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SENSORY STIMULATION THERAPY BY LISTENING TO MUSIC IN THE ELDERLY

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ABSTRACT

Group Activity Therapy given to the elderly using the sound Sensory Stimulation method by listening to music for the elderly at UPT PMKS Mojopahit Mojokerto is a form of community service in the form of Activity Therapy activities that are expected to reduce social interaction problems that occur in the elderly. This activity was carried out on April 16, 2022 at UPT PMKS Mojopahit Mojokerto. The target of this activity is all the elderly who are in UPT PMKS Mojopahit Mojokerto. Before the activity was carried out, the implementers of this community service activity made preparations approximately 3 weeks before the implementation of the activity in order to prepare the implementation method, determine the type of therapy to be carried out up to the application of licensing for the implementation of the activity to the parties concerned. As a form of evaluation, the activity was attended by 25 elderly people, the participants participated in the activity very enthusiastically, the Group Activity Therapy activity went well, on time, and smoothly.

Keywords: *Sensory Stimulation Therapy; Listening to Music; Elderly; Group Activity Therapy.*

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INTRODUCTION

Elderly is someone who has reached the age of 60 years. In line with this, a person will experience aging and undergo physical, psychosocial or social changes. One of the most visible changes is physical changes which are marked by changes in biological functions that cannot be prevented (Kemenkes, 2017). Decreased organ function causes physical decline. The physical decline experienced by the elderly can also be caused by stress that occurs in an elderly person. Stress experienced by the elderly can be caused by several factors, including internal factors and external factors. One of the internal stressor factors in the elderly is self-esteem (Smeltzer & Bare, 2015).

The aging process that occurs in the elderly also causes the ability of the elderly to interact to decrease. The decline in social interaction skills in older people is more influenced by the participation of social and interpersonal relationships. Decreased social interaction skills can lead to feelings of loneliness in the elderly. This situation often occurs in the elderly who live in nursing homes or in PSLU (Elderly Social Services), because the elderly has a more limited support system and fewer opportunities to interact with the outside environment than the elderly who live with their families in the community.

The problems that occur at UPT PMKS Mojopahit Mojokerto are various, both physical and psychological problems. Physical health problems that occur include high blood pressure, rheumatoid arthritis, itching, respiratory infections, diarrhea, diabetes, decreased visual acuity, fractures, stroke and others. Psychological problems that occur include dementia, poor emotional states such as irritability,

jealousy, irritability, and fighting with other elderly people, and loneliness.

An elderly friendly intervention is needed to reduce the problems that occur in the elderly. An activity that is positive, fun and provides an opportunity for the elderly to interact with their fellow elderly. Group Activity Therapy Sensory Stimulation Sound Hearing Music can be applied to reduce problems that occur in the elderly.

OBJECTIVES

General Purpose

After doing therapy for a period of time, it is hoped that the elderly can change their behavior from maladaptive to adaptive.

Special Purpose

After doing activity therapy, it is expected that the elderly who are the target of the activity are able to:

1. Recognize the music heard;
2. Enjoy the music to the end; and
3. Talking about feelings after listening to music.

PLAN OF ACTION

Strategy Plan

The planning activities carried out by the implementers of this community service activity are as follows.

1. Coordinate with the UPT PMKS Mojopahit Mojokerto to apply for a permit for activity therapy activities to be carried out, in the form of group activity therapy using the sound sensory stimulation method by listening to music.
2. Establish a contract to determine the time for the implementation of these therapeutic activities.

3. Preparation of media used in the implementation of activity therapy activities.
4. Implementation of activity therapy activities in accordance with the agreement with the elderly.

Implementation

In the implementation, the community service implementers coordinated with the leadership of the UPT PMKS Mojopahit Mojokerto for the licensing process for the implementation of group activity therapy activities using the sound sensory stimulation method by listening to music. Community service activities in the form of activity therapy have received permission from the Health Polytechnic of Kerta Cendekia with the number 235/PP/KC/III/2022.

In addition to coordinating with the UPT PMKS Mojopahit Mojokerto, the implementers of community service activities also prepared media used in activity therapy. After obtaining approval from the UPT PMKS Mojopahit Mojokerto, the executors of community service activities made a contract for the implementation of activity therapy.

At the time that has been mutually agreed upon, the implementers of community service activities will set the place and equipment to support the implementation of activity therapy. After the preparation has been completed, the implementation of group activity therapy using the sound sensory stimulation method by listening to music is carried out.

Setting

This community service activity was carried out on April 16, 2022 at UPT PMKS Mojopahit Mojokerto.

Target

The target population in this community service activity is all the elderly who inhabit UPT PMKS Mojopahit Mojokerto who can still carry out the Activity Daily Living with minimal assistance.

RESULTS AND DISCUSSION

Activity therapy is carried out in accordance with the plans that have been prepared by the community service implementers. The availability of media and preparation of the place during the implementation of activity therapy is good enough to support its implementation. The organization of activity therapy was carried out for 3 weeks before the implementation of group activity therapy using the sound sensory stimulation method by listening to music. The UPT PMKS Mojopahit Mojokerto provided good support for the implementation of this activity therapy. The UPT PKMS Mojopahit Mojokerto also participated in preparing the place for the therapy for this activity.

The number of participants who took part in group activity therapy using the sound sensory stimulation method by listening to music was 25 elderly people. During the implementation of activity therapy, the participants followed the activities well and followed the instructions given by the leader. No participant left the place before the activity was over.



Figure 1. The Leader Begins to Lead the Way of Group Activity Therapy Using the Sound Stimulation Method by Listening to Music.

As a final evaluation, the implementers of the community service activities asked the participants to express their feelings after listening to the music played by the implementers of the community service activities. Based on the results of the final evaluation, it was found that the activity therapy participants were able to tell the contents of the song in their own language and almost all of the participants (90%) said they were happy after the group activity therapy was carried out using the sound sensory stimulation method by listening to music.



Figure 2. Evaluation of The Implementation of Activity Therapy by Asking the Elderly to Express Their Feelings After the Implementation of Activity Therapy.

CONCLUSION

Group activity therapy using the sound sensory stimulation method by listening to music will reduce the stress level of the elderly. With reduced stress levels, the elderly can perform better social interactions. In addition, the implementation of this activity therapy provides a calm feeling for the elderly.

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