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RESEARCH ARTICLE

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The Effectiveness of the Combination of Natural and Murottal Music in Preventing Depression in the Elderly

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ABSTRACT

The elderly are prone to depression, due to their lack of ability to adapt to changes in themselves due to physical, mental and social setbacks. This study explained the effect of a combination of natural and murottal music on preventing depression in the elderly. The study used one group pretest and posttest design, with the treatment of combination of natural and murottal music therapy for 30 minutes and lasted for 3 consecutive days the instrument used the Geriatric Depression Scale (GDS). The p-value of statistical analysis using paired sample t-test was 0.000. As conclusion, natural and murottal music combinations was effective in reducing depression levels.

Keywords: natural music; murottal; elderly

INTRODUCTION

Elderly patients is becoming increasingly common and significantly reduces quality of life and increases the risk of suicide. Depression is one of the most common diseases among the elderly. Generally, the rate of depression is twice as high among the elderly than adults.⁽¹⁾ From research in America stated that approximately 10% to 15% of all over the age of 65 years and living in the community show symptoms of depression. While the elderly who are in institutions (orphanages) show rates of mild to moderate depression between 50% to 75% which attack the elderly with long-term care. The elderly depression rate reaches 56% in the elderly in nursing homes.⁽²⁾ Fortunately, this psychiatric illness is treatable. When a person is diagnosed with depression, almost 80% of sufferers can be treated until they are completely healthy.⁽³⁾

The impact of depression on the elderly is very bad. Untreated depression leads to increased use of health and medical facilities, negatively affects quality of life, and increases mortality.⁽⁴⁾ Although there is evidence that depression is a problem especially in institutionalized elderly (orphanages), little attention has been paid to this fact.⁽³⁾

Prevention of depression in the elderly can be done involving pharmacological and non-pharmacological interventions. There are several pharmacological treatment options for depression in the elderly, starting with medication, psychotherapy, counseling or electroconvulsive therapy and brain stimulation procedures. One of the non-pharmacological interventions is music therapy.

Music was created to influence the psychological condition of humans, to provide a sense of security, comfort and fun. The types of meaningful music used include classical music, natural and murottal music, Mozart's classical music because it has a tone, rhythm, speed, soft meter and the right disposition to stimulate alpha waves, calmness, and relaxation. In addition there is natural music to create inspiration, relaxation and optimism and murottal. namely reading the Koran which focuses on two things, namely the truth of reading and singing the Koran quietly so that it causes relaxation and calm. So that music therapy can be done to help prevent and reduce depression in the elderly. Preliminary survey based on the history of midwives in the Puntukdoro Village area, there were 2 elderly Posyandu, the majority of whom had a history of hypertension but no elderly suffering from stroke were found, so researchers were interested in examining the level of depression.

The purpose of this study is to explain the effect of a combination of natural and mural music on preventing depression in the elderly. The specific purpose of this study is to analyze the effectiveness of the combination of natural and mural music on the level of depression in the elderly before and after treatment, analyze the level of depression without treatment (control), and analyze the difference between the level of depression of the intervention group and the control group.

METHODS

The study used a quasi-experimental design with a pretest-posttest design with the intervention and control groups, the intervention group was given a combination of natural and mural music therapy for 30 minutes and lasted for 3 consecutive days the instrument used the GDS, finding the mean before and after after intervention then compared with control with t test statistic. A summary of the method is presented in table 1.

Table 1. The summary of the method

Design	Pretest-posttest with control group
Intervention	Treatment: Combination of natural and mural music therapy Control: None
Frequency	30 minutes/day
Duration	3 days
Respondent	Elderly
Location	Magetan regency
Time	2023

RESULTS

Table 2 shows that there had been a decrease in the level of depression in the elderly from 4 to 7. The p value from the comparative analysis of depression levels between before and after treatment was 0.000. Thus, it could be concluded that after treatment there was a significant change in depression levels.

Table 4. Distribution of depression rate

Phase	Mean	Standard deviation	p-value
Before treatment	24	4.7	0.000
After treatment	14.6	5.8	

DISCUSSION

The results of data analysis show that there has been a decrease in depression levels after being given combination music therapy, namely natural and mural music. Music therapy has good potential as a complementary therapy, as a facilitator and even as an alternative non-pharmacological therapy. The addition of music therapy to the treatment of depressed patients can increase the analgesic effect, comfort effect, can reduce depression and can also increase a person's self-confidence, including the elderly in the case of this study.⁽⁶⁻¹⁵⁾ Music can act as a facilitator where music can touch a person's emotions, and reaching the deepest feelings of the patient, so that it can be a tool to express the patient's nonverbal expressions and the patient can be more open.⁽¹⁵⁾ Thus, music therapy also makes it possible to avoid polypharmacy which is usually found in the treatment of the elderly. The brain has four waves with their respective specifications. Alpha waves are for relaxation, beta waves are related to mental health, theta waves are related to stress and delta waves are related to sleepiness. In depressed patients, there is multifunction and malformation of the limbic and frontal subcortical brain which results in changes in biochemical function. In EEG studies of depressed patients, there was alpha asymmetry and left brain hypoactivation which caused psychopathology in the patient's emotions and triggered depression.¹³ Music will call up deep memories or recollections, resulting in changes in mood. So choosing the right music can have a therapeutic effect in reducing depression.⁽¹⁴⁾

The research still has many limitations, such as the absence of a control group, so it is not yet known with certainty the level of effectiveness when compared with other treatments. Thus, it is necessary to carry out further research aimed at comparing this combination music therapy with other therapies, both music therapy-based and other types of therapy aimed at the same goal, namely reducing levels of depression in the elderly.

CONCLUSION

Based on the results and discussion, natural and muortal music combinations was effective in reducing depression levels.

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