

## The Effectiveness of Classical Music Therapy and Progressive Muscle Relaxation Therapy on Anxiety Levels

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### ABSTRACT

**Background :** Anxiety occurs when a person has difficulty in dealing with situations, problems and goals. One example of anxiety's situation is the anxiety experienced by students who will face the exam, the exam itself is an evaluation to assess the learning that has given the teachers to its students, the evaluation been assessed through exams. Efforts to reduced the anxiety one of them with progressive muscle relaxation therapy in which the body's response to anxiety will affect the mind and muscle tension. Then there is also an effort to decrease anxiety with music therapy to help express feelings and a positive influence on the condition and emotions

**Methods :** This research was conduct in March 2019, methods used quasy experimental design with time series approach. Instrument used to measure the level of anxiety with BAI (Beck Anxiety Inventory). Sampling technique using accidental sampling, with a sample of 40 respondents.

**Results :** Statistical test results using independent t-test with p value 0,019 the first day, second day and third day 0.002 0.022 ( $p < 0.05$ ), which means there is a difference, then the average value obtained showed the lowest value between music therapy and therapy progressive muscle relaxation, which means no difference in effectiveness.

**Conclusion :** There are differences in effectiveness where progressive muscle relaxation therapy is more effective than the classic music therapy in reducing anxiety levels in high school.

Keyword : *anxiety; classical music therapy; progressive muscle relaxation therapy*

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**Background.** Anxiety occurs when a person has difficulty in dealing with situations, problems and goals. One example of anxiety's situation is the anxiety experienced by students who will face the exam, the exam itself is an evaluation to assess the learning that has given the teachers to its students, the evaluation been assessed through examinations (Solehah, 2012). This can disturb the concentration in learning, makes him physically ill or cause problems in social interaction, even if the constant anxiety and stress increase will result in depression and may be getting worse by the pressure of parents who panic (Hawari, 2011). Pupils who normally would experience anxiety when going to an exam,

In a study conducted by (Krisnawati, 2011) in SMA 1 Babadan Ponorogo respondents showed anxiety level class XI students majoring in science (29.06) and the class XI students majoring in social studies (26.94) been concluded that science majors more anxious compared with class XI students majoring in social studies. Research by (Purnamasari, 2018), in SMA 3 Padang

showed respondents in the category of severe anxiety level (68% -83%), moderate (52% - 67%) and lighter (36% -51%) in the school exams were reviewed of gender, place of origin, and majors. Later research conducted by (Anggarawati and Hakim, 2018) in SMAN Simo Boyolali which showed respondents with severe anxiety level category (18%), moderate (55%), and mild (22%) in the face of Middle Semester Exam.

Factors that may affect the anxiety on students, namely internal and external factors. Internal factors are experience, response to stimulus, age, gender, and personality. Then the external factors that support families and communities (Stuart, 2013). Anxiety can have a positive value if the intensity is not strong. Low anxiety not lead to impaired cognitive function and mental. If anxiety were people can show thought and a positive perception of the process, and motivation to learn. If severe anxiety, it can make people emotional or physical stress, concentration difficulties and mental disorders, this explains further that the

different levels of anxiety predict differences in results. Efforts to reduced the anxiety of the first with the provision of the Progressive Muscle Relaxation Therapy in which the body responds to the anxiety will affect the mind and muscle tension (Prawitasari, 2012). Then a second effort to decrease anxiety with music therapy to help express feelings and a positive influence on the condition and emotions (Djohan, 2009).

**Methods.** his research was conduct in March 2019, methods used quasy experimental design with time series approach. instruments used to measure the level of anxiety with BAI (beck anxiety inventory). sampling technique using accidental sampling, the number of respondents was 40 XI student of SMAN 1 Bandongan, with the distribution 20 samples grouped classical music therapy and 20 samples grouped progressive muscle relaxation.

**Result and Discussion.** Characteristics of respondents by level of anxiety before therapy and after therapy is given, which was described in Table 1 - 4 as follows

Table 1 Frequency Rate of Anxiety Treatment Given Before Classical Music Therapy

Pre Classical Music Therapy	Anxiety level	Freque ncy	Percenta ge
day 1	Light	0	-
	moderate	20	100%
day 2	Light	8	40%
	moderate	12	60%
day 3	Light	14	70%
	moderate	6	30%

Table 2 Frequency Rate of Anxiety Treatment Given Before Progressive Muscle Relaxation Therapy

Pre Progressive Muscle Relaxation Therapy	Anxiety level	Frequency	Percentage
day 1	Light	0	-
	moderate	20	100%
day 2	Light	11	55%
	moderate	9	45%
day 3	Light	19	95%
	moderate	1	5%

Table 3 Frequency of Anxiety Levels After

		Frequency	mean	P
day 1	Classical music therapy	20	15.05	.019
	Progressive muscle relaxation therapy	20	12.65	.019
day 2	Classical music therapy	20	12.00	.002
	Progressive muscle relaxation therapy	20	9.15	.002
day 3	Classical Music Therapy	20	4.70	,022
	Progressive muscle relaxation therapy	20	2,95	,022

Table 4 Frequency of Anxiety Levels After Treatment Given Progressive Muscle Relaxation Therapy

Progressive Muscle Relaxation Therapy Post	Anxiety level	Frequency	Percentage
day 1	Light	20	100%
	moderate	0	-
day 2	Light	20	100%
	moderate	0	-
day 3	Light	20	100%
	moderate	0	-

The bivariate analysis was conducted to to determine differences in the effectiveness of therapy by administration of classical music and progressive muscle relaxation. Normally distributed data is p value> 0.05 then the data was tested using statistical tests Independent T-Test

Results of research conducted to measure anxiety levels grader XI MIPA in SMA N 1 Bandongan before therapy is given to classical music in the treatment group of classical music found anxiety levels on the first day of all respondents have anxiety being, the anxiety being experienced by all respondents on the

first day due to respondents not yet been exposed by classical music therapy. The second day and third of respondents who experience anxiety was to be 50% of 12 to 6 respondents, decreased anxiety was due to have been given classical music therapy. In this study, respondents had experienced anxiety because it will face the midterms.

Research conducted by Larasati and (Prihananda, 2014) that before the classical music therapy given the majority of respondents were in anxiety levels were as much as two respondents (75%) of the 16 respondents. Research conducted by (Larasati, 2017) showed before being given a classical music relaxation therapy experienced moderate anxiety were 75% of the 8 respondents. High and low levels of anxiety experienced by respondents before being given treatment because the individual has a different level. According (Ghufron and S, 2014) Anxiety divided into three aspects: the physical aspects include dizziness, headaches, sweaty hands, feeling nausea, dry mouth and nervous. Emotional aspects include the emergence of a sense of panic and fear.

The level of anxiety before the treated therapeutic progressive muscle relaxation show the results of the anxiety level for 3 meetings in group therapy progressive muscle relaxation on the first day of all respondents have anxiety being, the anxiety being experienced by all respondents on the first day due to the respondent has not been exposed to therapeutic progressive muscle relaxation. On the second day and third of respondents who experience anxiety was decreased to 90% from 9 to 1 respondents who experienced moderate anxiety. In the second day and third of respondents decreased anxiety was due to have been given progressive muscle relaxation therapy.

Research conducted by (Lestari and Yuswiyanti, 2015) that before being given a progressive muscle relaxation therapy majority of respondents experiencing anxiety was that 11 respondents (44%) of the 25 respondents. The anxiety experienced by the individual is an emotional experience and a subjective assessment without specific object so as to make individuals feel anxious about something that was considered bad, generally accompanied by symptoms of autonomic progress (Lestari and Yuswiyanti, 2015). According (Hawari, 2011) there are six signs

and symptoms of anxiety that, fearing a bad feeling, anxiety, fear, sleep disorders, impaired concentration, and somatic complaints of examples such as shortness of breath, indigestion, and headaches.

The results showed that anxiety levels after therapy was given to classical music to classical music therapy group that had been done during the three meetings. On the first day almost all respondents experiencing mild anxiety, then on the second day and the third day there was an increase of 100% experiencing mild anxiety. This is consistent with research conducted by (Prihananda, 2014) that after being given a classical music therapy respondents experienced mild anxiety rise as much as three respondents (20%) of the 16 respondents. Anxiety itself is a normal reaction to stress and represents a common human emotion. In this study, respondents had experienced anxiety because it will face the midterms is a normal reaction experienced by students.

Decreased levels of anxiety in the respondent due to listening to classical music can trigger a stressor that results in the reduction of anxiety, anger and stimulation of the nervous system. According to (Lestari and Yuswiyanti, 2015) there are 4 treatment against anxiety by increasing the body's immunity, drug therapy, psychotherapy and psychoreligious therapeutic. Relaxation techniques were divided into 3 types, muscle relaxation, sensory awareness and relaxation hypnosis (Ivancevich, Konopaske and Michael, 2007).

This study shows that the level of anxiety after therapy is given progressive muscle relaxation to group therapy progressive muscle relaxation all respondents experiencing anxiety level of light that has been subject to treatment during the three sessions, the first day, the second and third light anxiety experienced by all respondents (100%), This is consistent with research conducted by (Lestari and Yuswiyanti, 2015) that after being given a classical music therapy respondents mild anxiety increased to as much as 12 respondents (48%) of 25. According to (Setyoadi and Kushariyadi, 2011) there are 4 indication in progressive muscle relaxation therapy ie individuals who are experiencing stress, individuals who experience anxiety, individuals who experience insomnia, depressed individuals. A decrease in anxiety levels in a group of progressive muscle

relaxation therapy because of the relaxing effect has a calming sensation of the body, feels light and warmth that spread throughout the body (Lindquist, Snyder and Tracy, 2013). Physiologically relaxation can lower blood pressure, respiration and heart rate. Make a person relaxed and can control the condition that soothe (Ivancevich, Konopaske and Michael, 2007)

The results of the study, showed differences in the effectiveness of therapy classical music with progressive muscle relaxation therapy. This was evidenced by the results of independent t-test to determine differences in the average level of anxiety in the treatment group of classical music and progressive muscle relaxation therapy with an average value obtained on the first day of classical music therapy group is 15.55 while in muscle relaxation group progressive 12.05 with a value of  $p = 0.019$ . In the second day in the treatment group is 12.00 and classical music in the progressive muscle relaxation group 9.15 with  $p = 0.002$ . The third day of the results obtained in the treatment group of classical music that is 4.70 while the progressive muscle relaxation group of 2.95 with  $p = 0.022$ . P value ( $p < 0.05$ ), which means there is a difference. Similarly obtained results show the average value of the lowest value, which means there is no difference between the effectiveness of classical music therapy and progressive muscle relaxation therapy. Based on these results the hypothesis in this study received that indicates there is difference of Classical Music Therapy Giving Effective And Progressive Muscle Relaxation Therapy in reducing the level of anxiety in female students of class XI SMA N 1 Bandungan. Results of other studies on the effect of music therapy classic on the level of anxiety that made by (Saifudin and Wijaya, 2015), about the effect of music therapy classic on the level of anxiety in adolescents that indicates that there are significant therapy classical music to the level of anxiety in adolescents with  $p$  value = 0,000 , More than most teens (79, 4%) has given classical music therapy treatment decreased anxiety. That is because the classical music therapy will help the limbic system is activated and the individual will be relax, when circumstances relax then anxiety decreased. The harmony's existence within oneself then it will be easier to cope with anxiety, pain and negative emotions, by

listening to music hormone present in the body will produce endorphins (Natalina, 2013).

Results of research on the effect of progressive muscle relaxation on anxiety level according to the results of previous studies, conducted by (Purnamasari, 2018), that there is an influence on respondents' anxiety levels after given progressive muscle relaxation to anxiety with  $p$  value = 0.005. The anxiety level of the respondent before therapy is given progressive muscle relaxation most respondents experiencing severe anxiety that is 12 respondents (80%), anxiety was 3 (20%) and after given therapy treatment progressive muscle relaxation severe anxiety experienced by respondents decreased to 5 people (33 , 35), anxiety were increased to 10 (66.7%). This is due to progressive muscle relaxation therapy that has a calming effect so that the body becomes lighter, changes that occur due to the relaxation affects the autonomic nervous work. Progressive muscle relaxation technique that involves stretching and relaxation of large muscle groups in the human body.

Research on the effects of progressive muscle relaxation on anxiety level conducted by (Wulandari, Wihastuti and Supriati, 2015) there was therapy progressive muscle relaxation and deep breathing therapy can be used to reduce anxiety and improve sleep quality in patients neurosa. Research conducted by (Nova, 2018) on the effect of therapy progressive muscle relaxation that the research showed that  $t$  value was -4.275 and  $p$ -value=0.000 or  $p$ -value  $< 0.05$  (0,000) which indicated that there was the influence of progressive muscle relaxation therapy on the decrease in the level of anxiety of breast cancer patients. According to (Stuart, 2013) there are factors that could affect the anxiety that internal factors include the experience, response to stimulus, age and gender. External factors that include family support and environmental conditions. Environmental conditions can be a positive factor in encouraging individuals become more powerful and can be a negative factor when individuals are unable to adjust to the environment.

**Conclusion and Suggestions.** Based on the results of this study on the description of the discussion in the previous chapter can be concluded that there was a difference in effectiveness where progressive muscle relaxation therapy was more effective than the



classic music therapy in reducing anxiety levels in a class XI student at SMA N 1 Bandongan. For educational institution the results of this study were expected to develop the institutions of classical music therapy and progressive muscle relaxation therapy to help reduced anxiety. For Readers the results of this study were expected readers can choose an effective method of classical music therapy and progressive muscle relaxation therapy to help reduce anxiety. For Further research this study showed that progressive muscle relaxation therapy was more effective than therapy decreases anxiety classical music. The success of this research can not be separated from the factors that influence. Thus the next researcher to conduct further research on the factors that can affect the anxiety of students who experience anxiety when going to school exams, then better to do further research with qualitative research methods.

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