

Gambaran *Subjective Well Being* Pada Pasien Gagal Ginjal Kronik Saat Menjalani Hemodialisa Yang Diberikan Terapi Musik Suara Alam Dan Murattal Di Rumkit Tk II
Dr. Soepraoen Malang

Maya Rusita Dewi

(Pembimbing: Budi Susatia SKp. M.Kes)

ABSTRAK

Pasien gagal ginjal kronik mengalami kegagalan dalam mempertahankan keseimbangan cairan karena kemunduran fungsi ginjal sehingga perlu dilakukan hemodialisa dan biasanya pasien akan mengalami gangguan psikologis dan spiritual. Kondisi ini akan menyebabkan *Subjective well being* menurun. Perlu dilakukan terapi relaksasi musik suara alam dan murattal untuk meningkatkan *subjective well being*. Tujuan penelitian untuk mengetahui Gambaran *subjective well being* pada pasien gagal ginjal kronik saat menjalani Hemodialisa yang diberikan terapi musik suara alam dan murattal. Metode yang digunakan yaitu deskripsi studi kasus. Subjek studi kasus sebanyak 2 orang yang memiliki *subjective well being* yang rendah. Pengambilan data menggunakan wawancara dan observasi. Hasil penelitian subjek studi kasus 1 setelah diberikan 8 kali terapi musik suara alam dengan intensitas desibel 50 memiliki skor 4. Pada subjek studi kasus 2 setelah diberikan 8 kali terapi murattal dengan intensitas desibel 50 memiliki skor 6. Data disajikan dalam bentuk narasi. Kesimpulan bahwa *subjective well being* pada subjek studi kasus 1 yang diberikan terapi musik suara alam mengalami peningkatan dan *subjective well being* pada subjek studi kasus 2 yang diberikan Murattal mengalami peningkatan. Rekomendasi untuk peneliti selanjutnya sebaiknya 1 subjek studi kasus diberikan 2 terapi relaksasi musik suara alam dan murattal.

Kata kunci: Subjective well being, gagal ginjal kronik, Hemodialisa, terapi musik suara alam, terapi murattal

**The Description Of Subjective Well Being In Patients With Chronic Kidney Failure
While Undergoing Hemodialysis Given Natural And Murrattal Sound Music
Therapy**

Maya Rusita Dewi

(Supervisor: Budi Susatia SKp. M. Kes)

ABSTRACT

Patients with chronic kidney failure fail to maintain fluid balance due to deterioration in kidney function, so hemodialysis is necessary and patients will usually experience psychological and spiritual disorders. This condition will cause Subjective well being to decrease. Relaxation of natural sound music and murattal therapy is needed to improve subjective well being. The purpose of this study was to determine the description of subjective well being in patients with chronic kidney failure while undergoing Hemodialysis given natural and murrattal sound music therapy. The method used is a case study description. The case study subjects were 2 people who had low subjective well being. Retrieval of data using interviews and observations. The results of case study subjects 1 after being given 8 times natural sound music therapy with a decibel intensity of 50 had a score of 4. In case study subjects 2 after being given 8 times murattal therapy with a decibel intensity of 50 had a score of 6. Data presented in narrative form. The conclusion that subjective well being in the case study subject 1 given natural sound music therapy has increased and subjective well being in the case study subject 2 given by Murattal has increased. Recommendations for future studies should be given one case study subject 2 relaxation therapies namely natural and murattal music sound therapy.

Keyword: Subjective well being, chronic kidney failure, Hemodialysis, natural and murrattal sound music therapy.