

ABSTRAK

Diabetes Mellitus atau penyakit kencing manis termasuk dalam metabolic disease. Di Indonesia masuk dalam sepuluh Negara dengan jumlah penderita diabetes terbanyak di dunia berdasarkan IDF Diabetes Atlas tahun 2015. Sehingga Tujuan penelitian ini yaitu untuk mengetahui pengaruh terapi music gamelan Madura terhadap penurunan kadar gula darah pada pasien Diabetes Mellitus di wilayah kerja pukesmas pandian

Jenis Penelitian yaitu kuantitatif pre ekprimental dengan rancangan penelitian adalah one-group pra-post test design. Populasinya adalah semua penderita Diabetes Mellitus yang control dan berobat di wilayah kerja pukesmas pandian dengan rata-rata dua bulan terakhir sebanyak 89 orang. Sampel sebanyak 30 orang dengan menggunakan Puporsive Sampling. Pengumpulan data menggunakan kuesioner. Adapun variabel yang diteliti kadar gula darah pada pasien Diabetes Mellitus sebagian variabel terikat dan variabel bebasnya adalah pemberian terapi music gamelan Madura. Analisis data yang dipakai adalah uji Wilcoxon..

Hasil penelitian Sebelum diberikan terapi music gamelan Madura responden memiliki kadar gula darah > 200 mg/dl yaitu 26 responden (86.7%) dan sesudah diberikan terapi music gamelan Madura sebagian besar responden memiliki kadar gula darah $90 - 199$ mg/dl yaitu 18 responden (60%). Uji analisis nonparametric dengan menggunakan uji Wilcoxon Menunjukkan bahwa nilai $p=0,000$ dengan taraf signitfkan 5% (0,05).

Kesimpulan ada hubungan pengaruh terapi music gamelan Madura terhadap penderita Diabetes Mellitus di wilayah pukesmas pandian. Untuk mencegah terjadinya Diabetes Mellitus di sarankan untuk mendengarkan terapi music gamelan Madura

Kata kunci : Terapi Musik Gamelan Madura, Kadar Gula Darah, Diabetes Mellitus

ABSTRACT

Diabetes Mellitus or diabetes is included in metabolic disease. In Indonesia is included in the ten countries with the highest number of diabetics in the world based on the 2015 IDF Diabetes Atlas. So the purpose of this study is to determine the effect of Madura gamelan music therapy on reducing blood sugar levels in Diabetes Mellitus patients in the working area of the Pukesmas pandian.

This type of research is quantitative pre-experimental with research design is one-group pre-post test design. The population is all Diabetes Mellitus sufferers who control and seek treatment in the area of the pukesmas pandian with an average of the last two months as many as 89 people. Samples were 30 people using Purposive Sampling. Data collection using a questionnaire. As for the variables studied blood sugar levels in patients with Diabetes Mellitus some of the dependent variables and the independent variable is the provision of Madura gamelan music therapy. Analysis of the data used is the Wilcoxon test.

Results of research Before being given gamelan music therapy Madura respondents had blood sugar levels > 200 mg / dl that is 26 respondents (86.7%) and after being given Madura gamelan music therapy most respondents had blood sugar levels 90-199 mg / dl ie 18 respondents (60 %). Nonparametric analysis test using the Wilcoxon test showed that the value of $p = 0,000$ with a significance level of 5% (0.05).

The conclusion is that there is a correlation between the influence of Madura gamelan music therapy on diabetics in the area of pandesmas. To prevent the occurrence of Diabetes Mellitus, it is recommended to listen to Madura gamelan music therapy

Keywords: Madura Gamelan Music Therapy, Blood glucose level, Diabetes Mellitus