

Penelitian, 10 Juni 2025

Tiara Puspita

Pengaruh Media Audio Musik Klasik Terhadap Peningkatan Frekuensi dan Durasi Menyusui di Wilayah Kerja Puskesmas Karya Wanita Rumbai

Xix + 43 Halaman + 9 Tabel + 10 Lampiran

ABSTRAK

Pada masa menyusui khususnya pada usia (0–6 bulan), rentan mengalami penurunan produksi Air Susu Ibu (ASI) akibat faktor psikologis seperti stres dan kelelahan, serta lingkungan yang kurang mendukung. Penurunan produksi ASI dapat mengganggu pemenuhan nutrisi bayi, sehingga diperlukan intervensi yang aman dan mudah diterapkan. Salah satu intervensi non-farmakologis yang terbukti efektif adalah media audio musik klasik, yang dapat merangsang relaksasi dan meningkatkan hormon oksitosin. Penelitian ini bertujuan untuk mengetahui pengaruh musik klasik terhadap peningkatan frekuensi dan durasi menyusui di wilayah kerja Puskesmas Karya Wanita Rumbai. Penelitian menggunakan metode kuantitatif dengan desain quasi eksperimen one group pre-test dan post-test, melibatkan 34 responden yang dipilih dengan teknik purposive sampling. Data dianalisis menggunakan Wilcoxon Signed Rank Test. Penelitian dilaksanakan di Puskesmas Karya Wanita Rumbai pada bulan Juni 2025. Intervensi dilakukan dengan memutar musik klasik selama 30 menit setiap hari selama tiga hari. Data dikumpulkan melalui lembar observasi frekuensi dan durasi menyusui. Hasil penelitian menunjukkan bahwa Sebelum intervensi, mayoritas ibu menyusui 6–7 kali per hari (38,2%) dengan durasi 8 menit (35,3%), dan setelah intervensi meningkat menjadi 9 kali per hari (50%) dengan durasi 14 menit (38,2%). Hasil uji Wilcoxon Signed Rank Test menunjukkan $p\text{-value} = 0,000 (< 0,05)$, sehingga dapat disimpulkan bahwa terdapat hubungan yang signifikan antara musik klasik dengan peningkatan frekuensi dan durasi menyusui. Berdasarkan hasil penelitian, musik klasik dapat digunakan sebagai metode pendukung untuk meningkatkan produksi ASI karena bersifat aman, mudah diterapkan, dan tanpa efek samping. Oleh karena itu, disarankan agar musik klasik digunakan secara rutin sebagai upaya dukungan terhadap ibu menyusui.

Kata Kunci: Ibu Menyusui, Musik Klasik, Produksi ASI

Daftar Bacaan: 38 (2019–2024)

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Research, 10 Juni 2025

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The Effect of Classical Music Audio Media on Increasing the Frequency and Duration of Breastfeeding in the Work Area of the Karya Wanita Rumbai Community Health Center

Xix + 43 Pages + 9 Tables + 10 Appendices

ABSTRACT

During breastfeeding, especially at the age of 0–6 months, mothers are susceptible to decreased breast milk production due to psychological factors such as stress and fatigue, as well as an unsupportive environment. Decreased breast milk production can disrupt the baby's nutritional needs, so safe and easy-to-implement interventions are needed. One non-pharmacological intervention that has been proven effective is classical music audio media, which can stimulate relaxation and increase the hormone oxytocin. This study aims to determine the effect of classical music on increasing the frequency and duration of breastfeeding in the Karya Wanita Rumbai Community Health Center work area. The study used a quantitative method with a quasi-experimental design with one group pre-test and post-test, involving 34 respondents selected using a purposive sampling technique. Data were analyzed using the Wilcoxon Signed Rank Test. The study was conducted at the Karya Wanita Rumbai Community Health Center in June 2025. The intervention was carried out by playing classical music for 30 minutes every day for three days. Data were collected through observation sheets for the frequency and duration of breastfeeding. The results of the study showed that before the intervention, the majority of mothers breastfed 6–7 times per day (38.2%) with a duration of 8 minutes (35.3%), and after the intervention it increased to 9 times per day (50%) with a duration of 14 minutes (38.2%). The results of the Wilcoxon Signed Rank Test showed a $p\text{-value} = 0.000 (<0.05)$, so it can be concluded that there is a significant relationship between classical music and increased frequency and duration of breastfeeding. Based on the results of the study, classical music can be used as a supporting method to increase breast milk production because it is safe, easy to apply, and has no side effects. Therefore, it is recommended that classical music be used routinely as a support effort for breastfeeding mothers.

Keywords: Breastfeeding Mothers, Classical Music, Breast Milk Production

Reading List: 38 (2019–2024)

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