



THE EFFECT OF SAPE DAYAK MUSIC THERAPY TO REDUCING STRESS LEVELS FOR ACEH SINGKIL MUHAMMADIYAH MIDDLE SCHOOL STUDENTS

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Abstract:

In overcoming stress disorders in students, special media are needed that are able to be a stimulus in learning management and individual stress. Action or effort that can be done is to use music therapy techniques. Sape' or also called Sampe is a musical instrument or instrument originating from the Dayak Kenyah and Kayan tribes. The purpose of this study is to apply Sape Dayak music therapy for junior high school students who are prone to stress. This study uses a quantitative approach, with the type of pre-experimental method with one group pre- and post-design. Where the population in this research is class X Aceh Singkil Muhammadiyah Middle School Students, with a total of 31 students. data collection technique using a stress measurement instrument, namely DASS 42. Music therapy has an effect on reducing stress levels in class X students of SMP Muhammadiyah Gunung Meriah. On the first day and the second day of the study, there was a significant difference between stress levels before and after music therapy was carried out in the X grade group of Aceh Singkil Muhammadiyah Middle School Students. Thus, it can be concluded that music therapy has an effect on reducing stress levels in the class X group of Aceh Singkil Muhammadiyah Middle School Students.

Keywords: stress, sape music, music therapy

1. Introduction

Mental disorders faced by junior high school students are very diverse. This is because junior high school students are teenagers who are entering a transitional or developmental phase from children to teenagers.

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According to Hurlock (1991), children who are in their teens will tend to experience unstable emotions; this is caused by changes in physical and psychological aspects towards maturity. Adolescents who experience this are usually not immediately able to adapt and lack education about this period, so has an impact on other psychological conditions, one of which is stress. Stress disorders in adolescents in junior high school include academic stress. Academic stress itself is defined as a condition where individuals experience pressure from perceptions and assessments of academic stressors related to science and education (Astuti, R.T., Amin, M.K., & Purborini, N., 2010). Stress is a condition where the state of the body is disturbed due to psychological pressure. Usually, stress is associated not with physical illness but more with mental health. One of the indicators of individuals who do not experience stress is the absence of disturbances in the function of physical organs (Rahmawati et al., 2021). So, the consequences of stress disorders not only have an impact on the psychological but also physical.

Efforts to overcome this stress disorder require special media that can be a stimulus in individual stress management. Action or effort that can be done is to use music therapy techniques. Music therapy is a therapy that uses music and music activities to facilitate the therapeutic process of helping clients. Just as therapy is an effort designed to help people in a physical or mental context, music therapy encourages clients to interact, improvise, listen to, or actively play music (Djohan, D., 2009). The music used in music therapy itself is suggested to be soft and regular music such as instrumental and classical music (Djohan, D., 2009). Music is also defined as a collection of melodic, rhythmic, and harmonic sounds that can evoke emotions that can make the mood happy or even drain tears, invite people to sing and dance or lead to a relaxed atmosphere. The point is that music is entertainment (Amiyakun, 2019)

Sape' or also called sampe is a musical instrument or instrument originating from the Dayak Kenyah and Kayan tribes. This traditional musical instrument is starting to become global and is liked by the international community, the bouncy sound emitted from the sape' is soft and easy to live with. Sape, according to the Dayak people, is a musical instrument that serves to express feelings. From ancient Greece until now, the practice of healing based on sound vibrations and healing through music is still ongoing. Now in the western world, therapy through music is very popular, while in Indonesia or eastern music, our ancestors have used music as a healing medium. For this reason, wise people view sound science as the most important science to use in daily life conditions to heal, teach, develop, and solve everything in life (Amoris, 2010).

The purpose of this study is to apply music therapy to junior high school students who are prone to stress. Where this study hypothesizes music therapy can reduce anxiety levels in junior high school students. This is because the music therapy method has been shown to have a positive impact on reducing stress levels in individuals. This is by research conducted by Khoiriyah & Sinaga (2017) which is entitled "About the use of Music Playback on the Psychology of Patients at the Elena Skincare line in the city of Surakarta", where the results of the research are that music tuning in the clinic has been

proven to provide benefits for patients, including providing comfort to the patient, feeling relaxed, and positive emotional changes in the patient. patients after treatment. Then it is also supported by research (Ndeta et al., 2020) which discusses sape' traditional music therapy on reducing postoperative pain scale at Santo Vincentius Hospital Singkawang, where the results of the research obtained are that there is a change in pain intensity measured before and after the traditional sape' music therapy. Referring to the two studies mentioned above, it can be understood together that music therapy has succeeded in becoming a medium in suggesting individuals to pain and psychological pressure.

Based on this phenomenon, the background of this research is how the application of music therapy, especially on sape' music, can affect the decrease in stress levels faced by students of Aceh Singkil Muhammadiyah Middle School.

2. Material and Methods

This study uses a quantitative approach, with the type of pre-experimental method with one group pre- and post-design. Where the population in this research is class X Muhammadiyah Middle School Students Aceh Singkil, with a total of 32 students.

The sampling technique used purposive sampling, namely the sample was selected among the population by referring to predetermined criteria. So that the sample in this study was all students of class X Muhammadiyah Middle School Students with different criteria for stress levels, namely mild, moderate, and severe with a total of 32 students. Then the data collection technique used a stress measurement instrument, namely DASS 42 which was developed by Lovibond and Lovibond (1995) with the items in the instrument having been adjusted to the student's condition. The research location is Mount Meriah, Aceh Singkil. In collecting data, researchers considered confounding factors, namely place and atmosphere, this aims to create a calm atmosphere and the sample is in a state of full concentration during the process of applying music therapy.

The data were analyzed using the Wilcoxon match pairs test, where in this study it is necessary to test cases of two dependent samples that are interconnected, namely the sample before being treated and the sample after being treated.

3. Results and Discussion

Based on the results of measuring stress levels seen before and after music therapy was carried out on 32 class X students of Muhammadiyah Middle School Students Aceh Singkil, it was found that most of the samples experienced a decrease in stress levels after being given music therapy treatment starting from the first day to the second day. The difference in reducing stress levels can be seen in the diagram below:

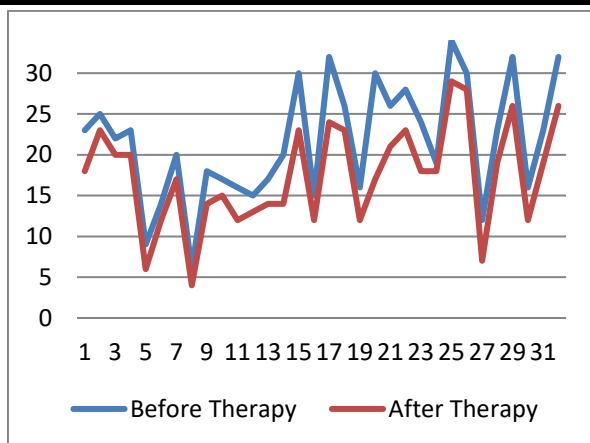


Diagram 1: The results of the first day of music therapy

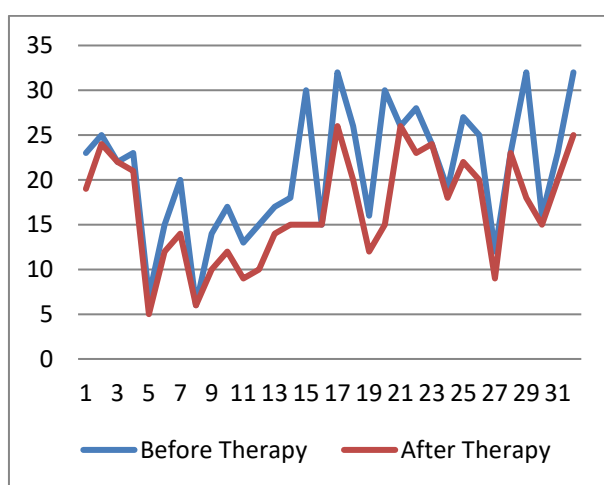


Diagram 2: The results of the second day of music therapy

The diagram above illustrates that music therapy has an effect on reducing stress levels in class X students of SMP Muhammadiyah Aceh Singkil. In supporting the data to be tested valid and reliable, the researchers conducted the Wilcoxon test to determine the stress level of students who received music therapy treatment. The results of the test of the difference in stress levels before and after music therapy was carried out on the first and second days was refusing H_0 . This can be seen from the value of Sig. which is smaller than $= 0.05$. This means that on the first day and the second day of the study, there was a significant difference between stress levels before and after music therapy was carried out in the X grade group of SMP Muhammadiyah Aceh Singkil. Thus, it can be concluded that music therapy has an effect on reducing stress levels in the class X group of SMP Muhammadiyah Aceh Singkil.

Before being given music therapy, adolescents looked tense, restless, and unmotivated. Then, after being given music therapy, teenagers look more calm, relaxed, and excited. Music therapy received by students is adjusted flexibly and takes into account the age level (Djohan, 2005). One of the characteristics found in adolescents is group activity, where adolescents carry out joint activities in their groups. Peer groups

become so meaningful and very influential in the social life of adolescents. Music therapy that was carried out in this study was music therapy in groups. Where in this group teenagers listen to music and sing. Listen to music to feel the vibrations of the music that surrounds it. Singing in a group helps to develop one's attention to others by singing along (Djohan, 2005).

Based on the results of the study was obtained an overview of adolescent stress levels before and after music therapy. The stress level scores obtained show that before being given music therapy, most of the respondents, as many as 10 people (31.33%) experienced moderate stress levels on the first and second days.

On the first day, there were 11 people (36.67%) teenagers who experienced severe stress levels, while on the second day, there were only 4 people (13.33%) teenagers who experienced severe stress and there were 7 people (23.33%) adolescents who experience mild stress. The stress level scores obtained show that before being given music therapy, most of the respondents, as many as 10 people (31.33%) experienced moderate stress levels on the first and second days.

Meanwhile, after being given music therapy there was a decrease in the respondent's stress levels, namely on the first day after music therapy was carried out, most of the teenagers as many as 10 people (56.67%) experienced moderate stress levels. However, on the first day some other teenagers, as many as 10 people (33.33%) had experienced a decrease in stress levels to mild stress, and there were even teenagers who could be categorized as normal, as many as 2 people (6.67%).

Meanwhile, on the second day, there were more teenagers who could be categorized as normal, namely 6 people (20%) and mild stress 12 people (40%), while the number of teenagers who experienced severe stress and moderate stress decreased to 2 people (6.67%) and 10 people (33.33%) only. However, there were 5 teenagers who experienced an increase in stress levels on the second day after music therapy.

In addition, music can harmonize one's emotional climate by influencing one's mood, thoughts, emotions, and behavior. Alignment is meant to harmonize the type of music with one's inner state, then gradually shift the music to reflect the desired or expected emotional atmosphere. Music and sound touch humans by traveling through the air as conductors. Music propagation has the potential to resonate the listener's feelings with a change from negative to positive and increase the state of joy and serenity (Salampessy, 2003). In addition, through music one can also try to find internal harmony (inner harmony). So, music is a useful tool for a person to find harmony within himself. This is felt necessary because, with harmony within a person, it will be easier for him to cope with stress, tension, pain, and various disturbances or negative emotional turmoil that he experiences (Ortiz, 2002). In addition, music through its sound can change the disharmonious frequency back to a normal, healthy vibration, and thus restore a normal state (Salampessy, 2003).

One study at the College of Notre Dame, Belmont, California (Satiadarma, 2002) used a sound stimulus (sound, music) to determine the impact of sound on stress and relaxation conditions experienced by a person. The results of this study decreased

significantly (significantly). The results of this study indicate how big and important the role of the sound stimulus is in influencing a person's tension or relaxed state. In addition, a study in Indonesia conducted by Regina and Prabowo (2007) regarding music meta-treatment to reduce stress by listening to music method on students aged 19-24 years, the results showed a significant difference in stress before and after treatment. Based on the results of these studies, it can be concluded that meta-music can be used to reduce stress in students. the results showed a significant difference in stress before and after treatment. Based on the results of these studies, it can be concluded that meta-music can be used to reduce stress in students. the results showed a significant difference in stress before and after treatment. Based on the results of these studies, it can be concluded that meta-music can be used to reduce stress in students.

If the stress level experienced by a person is too high, then the immune system will be reduced, therefore a person needs to always be aware of himself from excessive stress conditions (Satiadarma, 2002). One of the benefits of music as therapy is self-mastery, namely the ability to control oneself. Music contains energy vibrations, this vibration also activates the cells in a person, so that with the activation of these cells, a person's immune system has more opportunities to be active and increase its function (Satiadarma, 2002). In addition, music can increase serotonin and growth hormone as well as reduce the hormone ACTH (stress hormone) (Satiadarma, 2002).

4. Conclusion

From the research conducted, it can be concluded that every tenth grader of SMP Muhammadiyah Aceh Singkil feels the stress response at different intensities, causing different stress levels for adolescents. Based on statistical tests, there are significant differences in adolescent stress levels before and after being given music therapy.

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Conflict of Interest Statement

The authors declare no conflicts of interest.

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