



APPLICATION OF CLASSICAL MUSIC THERAPY AND FINGER-HOLDING TECHNIQUES ON PATIENTS EXPERIENCING POST-OPERATIVE PAIN IN THE SURGICAL TREATMENT ROOM

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ABSTRACT

Postoperative pain is an experience of pain or unpleasantness caused by incision / cutting of tissue in certain parts. Classical Music Therapy Is a therapy that can calm, provide a sense of security and well-being, release joy and sadness, and reduce the pain and anxiety of patients after surgery, one of which is surgery. Finger grasping therapy is a therapy that can reduce pain sensation, pain stimulation due to respondent mediators, and pain. The application of finger grasping therapy and music therapy has advantages in handling the decrease in pain intensity for postoperative patients. The aim of this study was to analyze the application of classical music therapy and finger holding techniques in patients experiencing post-operative pain in the surgical treatment room. This type of research is a description with a case study approach model while the sample is 3 respondents who experience postoperative pain with moderate to severe intensity. Data was collected by measuring pain after the intervention. From the results of observations of pain intensity in all respondents, data was obtained that all respondents experienced pain after surgical operations on the stomach. After the application of classical music therapy and finger holding, the results were obtained, namely on the first day, respondent R stated a pain score of 7 to 0 on the third day. Respondent A said a pain score of 6 on the first day to 0 on the third day. Respondent B stated a pain score of 8 on the first day and became 0 on the third day. Seeing the existing results, the application of classical music therapy and finger holding was successful in reducing the intensity of pain in post-operative pain clients.

Keywords: classical music therapy; finger holding; post-surgery pain

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INTRODUCTION

Pain is a disease characterized by an unpleasant sensation that can only be described accurately by the person experiencing it, because everyone's experience of pain and discomfort is different (Isneini et al., 2023). Pain is a complex, individual sensation, because each person's response to the sensation of pain varies and cannot be compared to another person (Chetter et al., 2021). Pain is an unpleasant sensation, both sensory and emotional, which is related to tissue damage or other factors, so that the individual feels tortured and suffers, which will ultimately disrupt daily activities, psychological and so on (Tamrin & Syamsir, 2023). Individuals with post-operative pain will experience tissue damage and cause pain called post-operative pain. Post-operative pain is also known as the body's reaction to tissue damage due to pulling or stretching of internal organs, or diseases ranging from skin incisions to damage caused by the surgical process. (Putri et al., 2022). All patients who undergo surgery will experience pain. There are two forms of pain that are generally known, acute pain and chronic pain. Acute pain is pain that arises quickly and goes away easily, this pain usually does not last more than six months (Kurniyawan, 2016). The cause and location of the pain are already known, characterized by muscle tension and anxiety and chronic pain is pain that is felt for more than six months repeatedly or persistently, this pain usually cannot

be cured and the factors of the pain are unknown, healing from this pain cannot be total and must be cured gradually (Anggraeni, 2023).

So, post-operative pain management can be done through pharmacological and non-pharmacological therapy. For non-pharmacological therapy itself, from a nursing perspective, one of them can be given distraction (Muzaenah et al., 2021). Distraction Technique is a method to relieve pain by diverting attention to other things so that the client will forget about the pain experienced. Distractions that can be given such as music intervention (Rahmawati & Barkah, 2023). The purpose of providing music intervention is to improve a person's well-being, such as improving mood, motivation, and socialization. Music interventions can be done in various forms, such as rhythmic accompaniment to a song, singing, movement related to music and listening to music to stimulate verbalization, memory, or relaxation (Kriswanto, 2020). Music therapy aims to help patients improve, restore, or maintain their mental health and overall well-being. Music therapy can help patients cope with specific emotional conditions or needs, such as reducing anxiety, calming anger, or providing comfort such as pain issues. (Widiyono, 2021). Classical music can make a person calmer, reduce anxiety levels, and reduce pain or soreness (Saputri et al., 2023).

For post-operative patients, the use of music therapy can reduce pain after 6-8 hours after surgery in order to reduce post-operative pain and avoid complications due to bed rest (Setyono & Rohana, 2021). Classical music that is widely used in research is Mozart's classical music. Mozart's classical music, in addition to stimulating intelligence and stimulating right brain performance, also stimulates neural plasticity (Firdaus, 2020). Mozart's classical music also has a musical structure that matches the pattern of human brain cells. The characteristics of the music created by Mozart can be found in each of his works. Clarity, balance, and transparency are nuances that Mozart always brings up, even though sometimes he only uses simple tones. When listening to Mozart's songs, listeners can feel the musical genius through every tone chosen. Mozart conveys strong emotions with music with contrasting nuances between passion and calm (Saputri et al., 2023). Reducing pain using music is very effective because music can divert attention and anxiety which can increase the intensity of pain felt by the patient. By listening to music, the brain stimulates the release of endorphins which function to reduce the pain felt in the part of the body that hurts (Fitriani et al., 2021). In addition to music therapy, there is also the Finger Hold Technique, commonly known as Finger hold, this therapy is easy to use by anyone who is related to the fingers and the flow of energy in the body. Finger hold therapy can help reduce anxiety which is done by holding the fingers while breathing regularly can reduce physical and emotional tension. (REBOKH, 2024). Finger grip can warm the points of entry and exit of energy on the meridians that are related to the organs of the body on the fingers. Relaxation of finger grip can control emotions that make the body relax. When the body is relaxed, muscle tension is reduced and will reduce anxiety (Aurel et al., 2024).

Seeing the effectiveness of both therapies, namely classical music and finger holding, in this study a combination of therapies was carried out on post-operative patients who experienced pain in the surgical treatment room. The aim of this study was to analyze the application of classical music therapy and finger holding techniques in patients experiencing post-operative pain in the surgical treatment room.

METHOD

This type of research is Descriptive Qualitative with a case study approach model. Case studies are research designs that include Observation, interviews and intensive assessments for example one client, family, group, community, or institution. (Donsu, 2016). This type of

research describes the application of Music Therapy Techniques and finger holding in patients experiencing postoperative pain as many as 3 people. The focus of this case study is to determine the reduction in pain before and after implementing Music Therapy Techniques and Finger Holding in patients experiencing Postoperative pain. The Instruments in This Research Are in the Form of Interview Sheet Guidelines, Observation, Documentation, and Assessment Format. The data collection methods used by researchers are interviews and physical examination. Interviews are data collection directly from patients or families by asking several questions such as patient identity, main complaints felt by the patient, postoperative history, pain assessment, and current illnesses. Observation, observations are carried out before and after being given music therapy techniques and finger holding and documentation. This documentation is done to find out the reduction in pain in patients. The steps for collecting data in this study were by conducting post-operative interviews, and music therapy techniques and finger holding on post-operative patients.

RESULT

Observation and physical examination results

Table 1.

Results of Observation and Physical Examination After 8 Hours Post-Operation		
Respondents	Results of observation and physical examination after 8 hours post-surgery	Pain diagnosis
Mr R is 23 years old	- Observation: General condition is moderate, consciousness is compos mentis, appears to be grimacing in pain, appears restless and uncomfortable when doing movements to bend the right leg - No history of previous illness - Complaint: The client said that the post-operative wound was very painful, felt nauseous - Wound characteristics (there are three incision wounds in the right quadrant of the abdomen, left quadrant and umbilicus (navel), the size of each wound is approximately 1-1.5 cm. The post-operative wound does not appear to be red, there is no swelling in the wound area, there is no seepage of fluid in the post-operative wound. There is no blueness, no edema. - Physical examination: BP: 120/80 mmhg, Pulse: 80 x / minute, RR: 20 x / minute, temperature 36.6 C,	Results of pain assessment (P: when moving, Q: Stabbing pain, R: pain felt only in the post-operative wound area, S: 7 (Moderate pain), T: Comes and goes)
Ms B, 17 years old	- Observation: General condition is moderate, consciousness is compos mentis, the client appears to be wincing in pain and the client appears to be holding the stomach area - No history of previous illness - Complaints: the client said that the post-operative wound was very painful, and felt nauseous, the client said that when the right and left tilted positions felt painful - Wound characteristics There are three incision wounds in the right quadrant of the abdomen, the left quadrant and the umbilicus (navel), the size of each wound is approximately 1-1.5 cm. The post-operative wound does not appear to be reddish, there is no swelling in the wound area, there is no fluid seepage in the post-operative wound. There is no blueness, no edema - Physical examination: BP: 120/85 mmhg, Ndi: 82 x / minute, RR: 20 x / minute, temperature 36.5C	Pain assessment (P: when moving and pressing on the abdominal area, Q: Stabbing pain, R: pain felt only in the post-operative wound area, S: 6, T: Comes and goes).
Ms B, 17 years old	- Observation: General condition is moderate,	Pain assessment (P: when

Respondents	Results of observation and physical examination after 8 hours post-surgery	Pain diagnosis
	consciousness is compos mentis, the client is wincing in pain. - No history of previous illness - Complaints: The client said that the post-operative wound was very painful, felt nauseous and weak, the client said that it was difficult to sleep and seemed restless. Wound characteristics There are three incision wounds in the right quadrant of the abdomen, the left quadrant and the umbilicus (navel). The size of each wound is approximately 1-1.5 cm. The post-operative wound does not appear to be red, there is no swelling in the wound area, there is no seepage of fluid in the post-operative wound. No blueness, no edema, - Physical examination: BP: 120/80 mmhg, Ndi: 85 x/minute, RR: 20 x/minute, temperature 36.5C,	moving and touching the postoperative wound area, Q: Stabbing pain, R: pain is felt only in the postoperative wound area, S: 8, T: Comes and goes)

Looking at table 1 shows the results of 3 managed patients consisting of 2 male patients and 1 female patient. Judging from their age, all three are in the adolescent category. All three patients have undergone abdominal surgery. The analysis results show that female patients have a higher pain score than male patients, namely a score of 8 at 8 hours after surgery.

Implementation results

This study adopts previous theories and studies where the pain found in the three postoperative clients is due to the decreasing effect of anesthesia and the intensity of pain felt in women is higher than in men, while the nursing diagnosis that appears in postoperative clients is acute pain caused by physical injury agents due to surgery, and pain is felt in the postoperative wound section.

Table 2.

Results of the Implementation of the Intervention of Providing A Combination of Classical Music Therapy and Finger Grip Therapy in Patients Experiencing Postoperative Pain in the Surgical Treatment Room

Respondent	Intervention and Implementation	Evaluation
Mr R is 23 years old	Implementation of Music Therapy and Finger Holding for 10-15 minutes. The client is able to implement the Application of Music Therapy and Finger Holding independently and correctly after being demonstrated. The client performs the music therapy and finger holding techniques when the client experiences pain.	The pain decreased to 5/10, on the second day it was done 3 times a day for 10 minutes each, the pain decreased with a pain scale of 3, and on the 3rd day the client did not feel any pain again.
Ms B, 17 years old	Implementation of Music Therapy and Finger Holding for 10-15 minutes. The client is able to implement the Application of Music Therapy and Finger Holding independently and correctly after being demonstrated. The client performs the music therapy and finger holding techniques when the client experiences pain.	The intervention was done 3 times a day for 10 minutes each, the patient's pain decreased to a scale of 3/10, the next day the patient no longer felt any pain.
Ms B, 17 years old	Implementation of Music Therapy and Finger Holding for 10-15 minutes. The client is able to implement the Application of Music Therapy and Finger Holding independently and correctly after being demonstrated. The client performs the music therapy and finger holding techniques when the client experiences pain.	The client's pain intensity decreased to a scale of 6/10, on the second day the pain intensity decreased to 3/10. On the third day the patient no longer felt any pain

The analysis results obtained in table 2 show that the three respondents were able to carry out the intervention independently which was taught as an intervention in this study. The results

showed that they no longer felt pain after 3 days of giving a combination of classical music and finger holding intervention.

DISCUSSION

Patients who undergo surgery will feel a sensation of pain. In this study, there were 3 respondents who were post-op abdominal surgery patients. The three respondents complained of pain after 8 hours post-surgery. At this time, the anesthetic effect of the surgery usually wears off and the patient has felt the pain response. Pain is a natural part of the body's recovery process after surgery (Erwin et al., 2023). Postoperative pain can be caused by surgical wounds, tissue discontinuities, positions maintained during the surgical procedure, and the effects of anesthesia that have worn off. To overcome pain, the doctor will provide pain medication during and after surgery. In addition, patients can also do physical therapy and sleep comfortably to help recovery (Horn et al., 2024). Many non-pharmacological interventions have also been widely applied to overcome post-operative pain. Some of these therapies are included in distraction therapy. Distraction can be done by diverting the patient's attention so as not to pay attention to the sensation of pain by utilizing music to divert attention and has a relaxing effect that increases the endorphin mechanism so that it can reduce pain (Saputra et al., 2021).

Music therapy is included in the distraction techniques that can be applied because it is a therapeutic intervention that utilizes music as a medium for the relaxation process to reduce pain intensity and reduce stress in patients undergoing treatment (Keumalahayati & Supriyanti, 2018). Music therapy is one of the complementary therapies that can be used to help accelerate the success of the main therapy. Where this complementary therapy is a therapy that is used as a complement to the main therapy (Nurlina et al., 2021). Music therapy is used to reduce pain and suffering. Giving music therapy can affect physiological functions, such as respiration, heart rate, blood pressure, can reduce cortisol hormone levels that increase during stress, and can stimulate the release of endorphins and body hormones that provide feelings of pleasure that play a role in reducing pain (Basri & Lingga, 2019). Music therapy as a relaxation technique used to cure a disease by using certain sounds or rhythms, the type of music used in music therapy can be adjusted according to your wishes, such as classical music, instrumental, and slow music (Lestari et al., 2023). One of the benefits of this music therapy can reduce stress, relax the mind and concentrate the client on things that are pleasant and calming (Basri, 2019).

This study also conducted finger grip therapy. Finger grip therapy can help reduce pain by holding fingers and regulating breathing. In addition to reducing pain, this therapy can also reduce stress and physical and mental tension, increase tolerance to pain, improve blood circulation and trigger the release of endorphin hormones which are the body's natural analgesic hormones. The finger grip technique can be done to reduce pain in various conditions, such as post-operative pain, such as appendectomy and cesarean section surgery. The results of this study showed a decrease in pain after a combination of classical music and finger grip therapy interventions. The decrease to a score of 0 was felt after 3 days of intervention. This decrease in pain score can occur due to the effects of the intervention of classical music therapy which can affect physiological functions, such as respiration, heart rate, blood pressure, can reduce cortisol hormone levels that increase during stress, and can stimulate the release of endorphin hormones and body hormones that provide feelings of pleasure that play a role in reducing pain. Likewise, when doing finger grip therapy, you will feel a warm effect at the energy exit and entry points on the finger meridians. The stimulation will flow electrical waves to the brain and forwarded to the nerves in the organs of the body that are disturbed. Seeing these results, these two interventions (classical music therapy and finger grooving therapy) are declared effective in reducing pain in post-operative patients.

CONCLUSION

From the results of observations of pain intensity in all respondents, data was obtained that all respondents experienced pain after abdominal surgery. Non-pharmacological therapy of music therapy and finger holding was used in this study. The results of the study after the application of classical music therapy and finger holding showed that on the first day, respondent R stated a pain score of 7 to 0 on the third day. Respondent A said a pain score of 6 on the first day to 0 on the third day. Respondent B stated a pain score of 8 on the first day and became 0 on the third day. Seeing the existing results, the application of classical music therapy and finger holding was successful in reducing the intensity of pain in post-operative pain clients.

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