

THE EFFECTIVENESS OF APPLICATION OF TRADITIONAL SALUANG MUSIC THERAPY ON STRESS IN CANCER PATIENTS UNDERGOING CHEMOTHERAPY IN THE CHEMOTHERAPY ROOM RS DR. M.DJAMIL PADANG

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ABSTRACT

The most common cancer found in the world is breast cancer. One of the treatments for breast cancer patients is chemotherapy. One of the psychological side effects of chemotherapy that is felt is stress. One of the non-pharmacological measures to deal with stress is music therapy. Traditional music is a type of music that can be used as therapy. Traditional music therapy can help reduce stress. Saluang music is a type of traditional Indonesian music originating from West Sumatra Province. Music therapy will stimulate the autonomic nerves so that an emotional response arises to suppress the release of stress hormones so that a person becomes relaxed, as well as activating natural endorphins which make a person feel happy. The aim of this research is to determine the effectiveness of applying traditional saluang music therapy to stress in breast cancer patients undergoing chemotherapy at RSUP Dr. M. Djamil Padang. This type of research is quasi-experimental quantitative research with a pre-test and post-test research design with control group design. The samples in this study were breast cancer patients undergoing chemotherapy at RSUP Dr. M. Djamil Padang with a purposive sampling technique of 25 respondents. The instrument used in this research was the Depression Anxiety Stress Scale (DASS) 42 to determine the stress score felt by respondents. The research results were processed using the paired T-test. The results showed that there were differences in the mean stress scores in breast cancer patients undergoing chemotherapy at Dr. RSUP. M. Djamil Padang who was given saluang music therapy with breast cancer patients undergoing chemotherapy who were not given saluang music therapy (p value = 0.000). It is hoped that nurses can increase their role in providing nursing care and can apply evidence-based nursing, namely saluang music therapy to patients to reduce the stress felt by patients while undergoing chemotherapy.

Keywords : Breast cancer., chemotherapy., traditional saluang music therapy

INTRODUCTION

Breast cancer ranks first in terms of the highest number of cancers in Indonesia and is one of the first contributors to cancer deaths. Globocan data for 2020, the number of new cases of breast cancer reached 68,858 cases (16.6%) out of a total of 396,914 new cases of cancer in Indonesia. Meanwhile, the number of deaths reached more than 22 thousand cases¹. Based on data from the Padang City Health Service, it was found that breast cancer was in first place, increasing by 39.27% from 303 cases in 2017 to 422 cases in 2018 and in 2019 it increased by 13.50% to 479 cases. Previous research results showed that breast cancer patients who underwent chemotherapy (72.9%) and those who did not undergo chemotherapy (27.1)². Data obtained from the chemotherapy room at RSUP Dr. M. Djamil Padang in 2022 in December, the total number of visits undergoing chemotherapy was 500 visits. One of them was breast cancer

patients with 125 visits, where breast cancer was the largest number of visits undergoing chemotherapy³

Chemotherapy is a treatment process using drugs that aim to destroy or slow the growth of cancer cells but also attack healthy cells, especially cells that divide rapidly⁴. The side effects of chemotherapy will affect the physical and psychological aspects of cancer patients. The physical side effects of chemotherapy include spinal cord suppression, mucositis, nausea and vomiting, fatigue, diarrhea, hair loss, infection and infertility. Psychological side effects are helplessness, anxiety, shame, depression and stress⁵

Stress in cancer patients can come from the condition of the disease, fatigue and side effects from the chemotherapy they are undergoing, worry, fear and frustration both after being diagnosed, before surgery, during and after surgery and while undergoing therapy. Stress in breast cancer sufferers arises due to several factors such as the length of time or treatment process, the effects of chemotherapy, and the sufferer's

environment⁶. Stress can be manifested directly through physiological and psychological changes. Symptoms that are felt include sadness, anxiety, difficulty concentrating, difficulty sleeping, body muscles feel tense, the body feels weak, tired and helpless, and difficulty in carrying out activities⁷.

Several studies show that patients who will undergo chemotherapy procedures are at very high risk of experiencing increased stress due to ignorance of the chemotherapy procedures they will undergo or because of disease conditions, thus appropriate efforts are needed. Based on previous research, it was found that 33 patients undergoing chemotherapy experienced moderate stress (72.7%)⁸. Another study found that 9 people (75.0%) had moderate stress levels⁷. Another study found that the average stress score for patients undergoing chemotherapy was 18.72⁹. Management for dealing with stress is with pharmacological and non-pharmacological therapy. Pharmacological therapy is therapy used with drugs⁵. However, excessive use of drugs will cause side effects such as addiction and overdose. Non-pharmacological therapy is an effort made for stress that is used as a complement to pharmacological therapy. There are several types of non-pharmacological actions including hypnotherapy, aromatherapy, music therapy, deep breathing exercise, murottal therapy and guided imagery therapy¹⁰. Music therapy is believed to be a tool for ancient healing rituals and health therapy¹¹. Music therapy has been proven to be able to overcome several complaints in patients with certain diseases. Music has been known as a healing source for the healing process and treatment of physical and psychological problems. Music also provides support for patients with chronic illnesses that can encourage positive emotions and promote physical and mental health. Listening to music has various positive benefits for mental health such as reducing pain, increasing motivation, and reducing stress¹². Music intervention has been used as an intervention to reduce stress. Music-based interventions can include singing, make music and listen to music. Music therapy is the professional use of music and musical elements as an intervention in medical, educational and everyday environments with individuals, groups, families or communities who seek to optimize quality of life, improve physical, social and emotional conditions. Music therapy will stimulate the autonomic nerves so that an emotional response arises to suppress the release of stress hormones so that a person becomes relaxed, as well as activating natural endorphins which make a person feel happy¹³. Apart from that, there is the release of the hormone endorphin which makes you feel comfortable, and the release of the hormone dopamine which causes vasodilation of blood vessels, so that more toxins are released in the blood¹⁴. The type of music recommended for use in therapy is with a tempo of 15-60 beats/minute¹⁵. One type of music that can be used is traditional music. Traditional music is a type of music that is born and develops from certain cultures and regions which are passed down from generation to generation¹⁶. Traditional

music is a type of music that can be used as therapy¹⁷. Several studies have proven the influence of traditional Indonesian music on health problems. Research conducted by listening to the classical Javanese musical klenengan instrumental was effective in lowering blood pressure¹⁸. Research conducted on gamelan music therapy can reduce depression in chronic kidney failure patients undergoing hemodialysis¹⁹. Another study found that traditional Indonesian saluang music therapy could reduce stress in patients with type 217 diabetes mellitus. Research regarding the influence of traditional music as therapeutic music to reduce stress is still quite difficult to find, so based on this, a literature review is needed to examine more deeply the role of traditional music therapy on stress. Saluang music is a type of traditional Indonesian music originating from West Sumatra Province. Saluang is a musical instrument made of bamboo that produces music with a wide and dynamic pitch range. If the saluang is blown without being sung, it is usually intended to treat illness and someone's spirituality¹⁷.

This research will use traditional saluang instrument music. Existing saluang music is usually accompanied by singing. The saluang music used in this research does not contain songs, only musical instruments. If the saluang is blown without singing, it is usually intended for the treatment of illness and a person's spirituality or mysticism. Saluang music that is only blown without being sung. Music therapy will stimulate the autonomic nerves so that an emotional response arises to suppress the release of stress hormones so that a person becomes relaxed, as well as activating natural endorphins which make a person feel happy¹³. The researcher will design a saluang musical instrument that the researcher will use in this research. The saluang musical instrument that the researchers have designed will be tested first to determine the beats on the saluang musical instrument so that it can be used as therapy. The aim of this research was to determine the effectiveness of applying traditional saluang instrumental music therapy on stress in breast cancer patients undergoing chemotherapy in the chemotherapy room at RS. Dr. M. Djamil Padang

MATERIALS AND METHODS

This research is a quasi-experimental research design with a pre-test and post-test without control group design. This research has received ethical clearance from the Research Ethics Committee of RSUP Dr. M. Djamil Padang with number DP.04.03/D.XVI.XI/575/2023. This research was conducted in the chemotherapy room at RSUP. Dr. M. Djamil Padang in June 2023-November 2023. The sampling technique was carried out using purposive sampling technique, the number of samples in this study was 25 respondents who met the inclusion and exclusion criteria. The instruments used in this research were the Depression Anxiety Stress Scale (DASS) 42 questionnaire and the intervention provided was saluang music therapy for 10-15 minutes for 3 days. The inclusion criteria in the study were: Willing to be a respondent and follow all research procedures until the end, breast cancer patients undergoing

chemotherapy, breast cancer patients experiencing stress with a score ≥ 15 , breast cancer patients undergoing chemotherapy but who have never done saluang music therapy. The exclusion criteria in this study were patients who had hearing loss. Data analysis techniques are carried out computerized with using the paired t test.

RESULT

The Average Stress Score Before Being Given Traditional Saluang Music Therapy to Breast Cancer Patients Undergoing Chemotherapy in The Chemotherapy Room RS Dr. M. Djamil Padang

Table.1. The average stress score before being given traditional saluang music therapy to breast cancer patients undergoing chemotherapy in the chemotherapy room at RS Dr. M. Djamil Padang

Average stress score	n	Mean	SD	Min	Max
Before Intervention	25	27,36	3,627	15	33

Based on table 1, it is known that the average stress score before being given traditional saluang music therapy was 27.36.

The Average Stress Score After Being Given Traditional Saluang Music Therapy to Breast Cancer Patients Undergoing Chemotherapy in The Chemotherapy Room at RS Dr. M. Djamil Padang

Table 2. The average stress score after being given traditional saluang music therapy to breast cancer patients undergoing chemotherapy in the chemotherapy room at RSUP Dr. M. Djamil Padang

Average Stress Score	n	Mean	SD	Min	Max
After Intervention	25	9,08	1,801	7	13

Based on table 2, it is known that the average stress score before being given traditional saluang music therapy was 9.08

The Difference in The Average Stress Score Before and After Being Given Traditional Saluang Music Therapy to Breast Cancer Patients Undergoing Chemotherapy in The Chemotherapy Room at RSUP Dr. M. Djamil Padang

Table 3. The difference in mean stress scores before and after being given traditional saluang music therapy to breast cancer patients undergoing chemotherapy in the chemotherapy room at RSUP Dr. M. Djamil Padang

Grup	Mean	Selisih Mean	SD	95%CI		P value
				Lower	Upper	
Before Intervention	27,36					
After Intervention	9,08	18,28	2.525	17.238	19.322	0,000

Based on the research results in table 3, it can be seen that the difference in the average stress score before and after receiving the saluang music therapy intervention was 18.28. The results of statistical tests carried out using the paired T-Test showed a p value = 0.000, which means that there was a difference between the average stress score before and after the saluang music therapy intervention was given to patients undergoing chemotherapy at RS Dr. M. Djamil Padang.

DISCUSSION

The Average Stress Score Before Being Given Traditional Saluang Music Therapy to Breast Cancer Patients Undergoing Chemotherapy in The Chemotherapy Room RS

Dr. M. Djamil PadangBased on the research results, it is known that the average stress score before being given traditional saluang music therapy was 27.36. Previous research on Al-Quran murottal therapy for stress in breast cancer patients who will undergo chemotherapy.

Respondents' stress scores before murottal therapy tended to be high⁹. According to other research conducted, as many as 28.8% of breast cancer patients undergoing chemotherapy experienced stress²¹. Stressors in cancer patients come from disease conditions, fatigue and side effects from the chemotherapy they are undergoing. Stress in cancer patients can come from disease conditions, fatigue and side effects from the chemotherapy they are undergoing. Stress in breast

cancer sufferers arises due to several factors such as the length of time or treatment process, the effects of chemotherapy, and the sufferer's environment⁶. The side effects of chemotherapy will affect the physical and psychological aspects of cancer patients. The physical side effects of chemotherapy include spinal cord suppression, mucositis, nausea and vomiting, fatigue, diarrhea, hair loss, infection and infertility. Meanwhile, psychologically it is helplessness, anxiety, shame, depression and stress⁵. From the research results it can be concluded that stress in patients before being given Traditional Saluang Music Therapy in Breast Cancer Patients Undergoing Chemotherapy in the Chemotherapy Room at RSUP Dr. M. Djamil Padang found that stress data was quite high in patients who were going to undergo chemotherapy. Stress is felt to be quite high in patients who have undergone their first chemotherapy. According to researchers, patients who undergo chemotherapy for the first time and who have repeated it will experience different levels of stress. According to the researchers' analysis, breast cancer patients undergoing chemotherapy tend to experience psychological disorders such as stress, anxiety and depression. This is felt due to the patient's breast cancer condition and the effects of chemotherapy. The Average Stress Score After Being Given Traditional Saluang Music Therapy To Breast Cancer Patients Undergoing Chemotherapy in The Chemotherapy Room at RS Dr. M. Djamil Padang

Based on the research results, it is known that the average stress score before being given traditional saluang music therapy was 9.08. Previous research conducted on Al-Quran murottal therapy for stress in breast cancer patients who were going to undergo chemotherapy found that the stress score after being given Al-Quran murottal therapy was 12.639. There was a decrease in stress scores between before being given traditional saluang music therapy and after being given traditional saluang music therapy. Music therapy will stimulate the autonomic nerves so that an emotional response arises to suppress the release of stress hormones so that a person becomes relaxed, as well as activating natural endorphin hormones which make a person feel happy¹³. Saluang music is only blown without being sung. The saluang music used as treatment is saluang which is blown without singing with a tempo of around 15-60 beats/minute¹⁵. Saluang music is a type of traditional Indonesian music originating from West Sumatra Province. Saluang is a musical instrument made from bamboo which produces music with a wide and dynamic pitch range²². If the saluang is blown without singing, it is usually intended for the treatment of illness and a person's spirituality or mysticism²⁰. The saluang music used as treatment is saluang which is blown without singing with a tempo of around 15-60 beats/minute¹⁵. Saluang music that is only blown without being sung, will stimulate the autonomic nerves so that an emotional response arises to suppress the release of stress hormones so that a person becomes relaxed. Apart from that, listening to music, including saluang music, will result in the

release of endorphins which make you feel comfortable. The type of music recommended for therapy is with a tempo of 15-60 beats/minute¹⁵. Apart from that, there is the release of the hormone endorphin which makes you feel comfortable, and the release of the hormone dopamine which causes vasodilation of blood vessels, so that more toxins are released in the blood¹⁴

From the research results, it can be concluded that after receiving traditional saluang music therapy intervention, there was a reduction in the average stress score in patients undergoing chemotherapy at RSUP Dr. M. Djamil Padang. According to researchers' analysis of cancer patients, traditional saluang music therapy was given to breast cancer patients undergoing chemotherapy in the chemotherapy room at RSUP Dr. M. Djamil Padang for 10-15 minutes for 3 days, can bring calm and reduce nerve tension which can reduce stress due to the release of endorphin hormones which make you feel comfortable, and the release of the hormone dopamine which causes vasodilation of blood vessels, resulting in the release of toxins in the blood there will be more and more. The Difference In The Average Stress Score Before And After Being Given Traditional Saluang Music Therapy To Breast Cancer Patients Undergoing Chemotherapy In The Chemotherapy Room At RSUP Dr. M. Djamil Padang. Based on the research results in table 5.3, it can be seen that the difference in the average stress score before and after receiving the saluang music therapy intervention was 18.28. The results of statistical tests carried out using the paired T-Test showed a p value = 0.000, which means that there was a difference between the average stress score before and after the saluang music therapy intervention was given to patients undergoing chemotherapy at RSUP Dr. M. Djamil Padang. Previous research conducted on Al-Quran murottal therapy for stress in breast cancer patients who were going to undergo chemotherapy found that a decrease in stress scores after murottal therapy intervention was obtained (p value 0.000)⁹. Another study conducted found that traditional Indonesian saluang music therapy could reduce stress in patients with type 217 diabetes mellitus.

Music therapy is believed to be a tool for ancient healing rituals and health therapy¹¹. Music therapy has been proven to be able to overcome several complaints in patients with certain diseases. Music has been known as a healing source for the healing process and treatment of physical and psychological problems. Music also provides support for patients with chronic illnesses that can encourage positive emotions and promote physical and mental health. Listening to music has various positive benefits for mental health such as reducing pain, increasing motivation, and reducing stress¹⁹. Music therapy will stimulate the autonomic nerves so that an emotional response arises to suppress the release of stress hormones so that a person becomes relaxed, as well as activating natural endorphins which make a person feel happy¹³. Apart from that, there is the release of endorphin hormones which make you feel comfortable, and the release of the hormone dopamine which causes vasodilation of blood

vessels, so that more toxins are released in the blood¹⁴. The type of music recommended for use in therapy is with a tempo of 15-60 beats/minute¹⁵

If saluang is blown without singing, it is usually aimed at treating illness and a person's spirituality or spirituality. 20. Saluang music that is used as treatment is saluang that is blown without singing with a tempo of around 15-60 beats/minute¹⁵. Saluang music that is only blown without singing. Music therapy will stimulate the autonomic nerves so that an emotional response arises to suppress the release of stress hormones so that a person becomes relaxed, as well as activating natural endorphin hormones which make a person feel happy¹³. The research results explain that breast cancer patients are excessively emotional and can trigger stress conditions after diagnosis and treatment. The stress experienced is manifested directly through physiological and psychological changes. Symptoms that are felt include shaking, sweating, increased heart rate, abdominal pain and shortness of breath as well as changes in behavior such as restlessness, rapid speech, startled reactions. From a psychological perspective, the effects of chemotherapy include anxiety, stress and depression²³

Saluang music is a type of traditional Indonesian music originating from West Sumatra Province. Saluang is a musical instrument made from bamboo that produces music with a wide and dynamic pitch range²². If the saluang is blown without singing, it is usually intended for the treatment of illness and a person's spirituality or mysticism²⁰. Saluang music that is simply blown without being sung will stimulate the autonomic nerves so that an emotional response arises to suppress the release of stress hormones so that a person becomes relaxed, as well as activating natural endorphin hormones which make a person feel happy. 13 Apart from that, listening to music, including saluang music, will result in the release of hormones. endorphins that make you feel good. The type of music recommended for use in therapy is with a tempo of 15-60 beats/minute¹⁵

Based on research conducted by researchers by providing saluang music therapy intervention to breast cancer patients undergoing chemotherapy for 10-15 minutes for 3 days, to each respondent. Statistically there was a decrease in stress scores with the difference between before being given saluang music therapy intervention before and after being given saluang music therapy 18.28. The results of this study show that the stress scores in breast cancer patients undergoing 4th chemotherapy were significantly lower after being given saluang music therapy. Based on researchers' analysis of the effectiveness of applying saluang music therapy to stress in breast cancer patients undergoing chemotherapy at RSUP Dr. M. Djamil Padang, a significant decrease in the average value of the stress score showed that the application of saluang music therapy was effective in reducing stress in breast cancer patients undergoing chemotherapy. By listening to saluang music therapy there will be a release of endorphins which make a person feel comfortable and a person will relax and can reduce stress in

a person. When the brain is given a stimulus in the form of sound, and the sound is directly proportional to the natural frequency of the cells, the cells will resonate and can then actively provide signals to the glands. Next, the body will release endorphin hormones, this condition will make the body relax.

CONCLUSION

Based on the research results, there is a difference in the average stress score in breast cancer patients undergoing chemotherapy at RSUP Dr. M. Djamil Padang who was given saluang music therapy with breast cancer patients undergoing chemotherapy who were not given saluang music therapy at RSUP Dr. M. Djamil Padang (p value = 0.000). Suggestions for nurses to increase their role in providing nursing care and can apply evidence-based nursing, namely saluang music therapy to patients to reduce the stress felt by patients while undergoing chemotherapy

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