

# Efek Terapi Musik Virtual Terhadap Burnout Syndrome pada Tenaga Kesehatan di Rumah Sakit Tersier = Effects of Virtual Music Therapy on Burnout Syndrome in Health workers in Tertiary Hospitals

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## Abstrak

Latar belakang: Tenaga kesehatan rentan mengalami stres psikologis dan fisiologis, termasuk burnout syndrome (BOS). BOS dapat diukur dengan menggunakan assesmen Maslach Burnout Inventory (MBI), yang menilai 3 dimensi dari burnout dan mempengaruhi fungsi dari sistem saraf otonom, salah satunya Heart Rate Variability (HRV). Terapi musik adalah salah satu terapi BOS di fase recovery. Pemilihan musik tradisional dipilih dengan mempertimbangkan preferensi dan budaya individu. Metode: Penelitian ini merupakan studi kualitatif dan randomized control trial pada tenaga kesehatan di RSUP Dr. Kariadi (RSDK) dan RSUPN dr. Ciptomangunkusumo (RSCM). Dilakukan skrining burnout syndrome pada tenaga kesehatan dan dilakukan pemilihan subyek yang sesuai dengan kriteria inklusi Pemilihan subyek yang digunakan sebagai sampel dilakukan dengan randomisasi sederhana. Subjek yang terpilih dibedakan menjadi dua kelompok yaitu kelompok intervensi dan kelompok kontrol masing-masing 23 orang. Intervensi menggunakan terapi musik virtual yang diberikan sebanyak 3x seminggu selama 1 bulan. Instrumen yang digunakan adalah kuesioner MBI-HSS dan alat pengukur Heart Rate Variability untuk pretes dan posttest. Analisis normalitas data dilakukan dengan Saphiro-Wilk. Jika distribusi data normal dilakukan analisis data uji T independent. Jika distribusi tidak normal, menggunakan uji Mann-Whitney. Hasil: Dari hasil studi pustaka, pelatihan terapi musik, FGD, dan aransemen diperoleh 10 jenis musik yang dapat diakses di <https://bit.ly/musikburnout>. Hasil survei prevalensi burnout menunjukkan prevalensi burnout sedang sebesar 46%. Data diolah secara statistik dan didapatkan data pretes yang homogen pada kedua kelompok baik untuk nilai MBI-HSS maupun nilai HRV. Didapatkan hasil nilai post test yang heterogen pada kedua kelompok baik pada nilai MBI-HSS dan HRV dan didapatkan perubahan nilai yang bermakna yang bermakna secara statistik pada data pre-post test MBI-HSS dan HRV di kedua kelompok, dimana nilai MBI-HSS mengalami penurunan dan nilai HRV mengalami peningkatan setelah pemberian terapi musik. Kesimpulan: Terapi musik dapat menurunkan nilai MBI-HSS dan meningkatkan nilai HRV pada tenaga kesehatan dengan Burnout Syndrome.

.....Background: Health workers are prone to experiencing psychological and physiological stress, including burnout syndrome (BOS). BOS can be measured using the Maslach Burnout Inventory (MBI) assessment, which assesses 3 dimensions of burnout and affects the function of the autonomic nervous system, one of which is heart rate variability (HRV). Music therapy is one of the BOS therapies in the recovery phase. The selection of traditional music is chosen taking into account individual preferences and culture. Methods: This research is a qualitative study and randomized control trial on health workers at Dr. Kariadi (RSDK) and Dr. Ciptomangunkusumo (RSCM). Burnout syndrome screening was performed on health workers, and subjects were selected according to the inclusion criteria. Subjects used as samples were selected by simple randomization. The selected subjects were divided into two groups, namely the intervention group and the control group, each consisting of 23 people. The intervention used virtual music therapy, which was given three times a week for one month. The instruments used were the MBI-HSS questionnaire and heart rate

variability measuring devices for the pretest and posttest. Data normality analysis was performed with Shapiro-Wilk. If the data distribution is normal, an independent T-test data analysis is performed. If the distribution is not normal, use the Mann-Whitney test. Results: From the results of the literature study, music therapy training, FGDs, and arrangements, 10 types of music were obtained, which can be accessed at <https://bit.ly/musikburnout>. The results of the survey on the prevalence of burnout show that the prevalence of moderate burnout is 46%. The data were processed statistically, and we obtained pretest data that were homogeneous in both groups for both the MBI-HSS and HRV values. Heterogeneous post-test results were obtained in both groups on the MBI-HSS and HRV scores, and there were statistically significant changes in the values in the MBI-HSS and HRV pre-post test data in both groups, where the MBI-HSS values experienced a decrease and HRV values increased after giving music therapy. Conclusion: Music therapy can reduce MBI-HSS scores and increase HRV values in health workers with burnout syndrome.