

## **CHAPTER V CONCLUSION AND SUGGESTION**

### **A. Conclusion**

Based on the results of research on the effect of listening to Self-Selected Music (SSM) on blood pressure in the elderly with hypertension, it can be concluded that:

1. In the intervention and control groups, most respondents were 60-69. The intervention group had primarily male respondents, and the control group had primarily female respondents. However, there is literature that supports the idea that gender does not affect the effect of listening to music on blood pressure, so the researcher believes the results of this research remain valid.
2. In the measurement of systolic and diastolic blood pressure within group, the intervention group showed a decrease in mean systolic blood pressure from the 10th minute to the 20<sup>th</sup> minute, with the most significant mean decrease at the 15<sup>th</sup> minute. The control group also experienced a decrease in mean systolic blood pressure, but not significantly.
3. Listening to Self-Selected Music (SSM) for 30 minutes affects significant differences in mean systolic and diastolic blood pressure between the intervention and control groups.

### **B. Suggestion**

Based on the results of research on the effect of listening to Self-Selected Music (SSM) on blood pressure in the elderly with hypertension, there are several suggestions:

1. Elderly

Elderly people are advised to regularly listen to music that suits their personal preferences as part of efforts to lower blood pressure. The optimal duration of listening to music is about 15 minutes, with the type of music having a slow tempo or soothing rhythm. This activity can be done independently at home or in groups to create a relaxed and pleasant atmosphere.

## 2. Educational institutions

This research can be the basis for developing knowledge and problem-solving methods for providing music as a non-pharmacological intervention for hypertension while creating positive changes in teaching in the health sector.

## 3. Health Services

This research highlights listening to Self-Selected Music (SSM) as an intervention that can support personalized care and improve the health outcomes of older adults with hypertension. Healthcare professionals can integrate music interventions into a more holistic hypertension management program.

## 4. Future Researchers

Future research can increase the population and sample size so that the level of generalization of this research is higher. Then, a selection of music types based on individual cultures will be provided.

