

BRAINWAVE ENTRAINMENT BERBASIS AKUSTIK GAMELAN CIREBON SEBAGAI STRATEGI REDUKSI MORNING SICKNESS

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Brainwave Entrainment Gamelan Cirebon Kualitas Hidup Morning Sickness Terapi Komplementer</p>	<p>Latar Belakang: Morning sickness pada trimester pertama berdampak sistemik terhadap penurunan kualitas hidup ibu. Urgensi asuhan yang aman mendasari eksplorasi intervensi non-farmakologis yang mengintegrasikan kearifan lokal dengan pendekatan teknologi neurosains. Tujuan: Penelitian bertujuan untuk menilai efektivitas Audio Therapy Healthy Pregnancy-Harmoni Cinta, inovasi berbasis Gamelan Cirebon dan teknologi brainwave entrainment terhadap keparahan mual muntah, respon relaksasi, dan kualitas hidup. Metode: Desain quasi-experimental dengan pre-posttest dilakukan pada 62 ibu hamil. Instrumen penelitian meliputi skor Pregnancy Unique Quantification of Emesis, tingkat relaksasi, pemantauan gelombang otak, dan kuesioner kualitas hidup dari World Health Organization. Data dianalisis menggunakan uji paired t-test. Hasil: Terdapat perbedaan signifikan pada skor mual muntah ($p=0,000$), tingkat relaksasi ($p=0,003$), dan kualitas hidup ($p=0,000$) setelah intervensi. Inovasi ini secara efektif menstimulasi gelombang otak pada rentang relaksasi mendalam yang berkorelasi dengan penurunan gejala fisik dan stabilitas hemodinamik ibu. Simpulan: Integrasi Gamelan Cirebon dan teknologi brainwave entrainment terbukti lebih efektif dibandingkan terapi audio standar dalam mengatasi morning sickness. Implikasi/Originality/Value: Penelitian ini memberikan nilai kebaruan melalui integrasi budaya tradisional dan teknologi modern sebagai solusi asuhan keperawatan maternitas transkultural.</p> <p>ABSTRACT <i>Background: Morning sickness in the first trimester has a systemic impact on the decline of maternal quality of life. The urgency for safe care underlies the exploration of non-pharmacological interventions that integrate local wisdom with a neuroscience technology approach. Objective: The study aimed to evaluate Audio Therapy Healthy Pregnancy-Harmoni Cinta, an innovation based on Cirebon Gamelan and brainwave entrainment, on nausea, vomiting, relaxation, and quality of life. Methods: A quasi-experimental pre-posttest design was conducted with 62 pregnant women. Research instruments included the Pregnancy Unique Quantification of Emesis score, relaxation levels, brainwave monitoring, and the World Health Organization Quality of Life questionnaire. Data were analyzed using the paired t-test. Results: Significant differences were found in nausea and vomiting scores ($p=0.003$), and quality of life ($p=0.000$) after intervention. This innovation effectively stimulated brainwaves in the deep relaxation range, which correlated with reduced physical symptoms and improved maternal hemodynamic stability. Conclusion: Integrating Cirebon Gamelan and brainwave</i></p>

entrainment was more effective than standard audio therapy in managing morning sickness. Implications/Originality/Value: This research introduced a novel approach by integrating traditional culture and modern technology to provide transcultural maternity nursing care.

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