

A COMBINATION OF MUSIC THERAPY AND RESPIRATORY RELAXATION AS A SELF-DIRECTED INTERVENTION TO REDUCE PAIN AND ANXIETY POST OP BENIGN PROSTATIC HYPERPLASIA: OREM'S SELF-CARE APPROACH

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Article Info	ABSTRAK
<p>Article History: Received 19/09/2025. Revised - Accepted 30/09/2025.</p>	<p>Pasien pasca operasi BPH sering mengalami nyeri dan kecemasan yang menghambat pemulihan. Terapi musik dan relaksasi napas dalam sebagai intervensi non-farmakologis holistik dapat membantu mengatasi keluhan tersebut. Pendekatan ini sejalan dengan teori <i>Self-Care Orem</i> yang menekankan pemberdayaan pasien dalam perawatan diri. Penelitian ini bertujuan untuk menganalisis efektivitas terapi musik dan relaksasi napas dalam terhadap penurunan tingkat nyeri dan kecemasan pada pasien pasca operasi BPH. Penelitian ini menggunakan desain <i>Quasi-eksperiment</i> dengan pendekatan <i>pretest-posttest control group</i>. Sebanyak 40 pasien pasca operasi BPH dipilih secara purposive sampling. Kelompok intervensi diberikan terapi musik dan latihan napas dalam selama dua hari. Skor nyeri diukur menggunakan <i>Visual Analog Scale</i> (VAS), dan tingkat kecemasan dinilai dengan <i>Hamilton Anxiety Rating Scale</i> (HARS). Analisis data dilakukan menggunakan <i>paired t-test</i> dan <i>independent t-test</i> dengan tingkat signifikansi $\alpha = 0,05$. Hasil penelitian menunjukkan adanya penurunan signifikan skor nyeri dan kecemasan pada kelompok intervensi setelah perlakuan ($p < 0,001$), serta perbedaan signifikan antara kelompok intervensi dan kontrol pada hasil posttest ($p < 0,001$). Terapi musik dan relaksasi napas dalam efektif menurunkan nyeri dan kecemasan pasien pasca operasi BPH. Intervensi ini mendukung strategi keperawatan self-care yang aman, terjangkau, dan mudah diterapkan, memperkuat praktik keperawatan holistik dan pemberdayaan pasien sesuai teori self-care.</p>
<p>Keywords: <i>Music therapy,</i> <i>deep breath relaxation,</i> <i>pain,</i> <i>anxiety,</i> <i>BPH,</i> <i>self-care</i></p>	<p>ABSTRACT <i>Postoperative BPH patients often experience pain and anxiety that hinders recovery. Music therapy and deep breathing relaxation as holistic non-pharmacological interventions can help address these complaints. This approach is in line with Orem's Self-Care theory which emphasizes patient empowerment in self-care. This study aimed to analyze the effectiveness of music therapy and deep breathing relaxation on the reduction of pain and anxiety levels in postoperative BPH patients. This study uses a quasi-experimental design with a pretest-posttest control group approach. A total of 40 postoperative BPH patients were selected by purposive sampling. The intervention group was given music therapy and deep breathing exercises for two days. Pain scores were measured using the Visual Analog Scale (VAS), and anxiety levels were assessed using the Hamilton Anxiety Rating Scale (HARS). Data analysis was carried out using paired t-test and independent t-test with significance level of $\alpha = 0.05$. The results showed a significant</i></p>

decrease in pain and anxiety scores in the intervention group after treatment ($p < 0.001$), as well as a significant difference between the intervention and control groups in the posttest results ($p < 0.001$). Music therapy and deep breathing relaxation are effective in reducing pain and anxiety in postoperative BPH patients. These interventions support safe, affordable, and easy-to-implement self-care nursing strategies, strengthening holistic nursing practices and patient empowerment as per self-care theory.

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