

**PERBEDAAN EFEKTIVITAS ANTARA KOMBINASI TERAPI  
*SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT) DAN MUSIK  
INSTRUMENTAL DENGAN MUSIK INSTRUMENTAL TERHADAP  
NYERI PADA PASIEN POSTOPERASI BEDAH MAYOR DI RSUD DR. R.  
GOETENG TAROENADIBRATA PURBALINGGA**

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**ABSTRAK**

**Latar Belakang:** Nyeri merupakan keluhan utama yang dirasakan pasien post operasi bedah mayor. Penelitian terbaru menunjukkan kombinasi terapi *spiritual emotional freedom technique* (SEFT) dan musik instrumental merupakan terapi nonfarmakologis yang dapat menurunkan nyeri postoperasi. Penelitian ini bertujuan untuk mengetahui perbedaan antara efektivitas kombinasi terapi SEFT dan musik instrumental dengan musik instrumental terhadap nyeri pada pasien postoperasi.

**Metodologi Penelitian:** Penelitian *quasi experiment* ini menggunakan rancangan *pretest-posttest with control group design* pada 30 responden. Responden penelitian dibagi menjadi kelompok eksperimen yang mendapat terapi kombinasi SEFT dan musik instrumental (n=15) dan kelompok kontrol diberikan musik instrumental (n=15). Pengambilan sampel menggunakan *accidental sampling*. Penilaian skala nyeri menggunakan *numeric rating scale* (NRS). Data dianalisis dengan menggunakan uji *Shapiro Wilk*, uji *Wilcoxon*, dan uji *Mann Whitney*.

**Hasil Penelitian:** Hasil penelitian menunjukkan terdapat perbedaan skala nyeri postoperasi bedah mayor yang bermakna sebelum dan setelah diberikan terapi kombinasi SEFT dan musik instrumental pada kelompok intervensi ( $p: <0,001$ ), pada kelompok kontrol ( $p: 0,001$ ). Kedua kelompok terdapat perbedaan penurunan skala nyeri yang signifikan ( $p: 0,026$ ).

**Kesimpulan:** Terdapat perbedaan efektivitas antara kombinasi terapi SEFT dan musik instrumental dengan musik instrumental dalam mengurangi nyeri pada pasien postoperasi bedah mayor di RSUD dr. R. Goeteng Taroenadibrata Purbalingga.

**Kata Kunci:** musik instrumental, nyeri, postoperasi bedah mayor, *spiritual emotional freedom technique* (SEFT)

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**THE DIFFERENCE IN EFFECTIVENESS BETWEEN COMBINATION  
OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) AND  
INSTRUMENTAL MUSIC WITH INSTRUMENTAL MUSIC ON PAIN IN  
MAJOR SURGERY POSTOPERATION PATIENTS AT DR. R.  
GOETENG TAROENADIBRATA PURBALINGGA GENERAL REGION  
HOSPITAL**

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**ABSTRACT**

**Background:** The major complaint on patient post surgery is pain. Recent studies show the combination of spiritual emotional freedom technique (SEFT) and instrumental music is a non-pharmacological therapy that can be used to reduce postoperative pain. This study aims to determine the difference in effectiveness between the combination of SEFT therapy and instrumental music with instrumental music on pain in postoperative patients.

**Research Method:** this research used quasi-experimental, pretest-posttest with control group design with 30 respondents. Respondent divided into experimental groups who received combination SEFT therapy with instrumental music (n = 15) and the control group was given instrumental music (n = 15). Sample taking used accidental sampling. Pain scale assessment uses a numeric rating scale (NRS). Data were analyzed using the Shapiro Wilk test, the Wilcoxon test, and the Mann Whitney test.

**Result:** The results showed that there are significant differences in the scale of postoperative pain before and after treatment with combination SEFT and instrumental music in the intervention group (p <0.001), and in the control group (p: 0.001). Both groups had a significant difference in the decrease in pain scale (p: 0.026).

**Conclusion:** there was difference in effectiveness between spiritual emotional freedom technique (SEFT) and instrumental music with the instrumental music in the capability of reducing pain in patients with post major surgery in Dr. R. Goeteng Taroenadibrata General Hospital Purbalingga.

**Keyword:** music instrumental, pain, post major surgery, spiritual emotional freedom technique

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