daily for three consecutive days. The level of consciousness, measured using the Glasgow Coma Scale (GCS) and qualitative level of consciousness, as well as oxygen saturation (SpO_2), was analyzed using the Wilcoxon and Mann–Whitney tests. Other hemodynamic parameters, including systolic blood pressure, diastolic blood pressure, heart rate, respiratory rate (RR), and body temperature, were analyzed using the Paired T-test and Independent T-test. The results showed a significant improvement in the level of consciousness (GCS and qualitative level of consciousness) and systolic blood pressure in the intervention group ($p < 0.05$). Meanwhile, diastolic blood pressure, heart rate, respiratory rate (RR), SpO_2, and body temperature showed no significant differences in either the intervention or control groups ($p > 0.05$). Family Auditory Stimulation was proven to improve consciousness without adversely affecting hemodynamic status, indicating that it is a safe and effective intervention for ICU patients.

Keywords: Family Auditory Stimulation, level of consciousness, hemodynamic status, ICU