

Pengaruh kombinasi edukasi tidur sehat dan terapi musik terhadap kelelahan, kualitas tidur dan status fungsional pada anak kanker di rumah singgah = The effectiveness of sleep hygiene education and music therapy combination on fatigue, sleep quality, and functional status on children with cancer in shelter homes

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Abstrak

Kemoterapi pada anak kanker dapat menimbulkan masalah kesehatan seperti kelelahan, gangguan tidur serta penurunan kemampuan beraktivitas. Penelitian ini bertujuan untuk mengidentifikasi pengaruh kombinasi intervensi edukasi tidur sehat dan terapi musik terhadap perubahan kelelahan, kualitas tidur dan status fungsional anak dengan kanker di rumah singgah. Desain penelitian adalah quasi experiment pre-post test with control group. Sampel terdiri dari 58 anak usia sekolah dan remaja yang terbagi menjadi kelompok kontrol n=29 dan kelompok intervensi n=29. Kombinasi edukasi tidur sehat dan terapi musik diberikan kepada kelompok intervensi, dan kelompok kontrol mendapat perawatan rutin. Hasil analisis dengan independen t test menunjukkan terdapat perbedaan skor kelelahan, kualitas tidur dan status fungsional setelah diberikan intervensi antara kelompok kontrol dan kelompok perlakuan dengan p.

.....Chemotherapy in children could cause health problem such as fatigue, sleeping disorder and the decreasing of activity daily living. The objective of this research was to identify the effect of combining therapy of healthy sleep education and music therapy to the alteration of fatigue, sleep quality and functional status of children with cancer in shelter homes. This research design was quasy experiment pre post test with control group. Sample of this research was as much as 58 school age children and teenagers divided into control group n 29 and intervention group n 29. The combining therapy of healthly sleep education and music therapy was given to the intervention group and control group was given routine care. The analysis result using independent T test showed that there were the diverification on fatigue score, sleep quality and functional status between intervention group and control group with p.