

**POLITEKNIK KESEHATAN TANJUNG KARANG  
JURUSAN KEPERAWATAN  
PROGRAM STUDI PROFESI NERS**

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**Implementasi Terapi Musik Klasik Pada Pasien Dengan Masalah  
Keperawatan Nyeri Akut Post Operasi Hernioraphy di Rumah Sakit Mardi  
Waluyo Metro Tahun 2023**

(xv+92 halaman, 5 tabel, 5 gambar, 6 lampiran)

**ABSTRAK**

Menurut World Health Organization (WHO) tahun 2018, diperkirakan 45.000 orang di seluruh dunia menderita hernia, dengan mayoritas penderitanya adalah laki-laki. Di Indonesia terdapat 2.245 kasus hernia. Proporsi hernia di Indonesia didominasi pekerja berat 70,9% (7.347). Kasus hernia di wilayah Lampung berjumlah 317 kasus operasi. Penatalaksanaan hernia meliputi terapi farmakologi dan terapi bedah (hernioraphy). Proses pembedahan menyebabkan nyeri. Salah satu teknik menurunkan nyeri yaitu menggunakan teknik non farmakologi dengan terapi musik klasik. Tujuan penelitian ini menggambarkan asuhan keperawatan dengan pemberian implementasi terapi musik klasik pada pasien post hernioraphy dengan masalah keperawatan nyeri akut. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus. Penelitian dilakukan di Rumah Sakit Mardi Waluyo Metro. Hasil penelitian setelah 3 hari didapatkan kedua pasien mengalami penurunan skala nyeri dari skala nyeri 4 menjadi skala nyeri 2 dan skala nyeri 5 menjadi skala nyeri 3 diukur menggunakan *numeric rating scale*. Disimpulkan implementasi terapi musik klasik pada pasien post operasi hernioraphy dapat menurunkan nyeri. Diharapkan terapi musik klasik dapat digunakan sebagai salah satu intervensi mandiri dalam pemberian asuhan keperawatan khususnya pada pasien yang mengalami nyeri post operasi hernioraphy.

Kata Kunci : Hernioraphy, Nyeri Akut, Terapi Musik Klasik  
Daftar referensi : 31 (2010-2023)

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**Recent Scientific Work, August 2023**

M. Iqbal Asseghaf

**Implementation of Classical Music Therapy in Patients With Nursing Problems of Acute Pain Post Hernioraphy Surgery at Mardi Waluyo Metro Hospital in 2023**

*(xv + 92 pages, 5 tables, 5 images, 6 attachments)*

**ABSTRACT**

*According to the World Health Organization (WHO) in 2018, an estimated 45,000 people worldwide suffer from hernias, with the majority of sufferers being men. In Indonesia there are 2,245 hernia cases. The proportion of hernias in Indonesia is dominated by heavy workers, 70.9% (7,347). Hernia cases in the Lampung region totaled 317 cases of surgery. Management of hernias includes pharmacological therapy and surgical therapy (hernioraphy). The surgical process causes pain. One technique to reduce pain is to use non-pharmacological techniques with classical music therapy. The purpose of this study is to describe nursing care by providing the implementation of classical music therapy in postherniorrhaphy patients with acute pain nursing problems. The type of research used is descriptive research with a case study approach. The research was conducted at Mardi Waluyo Metro Hospital. The results of the study after 3 days found that both patients experienced a decrease in pain scale from pain scale 4 to pain scale 2 and pain scale 5 to pain scale 3 as measured using a numeric rating scale. It was concluded that the implementation of classical music therapy in postoperative herniorrhaphy patients can reduce pain. It is hoped that classical music therapy can be used as an independent intervention in providing nursing care, especially in patients who experience postoperative herniorrhaphy pain.*

*Keywords: Hernioraphy, Painful, Classical Music Therapy*

*Reference : 31 (2010-2023)*