

THE EFFECT OF MOZART CLASSIC MUSIC THERAPY ON POSTPARTUM BLUES SYMPTOMS

Dianis Oktaria¹, Fijri Rachmawati^{2*}, Achmad Farich³Neneng Siti Lathifah⁴

^{1,2,3,4}Health Sciences Faculty, Midwifery Study Program, Malahayati University

*Email correspondence fijri@malahayati.ac.id

ABSTRAK PENGARUH TERAPI MUSIK KLASIK MOZART TERHADAP GEJALA POSTPARTUM BLUES

Latar Belakang Postpartum Blues adalah periode depresi sementara yang terjadi selama beberapa hari pertama masa nifas. Kondisi ini dapat menyebabkan depresi pada ibu dan mengganggu tumbuh kembang bayi yang telah dilahirkan. Angka kejadian postpartum blues di Puskesmas Totomulyo Tulang Bawang Barat sebanyak 45 kasus. Terapi musik klasik Mozart dipercaya dapat membantu mengurangi gejala postpartum blues.

Tujuan untuk mengetahui Pengaruh Terapi Musik Klasik Mozart terhadap Postpartum Blues di Wilayah Kerja Puskesmas Toto Mulyo Kabupaten Tulang Bawang Barat

Metode kuantitatif, menggunakan pendekatan pre-eksperimental dengan desain one group pretest-posttest, dilaksanakan pada bulan Mei sampai Juli di Wilayah Kerja Puskesmas Toto Mulyo. Penelitian ini menggunakan data primer dan sekunder dengan jumlah sampel sebanyak 45 ibu yang mengalami gangguan persalinan postpartum blues. Instrumen penelitian menggunakan EPDS (The Edinburgh Postnatal Depression Scale) dan lembar observasi. Analisis data menggunakan analisis univariat dan bivariat dengan menggunakan uji Paired Simple T-Test.

Hasil Nilai rata-rata yang diperoleh postpartum blues sebelum intervensi adalah 11,15 dengan standar deviasi 1,223 sedangkan nilai rata-rata postpartum blues setelah intervensi sebesar 6,31 dengan standar deviasi 1,164. Analisis bivariat didapatkan rata-rata perbedaan nilai postpartum blues sebelum dan sesudah intervensi sebesar 4,84 dengan Paired Simple T-Test mendapatkan $p = 0,000$

Kesimpulan terdapat pengaruh terapi musik klasik Mozart terhadap pencegahan postpartum blues. Terapi musik klasik Mozart telah terbukti mengurangi gejala postpartum blues.

Saran Terapi musik klasik mozart dapat diberikan pada ibu nifas yang mengalami postpartum blues.

Kata Kunci: musik klasik mozart, Postpartum blues, Motherpostpartum

ABSTRACT

Background Postpartum Blues are temporary periods of depression that occur during the first few days of the puerperium. This condition can cause depression in the mother and interfere with the growth and development of the baby who has been born. Incidence rate *postpartum* blues at the Totomulyo Tulang Bawang Barat Health Center as many as 45 cases. Mozart classical music therapy is believed to help reduce symptoms *postpartum* blues.

Purpose Knowing the effect of Mozart's classical music therapy on *postpartum* blues in the Working Area of the Toto Mulyo Public Health Center, West Tulang Bawang Regency

Methods quantitative, using a pre-experimental approach with a one group pretest-posttest design, carried out from May to July in the Working Area of the Toto Mulyo Health Center. This study used primary and secondary data with a total sample of 45 mothers giving birth disturbance *postpartum* blues. The research instrument used EPDS (*The Edinburgh Postnatal Depression Scale*) and observation sheets. Data analysis by means of univariate and bivariate analysis using the Paired Simple T-Test.

Result The average value is obtained *postpartum* blues before the intervention was 11.15 with a standard deviation of 1.223 while the average value *postpartum* blues after intervention of 6.31 with a standard deviation of 1.164. Bivariate analysis found that the average difference value *postpartum* blues before and after the intervention was 4.84 with the Paired Simple T-Test getting $p = 0.000$.

Conclusion which means there is an effect of Mozart's classical music therapy on prevention *postpartum* blues. Mozart classical music therapy has been shown to reduce symptoms *postpartum* blues.

Suggestion Mozart classical music therapy can be given to the mother *postpartum* who experience *postpartum* blues.

Keywords: Mozarts classical, Music, *Postpartum* blues, Mother *postpartum*

INTRODUCTION

Postpartum is a crisis period for mothers, partners and families, this period requires a good adjustment process due to changes in the physical, psychological and family structure (Silbert-Flagg & Pillitteri, 2018). Exact cause of *postpartum* blues is still unknown, but suspected there are two factors namely; (1) Internal factors, more towards psychological and personality factors, for example: feeling afraid, anxious, full of tension and worry, hormonal fluctuations, there is a history of previous depression, a history of pregnancy and childbirth with complications, difficulty breastfeeding, cesarean section delivery, and lack of mother's knowledge will baby care; (2) External factors, the occurrence of *postpartum* blues is more towards social support, condition and quality of the baby, husband's mental status, (Mansur & Budiarti, 2014), and coping stress ((Ningrum 2017).

From several research results, it was found that cases of mothers who got Baby blues and Postnatal Depression were quite high, namely: One in two mothers who gave birth (50%) had experienced Baby blues, and around 10% would continue to become Postnatal Depression. About 70% of all mothers who give birth have experienced Baby blues, and about 10% -20% of mothers who have just given birth have *Postpartum* Depression. About 10% -22% of mothers who give birth for the first time suffer *Postpartum* Psychosis, one in two mothers who give birth within the first few minutes or hours after giving birth, feel happy, then suddenly for no apparent reason. (Susanti and Sulistiyanti, 2017).

How to prevent depression *postpartum* or psychosis *postpartum* If this doesn't happen, it needs good handling when the *postpartum* mother experiences *postpartum* blues. One of the treatments that can be done on the mother *postpartum* blues is to provide relaxation therapy, namely music therapy. Music therapy acts as a relaxation technique to improve, maintain, develop mental, physical, and emotional/psychological health (Djohan, 2006). Currently there are many types of music that can be heard, but music that places its class as music with medical significance is classical music because this music has an extraordinary magnitude in the development of health sciences, including having a soft and regular tone, providing alpha wave stimulation, calming, and helping the listener. more relaxed (Campbell, 2001). The choice of classical music therapy is based on the belief of many music experts, that the rhythm and tempo of classical music follows the human heart rate, which is around 60 beats per minute (Potter & Perry, 2005). From

several studies on the influence of various types of classical music, in the end many of these researchers advocate classical Mozart music because the medical application of Mozart's music has proven amazing results for the development of health sciences (Campbell, 2001).

Based on a preliminary study conducted by researchers in the working area of the Totomulyo Tulang Bawang Barat Health Center using the interview method, one of the puskesmas midwives said that many *postpartum* mothers experienced *postpartum* blues and previously none of the female students had researched therapy for *postpartum* blues. After obtaining some data on *postpartum* women from the puskesmas, the researchers then visited one address at a time and conducted interviews. The results of the interviews showed that 4 out of 5 *postpartum* mothers experienced symptoms *postpartum* blues such as irritability, anger for no reason at husband, irritability, and crying. These symptoms were increasingly felt when the first child was born and no therapy has been done to treat these symptoms. Based on the description above, the researcher is interested in conducting research on "Effectiveness of Mozart's Classical Music Therapy in Reducing Symptoms *Postpartum* Blues".

RESEARCH METHODS

This type of research is quantitative, using a pre-experimental approach with a one-group pretest-posttest design, carried out from May to July in the Working Area of the Toto Mulyo Health Center. The population consists of all *postpartum* mothers who experience *postpartum* blues at the totomulyo health center, researchers took a sample of at least 45 people using purposive sampling. This study used primary and secondary data with a total sample of 45 mothers with distractions *postpartum* blues. The research instrument used EPDS (*The Edinburgh Postnatal Depression Scale*) and observation sheets. Data analysis by means of univariate and bivariate analysis using the Paired Simple T-Test

RESEARCH RESULTS

Univariate analysis

Scale of *postpartum* blues before treatment obtained an average value of 11.15, a standard deviation of 1.223 with a lowest scale of *postpartum* blues is 10 and the highest scale of *postpartum* blues is 14. *Postpartum* blues after treatment obtained an average value of 6.31, a standard deviation of 1.164 with the lowest scale of *postpartum* is 4 and highest scale of *postpartum* blues is 9.

Table 1
 Assessment *Postpartum* Blues at the Totomulyo Health Center

<i>Postpartum</i> blues	Mean	Standard Deviation
Pre-test	11,15	1,223
Post-Test	6,31	1,164

Bivariate Analysis

Table 2
 Assessment *Postpartum* Blues at the Totomulyo Health Center

<i>Postpartum</i> blues	Mean	Standard Deviation	Mean Difference	p-value
Pre-Test	11,15	1,223	4,84	0,000
Post-Test	6,31	1,164		

The p-value was obtained at 0.000, which means that there is an effect of Mozart's classical music therapy on *postpartum* blues at the Totomulyo Health Center in North Lampung in 2023. Average scale of *postpartum* blues after treatment is lower than before treatment, the *postpartum* period Scale of *postpartum* blues in mothers decreased after being given Mozart's classical music therapy by 4.84.

DISCUSSION

Postpartum blues before treatment obtained an average value of 11.15 and a standard deviation of 1.223, with the lowest value scale being 10 and the highest value scale being 14. The results of the study found that *postpartum* blues before giving Mozart classical music therapy is a scale of 10 as many as 18 people (40.0%), a scale of 11 as many as 11 people (24.4%), a scale of 12 as many as 10 people (22.2%), a scale of 13 as many as 3 people (6.7%), and a scale of 14 as many as 3 people (6.7%). These results indicate that most of the respondents experienced *postpartum* moderate level of blues before being given Mozart classical music therapy with a scale of 10 to 40.0%.

Postpartum Blues is a mild affective syndrome that often appears in the first week after delivery and is characterized by symptoms such as reactions of depression/sadness/dysphoria, crying, irritability. Among the several causes of this change are due to hormonal fluctuations, one of which is in the endocrine system, namely a sudden decrease in the hormones estrogen and progesterone and this will affect the psychological condition of the mother, symptoms that can be seen are that the mother becomes easy to cry, irritable and irritable (Kirana, 2015)

Incident *postpartum* Blues is strongly influenced by many factors, namely internal factors and external factors. Internal factors can be caused, among other factors, hormonal fluctuations. The

hormone estrogen increases during pregnancy, and decreases during childbirth, causing depression, endorphins, which can trigger feelings of joy and happiness, decrease during childbirth. This also contributes to the incidence of depression, thyroid hormone, experiencing instability after giving birth makes the mother less enthusiastic. Other internal factors are diseases that accompany the mother during pregnancy and childbirth. External factors are cultural practices that limit mother's activities and the lack of support that mothers receive during pregnancy, childbirth and *postpartum* (Rahayu, 2020)

Music therapy is often used because it is very easy to do and affordable, but its effect shows how big music can affect a person's tension or relaxation. The music will stimulate the release of brain waves known as α waves which have a frequency of 8-12 cps (cycles per second). When the α waves are released, the brain produces serotonin which helps maintain feelings of happiness and helps maintain mood, by helping sleep, feeling calm and releasing depression and endorphins which cause a person to feel comfortable, calm, and euphoric (Permatasari, et al, 2015)

For assessment results *postpartum* blues after treatment obtained an average value of 6.31 and a standard deviation of 1.164, with a lowest scale of *postpartum* blues is 4 and highest scale of *postpartum* blues is 9. Research results The results of the study found that the scale of *postpartum* blues after giving classic music therapy Mozart results obtained on a scale of 4 as many as 3 people (6.7%), scale 5 as many as 6 people (13.3%), scale 6 as many as 18 people (40.0%), scale 7 as many as 12 people (26.7%), and scale 8 as many as 4 people (8.9%)). scale 9 as many as 2 people (4.4%). These results indicate that the majority of respondents are not experiencing interference *postpartum* blues after

being given Mozart classical music therapy, with a scale of 6 to 40.4%.

Mozart's classical music therapy has the advantage of the purity and simplicity of the sounds it creates. The rhythms, melodies, and high frequencies in Mozart's classical music stimulate and energize the creative and motivational areas of the brain and match the pattern of human brain cells. (Permatasari, et al, 2015)

In this study, in general, there was a difference in the mean pain scale before and after giving lemon aromatherapy of 3.33 with a $p=0.000$ (Paired simple T-test), this is in line with the results obtained according to Santi & Wahid (2019), that therapy Mozart's classical music is effective for lowering the scale of *postpartum* blues. Permatasari (2015) found that Mozart's classical music therapy was effective in reducing symptoms of *postpartum* blues. Based on the results of this study, Mozart's classical music therapy is expected to be part of the mother's treatment of *postpartum* blues. Rahayu's research (2020) also shows that classical music by Mozart is effective for reducing symptoms of *postpartum* blues.

In this study, the average value was obtained *postpartum* blues before being given Mozart's classical music therapy was 11.15, while the average *postpartum* blues after being given Mozart classical music therapy is 6.31 The results show a very significant decrease of 4.84. This proves that Mozart's classical music therapy has proven to have an effect on reducing *postpartum* blues at the Totomulyo Health Center.

According to researchers, there has been a decline *postpartum* blues. When given Mozart classical music therapy to *postpartum* mothers experiencing baby blues, the music will stimulate the production of brain waves known as waves A which have a frequency of 8 to 12 cps (cycles per second). When wave A is released, the brain produces serotonin which helps maintain feelings of happiness and helps maintain mood, by helping clients start sleeping, feeling calm and releasing depression and endorphins that cause a person to feel good, calm.

CONCLUSION

Before the treatment, the *postpartum* blues scale had an average score of 11.15, with a standard deviation of 1.223. The lowest score on the *postpartum* blues scale was 10, and the highest was 14. After the treatment, the *postpartum* blues had an average score of 4.84 and a standard deviation of 1.164. The lowest *postpartum* blues scale was 4, and the highest was 9. The average *postpartum* blues scale after the treatment was lower than before the

treatment, indicating that the *postpartum* blues scale for mothers decreased by 4.84 after receiving Mozart's classical music therapy.

SUGGESTION

It is hoped that *postpartum* mothers can recognize various kinds of non-pharmacological therapies to overcome their *postpartum* blues, one of which is classical music therapy Mozart. *Postpartum* mothers can use Mozart classic music therapy as a substitute for pharmacological therapy to reduce *postpartum* blues because it's easy, cheap, and without side effects. This classic Mozart therapy music application can be listened to when the mother is relaxed. For puskesmas, this research can be used as material for making policies related to therapy management *postpartum* blues listening to mozart classical music to minimize the side effects of chemical drugs. Mozart classical music therapy can be given to *postpartum* mothers. Puskesmas can socialize health workers in therapeutic services listening to Mozart classical music to reduce *postpartum* blues. The use of Mozart classical music therapy in puskesmas can be given as a complement to treatment.

REFERENCES

- Arikunto, S. (2013). *Prosedur penelitian suatu pendekatan praktik*. Jakarta : Rineka Cipta
- Aspiani., R.Y. (2014). *Buku Ajar Asuhan Keperawatan Gerontik-Jilid 2*. Cv Trans Info Media: Jakarta.
- Astuti, Reni, Yuli. (2015). *Asuhan Kebidanan Masa Nifas Dan Menyusui*. Jakarta: Trasn Info Media.
- Djohan. (2006). *Terapi Musik Teori Dan Aplikasi*. Yogyakarta: Galang Press.
- Elliya, R., Maulana, I., & Hidayati, M. (2018). Pengaruh Terapi Religiusitas Terhadap Gejala Depresi Pada Lansia Beragama Islam Di Uptd Pelayanan Sosial Tresna Werdha Natar Lampung Selatan Tahun 2017. *Holistik Jurnal Kesehatan*, 12(2), 118-125.
- Ernawati, R. I. (2012). *Pengaruh Terapi Soft Musik Terhadap Depresi Pada Lansia*. Poltekkes Kemenkes: Kaltim.
- Hawari, Dadang. (2016). *Manajemen, Stress, Cemas dan Depresi*, FKUI: Jakarta. EGC.
- Ismail Dkk. (2017). *Wanita Dan Kemurungan Dari Perspektif Jurang Gender: Simptom Dan Faktor*. The Malaysian Journal Of Social Administration.
- K. Puri. (2013). *Buku Ajar Psikiatri*. EGC: Jakarta.
- Kirana, Y. (2015). Hubungan tingkat kecemasan *post partum* dengan kejadian *post partum* blues di

- rumah sakit dustira cimahi. *Jurnal Keperawatan BSI*, 3(1).
- Kushariadi, S. Kep.,Ns. (2010). *Asuhan Keperawatan pada Klien Lanjut Usia*. Salemba Medika. Jakarta.
- Marwiyah, N., Suwardiman, D., Mutia, H. K., Alkarimah, N. A., Rahayu, R., Nuraeni, N., & Uzzakiyyah, I. (2022). Faktor Determinan yang Mempengaruhi terjadinya *Postpartum Blues* pada Ibu Nifas. *Faletehan Health Journal*, 9(01), 89-99.
- Marzuki, M. B., & Lestari, P. (2018). Pengaruh Terapi Musik Klasik Terhadap Tingkat Depresi Pada Lansia Di Unit Rehabilitasi Sosial Wening Wardoyo Kecamatan Ungaran Kabupaten Semarang. *Jurnal Keperawatan Komunitas*, 2(2), 81-86.
- Mochtar. (2014). *Sinopsis Obstetri Jilid 2*, EGC: Jakarta. Adanya jilid 3 45.000
- Mutiara, M. (2017). Penerapan Terapi Suportif untuk Meningkatkan Manajemen Emosi Negatif pada Individu yang Memiliki Pasangan Skizofrenia. *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*, 1(1), 105-115.
- Natalina, D. (2013). Terapi musik bidang keperawatan. *Jakarta: Mitra Wacana Media*.
- Maternity, D., Dewi, P. R., & Yuli, Y. (2016). Asuhan kebidanan persalinan. *Tangerang Selatan: Binarupa Aksara Publisher*.
- Notoatmodjo. (2018). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Pardede, S. (2017). Penerapan terapi suportif dengan teknik bimbingan untuk mengurangi dorongan bunuh diri pada pasien skizofrenia. *Jurnal Bimbingan dan Konseling*, 1(1), 89-96.
- Permatasari, I. D. Efektifitas Terapi Musik Klasik Mozart Terhadap Penurunan Gejala Post Partum Blues. *Jurnal Online Mahasiswa (JOM) Bidang Ilmu Keperawatan*, 2(2), 1160-1168.
- Prabowo, E. (2014). Konsep & aplikasi asuhan keperawatan jiwa. *Yogyakarta: Nuha Medika*.
- Priyoto. (2014). *Konsep Manajemen Stress*, Cetakan Pertama. Nuha Medika. Jl. Sadewa No.1 Sorowajan Baru. Yogyakarta.
- Rukiyah, A. Y., & Yulianti, L. (2018). Asuhan kebidanan IV (patologi kebidanan). *Jakarta: Trans Info Media*.
- Sarwono. (2016). *Ilmu Kebidanan*. Yayasan Bina Pustaka Sarwono Prawirohardjo: Jakarta.
- Sutanto, A. V. (2018). Asuhan Kebidanan Nifas & Menyusui: Teori dalam Praktik Kebidanan Profesional.
- Walyani, E. S., & Purwoastuti, E. (2015). Asuhan kebidanan masa nifas dan menyusui. *PT. Pustaka Baru, Yogyakarta*.
- Sibagariang, E E. (2016). *Sistem Reproduksi Wanita*. Jakarta : CV. Trans Info Media
- Santi, F. N., & Wahid, S. N. (2019). Penurunan Gejala Baby Blues Melalui Terapi Musik Klasik Mozart Pada Ibu Post Partum. *Jurnal Kesehatan Panca Bhakti Lampung*, 7(2), 117-124.
- Rahayu, D. E. (2020). Efektifitas Terapi Musik Terhadap Pencegahan Postpartum Blues Pada Ibu Primipara. *Journal for Quality in Women's Health*, 3(2), 253-257.
- Tang, Q., Huang, Z., Zhou, H., & Ye, P. (2020). Effects of music therapy on depression: A meta-analysis of randomized controlled trials. *PloS one*, 15(11), e0240862.
- Tridiyawati, F., & Wulandari, F. (2022). Efektifitas Terapi Musik Terhadap Penurunan Kecemasan Pada Postpartum Blues: Literature Review. *Malahayati Nursing Journal*, 4(7), 1736-1748.