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THE EFFECT OF TRADISIONAL MUSIC “CILOKAQ” THERAPY FOR THE ANXIETY LEVEL IN ELDERLY WOMEN AT THE RETIERMENT HOME

¹Harlina Putri Rusiana, ²Sopian Halid, ³Elisa Oktaviana, ⁴Rias Pratiwi Syafitri, ⁵Dewi Nursuma Purqoti, ⁶Fitri Romadonika, ⁷Ade Mely Rosmiatun

^{1,2,3,4,5,6,7}Nursing Program Study, STIKES YARSI MATARAM, Indonesia

*Email : harlinarusian@gmail.com

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ABSTRACT

Background: Elderly is who's over 60 years old with decline in biological, psychological, social, and economic changes. They fell retirement, fear of loneliness, imminent death in them age. Elderly who live in orphanages often experience problems such as loneliness, stress, depression, withdrawal, indifferent to themselves and their environment and anxiety. Cilokaq music is a rhyme that contains the symbols of the Islamic religion. so that it is hoped that listeners can reflect on and take lessons from the things conveyed in cilokaq songs. The purpose of this study was to determine the effect of cilokaq music therapy on the level of anxiety in the elderly.

Method: The design of this research is Pre-Experimental with One-Group Pretest-Posttest design with 30 respondents. The sample is female in the 60-85 year age group and is Muslim. The level of anxiety was measured by the HARS questionnaire and the SOP for the administration of cilokaq music therapy.

Results: of this study used the chi square test with p value $0.002 < 0.005$, which means that there is an effect of cilokaq music therapy on the level of anxiety in the elderly.

Conclution: Cilokaq music therapy can be used as an alternative to professional nursing actions for the elderly who experience anxiety and can be applied institutionally in the form of establishing permanent work procedures.

Keyword: Cilokaq, Anxiety, Elderly Woman.

1. INTRODUCTION

The elderly are individuals over the age of 60 who generally have signs of a decline in biological, psychological, social, and economic functions (Okatiranti, 2015). Psychological changes that occur in the elderly include facing retirement, fear of loneliness, being aware of death. And the elderly who live in orphanages often experience problems such as loneliness, stress, depression, withdrawal, indifferent to themselves and the environment and anxiety (Asyroful, 2017).

Anxiety is a condition of vague and diffuse worry associated with feelings of uncertainty and helplessness (Stuart, 2009). Anxiety in the elderly in orphanages is often caused by a lack of family visits, fear of death (Heningsih, 2014; Okatiranti, 2015).

World Population Prospects in 2017 the elderly population amounted to 962 million, twice as large as in 1980, which was 382 million elderly worldwide. The number of elderly is expected to double by 2050, projected to reach nearly 2.1 billion. Asia ranks first with the largest elderly population. Over the next few decades, the number of elderly people in Asia is expected to continue to increase with an estimated two-fold increase, with the elderly population projected to increase from 549 million in 2017 to nearly 1.3 billion in 2050 (United Nation, 2017).

In Indonesia, the prevalence of emotional mental disorders as indicated by symptoms of depression and anxiety is 6% for those aged 15 years and over or around 14 million people. The prevalence at the age of 55-64 years is 6.9%, the age of 65-74 years is 9.7% and at the age of more than 75 years is 13.4% (Riskesdas, 2013). According Flint AJ dalam Forlani et al, (2014) anxiety

experienced by the elderly can increase susceptibility to physical illness. In addition, according to Yochim (2013) anxiety can lead to memory loss and difficulty in making decisions.

The Indonesian Central Statistics Agency (BPS) projects that by 2045 Indonesia will have around 63.31 million elderly or almost 20 percent of the population. In fact, the UN projection also states that the percentage of the elderly in Indonesia will reach 25 percent in 2050 or around 74 million elderly. In 2018, the percentage of the elderly reached 9.27 percent or around 24.49 million people. The percentage of the elderly in Indonesia is dominated by young elderly (age group 60-69 years) whose percentage reaches 63.39 percent, the rest are middle aged (age group 70-79 years) by 27.92 percent, and old elderly or age group 80. years and above by 8.69 percent. Meanwhile, in NTB itself, the number of elderly residents is based on data from the BPS NTB. Population Projection 2010-2020, NTB has a young population (0-14 years) of 29.62 percent, productive age population (15-59 years) of 62.34 percent, and population aged 60 years and over in NTB Province of 8 .03 percent (Harian Nusa.com).

According to Kate and Mucci (2002) in Faradisi (2012), music therapy has proven useful in the healing process because it can reduce pain and can make the patient feel relaxed. In addition to music therapy, there are other alternative therapies that can cure all diseases. This therapy like classical music.

The results of a survey conducted at the Mandalika Elderly Social Institution, Mataram City on February 18, 2020, obtained data on the number of elderly people who became members of the

Mandalika Elderly Social Institution in Mataram City as many as 83 people from the results of this survey, and 10 elderly people who complained about undergoing treatment. a life away from family that makes the elderly feel uneasy with their family even though they live in the Mandalika Elderly Social Institution with friends of the same age, their life is now silent with each other. And the researchers made temporary observations by taking 6 respondents at the Mandalika Elderly Social Institution, Mataram City, where the results were proven that 3 people experienced a decrease in anxiety levels after comparing the effect of cilokaq music therapy on anxiety levels in the elderly who were assisted by, employees and performance. another, at the Mandalika Elderly Social Institution, Mataram City.

2. METHODS

This type of research is a pre - experimental research with a pre post test design approach The population in this study is the elderly who experience anxiety at the Elderly Social Institution in Mataram

3. RESULTS

In the study, the demographic data of the respondents were obtained as follows:

1. Age of Respondent

To determine the characteristics of respondents based on age can be seen in the following table:

Tabel 1. Frequency Distribution of Respondents by Age in Social Institutions Elderly Mandalika Mataram City

No	Age (years)	Frequency	Presentase (%)
1.	60-79	15	50%
2.	80-90	15	50%
No	Graduate	Frequency	Presentase
1.	SD	15	50%
2.	SMP	10	33%
3.	SMA	3	10%
4.	D3	2	7%
	Sum	30	100%

Sumber: Primary data 2020

empty, and they say they are resigned to living in the Mandalika Elderly Social Institution and sometimes crying alone remembering the past

The elderly feel happy if there is a visit even though it is not their family, and the behavior that appears in the elderly who are in the orphanage is like, often daydreaming, sitting together but City , totaling 83 people . The number of samples is 30 respondents for the cilokaq music therapy intervention. This study tehnic uses purposive sampling with the criteria of respondents with mild / moderate anxiety, age 60-85 years, female gender, Muslim religion comes from the Sasak tribe. Anxiety responses were measured using the HARS tool. Giving folk music "CILOKAQ" for 4 days with each session 30 minutes each session. Murrotal and "Cilokaq" getting in MP3. The research was conducted at the Mandalika Social Institution, Mataram City. Anaysis data used SPSS 20.0.

Based on table 1 above, the respondents aged 60-79 years were 15 people and those aged 80-90 years were 15 people. With elementary school respondents are 15 respondents (50%)

2. Respondents anxiety level before being given cilokaq music therapy

The results of the anxiety level of elderly women in the study can be described in the table below.

Tabel 3. Distribution of respondents based on the level of anxiety before being given cilokaq music therapy to the elderly at the Mandalika Elderly Social Home

No	Anxiety Level	Before	%	After	%
1.	No Anxiety	0	0	3	10
2.	Low	3	10	27	90
3.	Midle	27	90	0	0
	Sum	30	100	30	100

Sumber : Primary Data 2020

3. The results of the analysis of the effect of cilokaq music therapy on the level of anxiety in elderly women

The results of the analysis of the effect of cilokaq music therapy on the level of anxiety in elderly women in social institutions can be described in the table below.

Tabel 5. Bivariate Analysis of Anxiety Levels for Elderly Women in Social Institutions Elderly Mandalika Mataram City

No.	Anxiety Level	Pre Intervention		Post Intervention		P value
		Sum	%	Sum	%	
1	No Anxiety	0	0,0	3	10,0	0,002
2	Low	3	10,0	27	90,0	
3	Midle	27	90,0	0	0,0	
	Sum	30	100	30	100,0	

Based on table 5 above, it can be seen that the anxiety felt by respondents before cilokaq music therapy was mostly experienced moderate level of anxiety (90.0%), and after the cilokaq music therapy respondents who did not experience anxiety were 3 respondents and who experienced mild anxiety were 27 respondents (90.0). Then the results obtained p value $0.002 < 0.005$ then H_0 is rejected and H_a is accepted. The results of data analysis show that there is an influence on anxiety levels after being given cilokaq music therapy.

4. DISCUSSION

Based on the data above, it can be stated that the level of anxiety in the elderly at the Mandalika Elderly Social Institution before being given cilokaq music therapy was on average experiencing moderate anxiety. This shows that some of the elderly in the Mandalika Elderly Social Institution

experience anxiety but the levels are different

Anxiety according to stuart (2016) is something that is unclear and associated with feelings of uncertainty and helplessness and is an emotional response that does not have a special object. Anxiety is a part of everyday life and provides a

valuable warning, even if anxiety is necessary for survival. Music is known through research as a safe, inexpensive, and effective non-pharmacological relaxation stimulant facility. Music also has a significant role in treating patients with anxiety.

Music that is effective in overcoming anxiety is music that has the right melody and structure like classical music, and has been studied by various researchers. Classical music, one of which is regional music such as cilokaq, is the traditional music of the Sasak tribe which contains rhymes sung to the accompaniment of traditional musical instruments in the form of gambus as a medium for Islamic religious symbols because the songs convey things related to the teachings of Islam itself so that it is expected to listeners. can reflect on and take lessons from the things conveyed in the songs of cilokaq, so that they can have a positive effect and are able to provide a sense of calm, reduce anxiety and reduce the use of pharmacotherapy.

Based on research conducted by Nur Hidayat (2019), about the effect of giving classical music therapy, the results showed that the average stress level of respondents after being given classical music therapy was 17.733 with a Sig value or P Value of $0.000 < 0.05$ level of significance so that it can be concluded that there is an effect classical music therapy on stress levels in the elderly.

Based on research conducted by Junaidin *et al* (2010) The results of statistical tests before and after treatment in the experimental group obtained t count results of 2,654 and the significance value obtained $p = 0.000$ is still far from $p = 0.05$. The effect of giving Javanese style music therapy to the level of anxiety in the elderly is 0.477 so that R square can be called the coefficient of determination, in this case it means that 43.27% of the decrease in anxiety levels is influenced by Javanese style music. This

decrease is due to the use of music as relaxation, it is known that relaxation can help increase understanding of reducing muscle tension and anxiety can be justified.

Based on the post-test results of the 14 HAR-S question items with an average result of 19, there is a significant effect from the previous pre-test results. This can be seen from the observations made by researchers on the elderly who experience mild and moderate anxiety. After being given cilokaq music therapy where respondents who previously looked tense, could not focus on the activities being carried out and were restless, they became more relaxed and relaxed. The results of interviews conducted by researchers with clients also obtained the same data, where clients said that after listening to cilokaq music therapy given by researchers, the elderly felt more relaxed and comfortable. The relaxed and comfortable feeling felt by the elderly can be seen from the attitudes and behaviors shown by the elderly, namely the elderly seem relaxed, focus eyes, are not nervous and smile more.

So that the results of data analysis according to table 4 show that after being given cilokaq music therapy from 27 respondents, there were 3 respondents (10.0%) who did not experience anxiety, while 9 respondents had mild anxiety (90.0%). Based on table 5 identified changes in the level of anxiety in the elderly before and after being given cilokaq music therapy. Before the treatment, there were 3 respondents (10.0%) mild anxiety, 27 respondents (90.0%). Meanwhile, after being given treatment, the changes that occur are more visible, where mild anxiety is 27 respondents (90.0%), and there is no anxiety as many as 3 respondents (10.0%).

Based on the results of data analysis using the chi square test, it was found that the p value was 0.002 because the p value < 0.05 , it was concluded that there was an effect of cilokaq music therapy on the

anxiety level of the elderly. This shows a significant effect of cilokaq music therapy on the level of anxiety in the elderly at the Mandalika Elderly Social Institution, Mataram City because $0.002 < 0.005$ then H_0 is rejected and H_a is accepted. The results of data analysis show a change in anxiety levels after being given cilokaq music therapy, from anxiety levels moderate decreased to mild anxiety, mild anxiety level decreased to no anxiety. The more often the respondent is given cilokaq music therapy, the anxiety level will decrease. So it can be said that cilokaq music therapy has an effect on reducing anxiety levels in the elderly at the Mandalika Elderly Social Institution, Mataram City.

Research conducted by Wayan Artana in 2020 also found that there was an influence of traditional Balinese music in reducing anxiety in the elderly. So it is advisable to provide music therapy in care to reduce anxiety in the elderly group in Bali. Arlis 2019 also gave results that there was an effectiveness of giving traditional Chinese music in reducing feelings of loneliness in the elderly in nursing homes in Medan. The feeling of loneliness in the elderly is felt due to changes in social function where many elderly have lost their life partners and playmates. Cultural closeness through ethnic and regional approaches is one of the tools in reducing the level of anxiety felt in the elderly. Listening to local music reminds the elderly

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of memories when they were young and brings back feelings of pleasure when gathering with family and relatives. The results of this study are also supported by the results of Maryati's research using keroncong music therapy for the elderly in the Javanese tribe of Pasung Wedi Klaten village.

Music "CILOKAQ" have spiritual and spirit meaning for Sasak ethnic group. It's remained them when of the youth time. So, they fell happy and enthusiastic.

5. CONCLUSION

Anxiety in elderly women at the Mandalika Mataram Social Home is a form of accumulation of conditions faced by the elderly. The process of facing death, being away from family or not having close family makes them feel lonely and hopeless. With traditional cilokaq music therapy, it can have an impact on reducing anxiety levels in elderly women. Cultural closeness through traditional music with poetry of advice that touches the spiritual side of the elderly can provide peace in dealing with the process of death and loneliness. Spirituality approach through music can be very effective given to the elderly with several meetings and continuous intensity. So, music "Cilokaq" can reduce anxiety level for elderly women in Mandalika Social Institution.

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