

Terapi Musik Kolintang

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Kolintang Music Therapy on Labor in Manado City

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ABSTRACT

The research was planned to determine of effects of Kolintang music therapy on labor pain intensity. This study as a experimental research one group pretest posttest. There subjects total of 17 pregnants, Inclusion criterias of choosen pregnants; primipara and multipara, gestasional age (37 until 42 weeks), Inpartu first stage active phase (cervical dilatation 4-8 cm). In this study, all respondents receiving music kolintang used a headphone to listen to the music during 15 minutes. The study has been carried out at the Public Health Centre in Ranotana Weru of Manado. Data was collected is descriptive characteristics of the pregnants, data subjective includes 4 questions including pregnancy planning, antenatal care, about psychology, and a information on the methods of dealing with pain, known methods. Data on assesment of labor pain intensity including assesments of duration and the contraction frequency. The results in this study showed that kolintang music therapy significantly to effects to decrease in labor pain intensity, statistical test results using the Paired Simple T-Test obtained p value of 0.001. Conclusions to give education and to listen music Kolintang during the labor to be the positive effectives at labor. Listening to music during labor has a positive impact on labor pain and anxiety.

Key Word : Music Therapy, Labor pain

INTRODUCTION

Pain is a form of unpleasant sensory and emotional experience associated with tissue damage (1). Pain in stage I is caused by contraction of the muscles of the uterus, stretching of the cervix when opened, uterine ischemia (3) (switching blood flow so that local oxygen increases the deficit) due to contraction of the myometrial arteries. Discomfort from cervical changes and uterine ischemia is visceral pain located under the abdomen spreading to the lumbar region of the back and ascend (3)g to the thighs. Can relax only during relaxation and disappear during relaxation. Local pain such as cramps, heat sensation caused by distention and laceration of the cervix, vagina and perineal tissue. Labor pain for psychological responses and physical reflexes. Labor pain provides a sensation that can be done as in the sympathetic nervous system that can occur due to changes in blood pressure, pulse, respiration, and skin color. Expression of attitude also changes considerations, groans, crying, hand movements (which indicate pain) and overcomes the very muscles throughout the body (2). According to Hermawati, (2009) that the handling and supervision of labor pain is for the most part, I am very important, because this will determine which pregnant women can be approved for labor normally or by several measures because of the many complications caused by very rich health (3).

Music therapy that attracts comfort and cause a positive effect for the listener. Thus, the goal of music therapy in labor besides giving the mother the need to relax can also reduce the difficulty level of the active phase. Stage I. Music or sound therapy must be listened to at least 15 minutes to provide a therapeutic effect (4) based on the research *Effects of Music Therapy on Pain and Anxiety Birth in Mothers First Time Taiwan* suggests getting the effects of music therapy on labor pain and anxiety in mothers primipara in Taiwan to measure by means of pre-test and post-test (6) before and after 30 minutes of playing music (5).

Every note, melody, rhythm, harmony, timbre, form and style of music will make a difference in our minds and bodies. In Indonesia many have traditional musical instruments, one of which is Kolintang music. Kolintang is known as a percussion instrument made of wood originating from the Minahasa area of North Sulawesi. Kolintang music usually accompanies Minahasa regional songs such as *Oh Minahasa, Opo Wanantas*, and *et al.*

According to Marthin (2014) a therapy known as music therapy, which has gained worldwide popularity over the last few decades in helping orangutan hospitals including maternity mothers, as well as research with the title *Using Music During Childbirth* that applies music in Pain management Has become popular in the last two conclusions. In the study, Browning (2000) to determine the effect of music when obtained, from all samples of maternity mothers satisfied with the method of using music during labor to help them with attention and comfort (7).

The therapeutic effect of music is well received in the literature which is beneficial for a variety of documented health problems. His research review summarizes the benefits of reducing stress, restoring, curing childbirth and depression in women giving birth (6). Pain during labor is cervical dilatation and lower uterine sagment with advanced distension, stretching, and trauma to muscle fibers and ligaments. Factors causing labor pain are: a) reduced supply of oxygen to the uterine muscle (labor pain becomes greater if the interval between

contractions is short, so that the supply of oxygen to the uterine muscle has not fully recovered), b) stretching of the cervix (effacement and widening), c) jaw and vagina, d) regulation and stretching of the supporting tissues of the uterus and hip joints during baby's contractions and descent, e) Pressure on the urinary tract, bladder and anus, f) Stretching of the pelvic floor muscles and vaginal tissue, g) challenges and challenges that can be issued by releasing large amounts of stress hormones (epinephrine, norepinephrine, etc.) that cause the onset of labor pain that is prolonged and heavier (8).

MATERIALS AND METHODS

Purpose this study is planned to determine the effect of Kolintang music therapy on pain intensity labor. This study was an experimental one group pretest posttest study. Study sample: who met the inclusion research criteria and who came when the study was conducted. Subjects had a total of 17 pregnancies, inclusion criteria of selected pregnancies; primiparous and multiparous, gestational age (37 to 42 weeks), active phase of labor (cervical dilatation 4-8 cm). Research has been conducted at the Community Health Center in Ranotana Weru, Manado. In this study, all subjects who received Kolintang music used headphones to listen to music for 15 minutes. Measuring instruments used to determine the subject's pain level are using the *Numerical Number Scale (NRS)* and the *Wong Baker Facial Pain Rating Scale*. The assessment of pain level is determined twice. First, the intensity of labor pain was assessed for 15 minutes, in addition to observing the duration and frequency of contractions and then Kolintang music therapy was given for 15 minutes, while music was listened to, also the intensity of the second labor pain was assessed. The analysis technique in the study used *Paired Simple T-Test*.

RESULTS

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Table 1. Characteristics of Response

Characteristics		N	%
Age of mother	<20	6	35.3
	20 - 35	11	64.7
	> 35	-	-
Age of Married	Not Married	4	23.5
	≤18	3	17.6
	> 19	10	58.8 Middle
Education	School	3	17.6
	SMA	10	58.8
	Bachelor	4	23.5
Work	IRT	11	64.7
	Civil Servants	2	11.8
	Private	4	23.5
Parity	Primi	15	88.2
	Multi	2	11.8

Individual characteristics in table 1 study average aged 20-35 years ie 11 respondents (64.7%), while for the age of marriage most > 19 years received 58.8%. The level of repondent education is high school at 58.8%, and the occupation of pregnant women working as household regulators 64.7%, and the number of respondents' parity is primigravida at 88.2%.

Table 2. Interpretation Data Based on Subjective Data SubjectiveData

Interpretation		N	%
Does the mother receive a pregnancy check (ANC)	Yes	10	58.8
	No	7	41.2
Psychic mothers in childbirth relationschildbirth	Yes	16	94.1
	No	1	5.9
	Fear of labor pain	9	52.9
Do mothers have information about methods of dealing with labor pain	Fear if labor is unsuccessful	3	17.6
	Fear if there is a problem with the health of the baby	5	29.4
	Yes	-	-
	No	17	100

Based on Table 2, the majority of pregnancy successes 10 respondents (58.8%), while those who did not plan for pregnancy were 7 respondents (41.2%). Pregnant women who did the examination most of them were 16 respondents (94.1%). In this study, also research that discusses the psychology of mothers in dealing with childbirth, the results obtained by most respondents fear of labor is 9 respondents (52.9%), and researchers also look for respondents who want to know how to seek treatment in labor, the results all respondents or 100% did not know how to handle pain in labor.

Table 3. Interpretation Data Based on Intensity of Labor Pain

	PRE		POST	
	Mean	Std.Deviation	Mean	Std.deviation
Pain intensity	6.94	1.34	5.06	1.09
Duration	49.76	9.16	55.29	9.77
Frequency	2.41	0.93	3.23	1.25

Table 3 shows the results of research that Kolintang music therapy in reducing the intensity of pain during childbirth significantly changes in pain, which was previously a mean value of 6.94 with SD 1.34 decreasing at post-test to 5.05 with SD 1.09. In this study, in addition to pain intensity observations of the duration and frequency of contractions, the results obtained increased duration from 49.7 seconds to 55.29 seconds and the results of the study show the frequency of contractions increased 2.4 times to 3.2 times in 15 minutes. Meaning that the duration of contraction is longer felt along with cervical opening, as well as the frequency of contractions, the more cervical opening occurs at mothers give birth then the frequency of contractions increases.

Table 4. The intensity of labor pain before and after therapy

n	The average of	t	p
17	1.88	8.37	0.001

Based on table 4 of the statistical test results, obtained intensity *p-value* 0.001 shows the benefits of kolintang music therapy to cure labor.

DISCUSSION

In this study, the average age of women giving birth at the age of 20-35 years, namely 11 respondents (64.7%) thus the body's ability to maintain a sense of childbirth, evidenced by using research funds to produce 6.9 (rounding 7) on a scale This is very complicated but can still be controlled by the client. Mothers who give birth for the first time at an old age will multiply labor longer and prefer mothers who are still young, so that it can be requested in primipara with old age will experience a higher intensity increase and longer labor than primipara young (9). Productive age 20 - 35 years, where at this age the reproductive organs are mature and optimal, but age <20 years also affects childbirth, because the mother's psychological process in dealing with childbirth (10), where in this study found 6 maternal mothers (35), 3%) in the <20 years group.

The age of marriage that changes with the psychic of pregnant women in labor and readiness to be a mother to primigravidas Psychological factors, social factors, culture affect pain during labor (11). In this study, the majority of support in the > 19 years group won 58.8%.

Table 1 also illustrates the level of education of most respondents in high school education. The level of education is influential and produces many changes, special knowledge in the field of health. The higher a person's education the easier it is to receive information and ultimately the more knowledge he has.

In this study also discussed about parity, namely primigravida at 88.2%. When a woman faces the birth process that is first present, always receiving anxiety and anxiety, because of the difficulty of feeling the birthing process, making the perception of anxiety arise. Although it is a very complex and unpleasant experience, most excessive anxiety occurs in primiparous mothers (2).

The process of pregnancy that supports well will have a positive impact on the condition of the fetus and the physical and psychological adaptation of pregnant women, childbirth and breastfeeding for the better. In this study (Table 2) 58.8% of renewal were discussed, this shows better readiness of mothers in labor. Likewise, during pregnancy, respondents had performed several pregnancy examinations, amounting to 94.1%, this is an important thing that needs to be considered during pregnancy and in achieving labor. In this study, 77% of clients reported disagreeing about birth (11).

In this study there were 52.9% of women afraid of labor pain in labor. Questions about pain and negative problems that will be experienced during childbirth In connection with the respondents not having enough information about methods of overcoming childbirth, managed to gather all respondents (100%) did not know. Fear,

worry and tighten the hormone prostaglandin so stress arises. Stressful conditions that can affect the body's ability to hold taste (11)

Table 3 agrees on the intensity of labor pain, the duration and frequency of contractions of joint contributions during the first 15 minutes, and then is given Kolintang music therapy for 15 minutes, during which music is heard during the second increase in labor frequency, duration and frequency of contractions. Obtained from the expected results 5.0.1 with SD 1.34 decreased to 5.05 with SD 1.09. The duration increases from 49.7 seconds to 55.29 seconds, which means that the longer duration is received in accordance with the cervical opening, as well as the opening, the more cervical opening increases, the more research results increase 2.4 times the frequency increases to 3.2 times every 15 minutes. The frequency of contractions in normal labor increases in advanced labor to 2-4 contractions every minute at the end of labor. The duration of contractions also increases from about 20 seconds at the beginning of labor to 40-90 seconds at the end of the first and first time (12). This proves that by doing Kolintang music therapy, maternity mothers are comfortable or able to reduce the sense of delay and the frequency of contractions increases according to cervical opening.

2 Evaluation of pain intensity obtained on these results occurred a significant decrease in pain intensity, the results of statistical tests using the *Paired Simple T-Test* obtained *p value* of 0.001 which resulted in a significant kolintang music therapy to decrease the intensity of childbirth care. During labor, music can reduce relaxation, increase positive responses, and as a stimulus for relaxation. The study with a random sample was conducted by Phumdoung and Bagus, the mother of the mother who listened to music for three hours starting from the active phase of childbirth, then got pleasure when labor was obtained by a group that played music. Data obtained from investigations on music and the brain are published about the biological effects of music as well. The duration of scientific studies shows its positive effect on effective hormones in the development of psychological disorders such as serotonin, norepinephrine, dopamine, melatonin, cortisol, adrenaline and testosterone, and physiological events such as blood pressure, respiratory rhythm, respiration and pulsation quality (1)

Music therapy is Application that is inexpensive and natural without side effects and is an efficient role in physical, psychological, social, emotional and spiritual well-being. Lichten discusses music in two groups as active and passive and states music increases attention, increases interest and provides relaxation by influencing motivation. People who listen to music feel less pain, and let go of what they feel less (15).

1 Based on the results of research that can be given to Kolintang music which has an effect on pain intensity. Music is very effective to divert attention from pain. Music stimulation entertains effective clients and provides cognitive strategies requesting pain responses and pain control (16). Music therapy is believed to have a positive effect on labor pain, music reduces the sensation and pressure of labor pain and delay pain pressure.

CONCLUSION

1 In conclusion, Therapy music during labour have been shown to positively affect the labour process, to increase control and cooperation in the mother, to reduce anxiety, labour pain and sensitivity (17). This result has been supported by the literature.

Music affects some people deeply. People who listen to music feel less pain and have reduced anxiety. During music therapy, the stimulates the areas in the brain concerning happiness and safety, may contribute to removal of fear and discomfort. Use of music as a tool for therapy provides focusing on a direction other than pain, as in the method of redirecting attention. Thus, the patient protects herself from the perception of pain and increases the strength against pain (11).

1 In an experimental study investigating the effect of music therapy and relaxing on reducing the stress of the patients. Relaxation may be provided easily with the help of music. Listening to Kolintang Music can make everyone relaxed and comfortable.

CONFLICT OF INTEREST

1 Music therapy has been shown as an effective method in reducing stress. Kolintang Music is traditional music is also used effectively for physical and mental relaxation.

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ETHICAL CLEARANCE

The ethical certificate issued from Health Research Ethics Committee Manado Health Politechnic Ministry Of Health.

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