

ABSTRAK

PENGARUH KOMBINASI TEKNIK PERNAPASAN YOGA PRANAYAMA DAN TERAPI MUSIK TERHADAP KUALITAS TIDUR

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Latar Belakang: Tidur merupakan kebutuhan dasar manusia. Kualitas tidur buruk dapat mengakibatkan berbagai masalah khususnya pada kesehatan. Salah satu penatalaksanaan adalah terapi non-farmakologi dengan efek relaksasi seperti yoga pranayama dan terapi musik. Penelitian bertujuan untuk mengetahui pengaruh kombinasi yoga pranayama dan terapi musik terhadap kualitas tidur.

Metodologi: Desain penelitian *quasi eksperimental pretest-posttest with control group design*. Teknik pengambilan sampel *purposive sampling*, sejumlah 46 responden pada kelompok intervensi dan kontrol. Instrumen penelitian *Pittsburgh Sleep Quality Index* (PSQI). Intervensi diberikan 10 menit pada malam hari selama satu pekan. Analisa data menggunakan uji *Independent* dan *Paired T-test*.

Hasil Penelitian: Mayoritas responden kelompok intervensi dan kontrol berjenis kelamin perempuan, tidur dalam kondisi sunyi, dingin, mengkonsumsi kafein 0-1 gelas/hari, tidak menjalani seminar skripsi, dan dalam kondisi sehat. Responden kelompok intervensi mayoritas tidur dengan pencahayaan redup dan melakukan aktivitas fisik ringan sedangkan kelompok kontrol tidur dalam kondisi terang dan melakukan aktivitas fisik sedang. Setelah dilaksanakan terapi terdapat perbedaan nilai kualitas tidur kelompok intervensi dan kontrol ($p=0,001$). Terdapat perubahan nilai PSQI yang signifikan pada kelompok intervensi setelah dilaksanakan terapi ($p=0,000$), pada kelompok kontrol tidak terdapat perubahan signifikan ($p=0,068$).

Kesimpulan: Pemberian terapi yoga pranayama yang dikombinasikan dengan terapi musik meningkatkan kualitas tidur mahasiswa.

Kata Kunci: Kualitas tidur, terapi musik, yoga pranayama.

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ABSTRACT

THE EFFECT OF COMBINATION OF PRANAYAMA YOGA BREATHING TECHNIQUES AND MUSIC THERAPY ON SLEEP QUALITY

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Background: Sleep is a basic human need. Poor sleep quality can lead to various problems, especially in health. One of the treatments is non-pharmacological therapy with relaxation effects such as yoga pranayama and music therapy. This study aims to determine the effect of a combination of yoga pranayama and music therapy on sleep quality.

Methodology: Quasi experimental research design pretest-posttest with control group design. The sampling technique was purposive sampling, a total of 46 respondents in the intervention and control groups. Research instrument Pittsburgh Sleep Quality Index (PSQI). The intervention was given 10 minutes at night for one week. Data analysis using Independent and Paired T-test.

Results: The majority of respondents in the intervention and control groups were female, slept in quiet, cold conditions, consumed 0-1 cups of caffeine/day, did not undergo thesis seminars, and were in good health. The majority of respondents in the intervention group slept in dim lighting and did light physical activity, while the control group slept in bright conditions and did moderate physical activity. After the therapy was carried out, there was a difference in the value of sleep quality in the intervention and control groups ($p=0.001$). There was a significant change in the PSQI value in the intervention group after therapy ($p=0.000$), in the control group there was no significant change ($p=0.068$).

Conclusion: Giving pranayama yoga therapy combined with music therapy improves student sleep quality.

Keywords: Sleep quality, music therapy, yoga pranayama.

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