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The influence of classical music therapy to decrease the intensity of pain during the invasive procedure in children within 6-12 years old in RSUD Sidoarjo

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ABSTRACT

Hospitalisasi can give the anxiety effect for children whereas in hospital, there are various kinds of invasive procedure such as the instalationof an infusion. Children tend to be crying and be afraid while they are in an invasive procedure, because it could causes pain. While the sick children principles care that should take precedence is atraumatic care. One technique distraction that can give reducing in painful is by giving classical music. Because classical music has a tempo of 60 beats per minute which can provide a relaxing effect, so that the activity of the therapeutic process can run well. The study has a goal to analyze the influence of classical music therapy to decrease the intensity of pain during the invasive procedure in children within 6-12 years old in RSUD Sidoarjo.

The design used in this research is Pre Eksperimental Design with models Pre Static Group Comparison, whom the population is children aged 6-12 years in RSUD Sidoarjo. 11 children used as the treatmentgroup which is selected by non probability sampling with consecutive sampling approach. Instrument research uses the visual analog observation scale sheet. Datas were analyzed by using Mann-whitney test.

The results that has been obtained is the influence of clasical music therapy to decrease pain intensity when the invasive action given to children age 6-12 years old with a p value 0.000 ($\alpha < 0.05$)

Implications of this research is that the classical music therapy can affect a decreasing pain intensity during invasive action. Because, the children can calming feel, cushy feelings to carried away in the atmosphere of the music so that the pain is reduced, helping is a learning process of memory, and can help the cells regulation. Parent, hospital, and health workers should to provide a management of classical music therapy to reduce the effects hospitalization.

Keywords: Classical music therapy, Intensity painful, Invasive action

Pendahuluan

Hospitalization is a process due to planning or emergency reasons that require the child to stay in the hospital for treatment and care. Being hospitalized is a major problem and creates fear and anxiety for children affected by age, previous experience of pain and treatment, available support systems, and coping skills in dealing with stress (Supartini, 2004). One of the stressor factors for children aged 6-12 years is a painful or invasive procedure. When children are sick and have to be hospitalized, they will undergo a variety of invasive procedures such as infusion, in an attempt to treat the disease suffered by a child (Supartini, 2004). The infusion setting is one of the interventions given to the child if the electrolyte, fluid and

electrolyte nutritional requirements are poorly met or performed if the child is receiving an injection or treatment via an IV (Elizabeth A., Henny S., & Windy R., 2003). This action is done by inserting a needle into a child's blood vessel that can cause pain. Pain occurs due to tissue damage caused by the entry of needles in the child's body (Perry & Potter, 2005). One of the application of the principle of pediatric care is an emphasis on atraumatic care, which is to take care of the child's hospitalization carried out an invasive action in order not to cause trauma. It can be done by: strengthening relationships with parents, preparing children before the procedure, diverting fears and aggressive, losing control by giving children a chance to play with a goal to minimize pain, which can also be done with non-pharmacological techniques such as distraction (Wong, 2004). According to Campbell (2001) distraction technique is very effective used to divert the pain in children, which one form is by listening to classical music because classical music has a tempo of about 60 beats per minute that can provide a relaxed effect, so that the therapeutic process activities can run well. Most parents say if their child is sick and is in hospital the child will be fussy, crying out of fear when injected. A small percentage of parents argue otherwise that her child looks normal and can accept her situation because of the possibility of getting used to medical treatment. Data from observations conducted in RSUD Sidoarjo obtained no action from nurses to divert attention or reduce pain in children who performed invasive action.

Most of the invasive procedures are blood-picking and IV-line installations. Research shows that 82% of invasive procedures are categorized as easy and use a relatively short time to complete (± 5 minutes), 16% are moderately difficult and 2% are categorized as difficult (Elizabeth A., Henny S., & Windy R., 2003). As easy as any implementation of the invasive procedure will continue to have an impact on the child. One of the most obvious effects is that children become traumatized because the procedure causes pain. Based on data obtained by researchers in RSUD Sidoarjo that there are 13 children aged 6-12 years who received an invasive action, after the observation on the child including 9 children fussy with complaints such as fear, pain, and tend not to go far with the people who accompany him (69%) and 4 other children (31%) are not fussy because they have had an invasive action.

The sources of pain include medical procedures, nursing actions and diagnostic procedures. Children often feel afraid when facing something that can threaten integrity and body. Various literature on response to noxious stimuli indicates that no doubt the child has pain (Moore, 2001). A highly recommended therapy for treating pain is classical music therapy because classical music contains a fluctuating tone composition between high and low notes. These tones that provide stimulation of alpha waves that can provide peace, comfort, and tranquility so that children can be more concentrated. Classical music can increase the β endhorpin produced by the anterior pituitary gland that acts as an inhibitor of pain transmission by blocking the transmission of impulses in the brain and the spinal cord that can relieve pain. Music is portrayed as one of the purest forms of emotional expression and contains various contours, spacing, variations in intensity and extensive sound modulation, according to the components of human emotions. Classical music can also be used as a therapy to improve human ability against various types of diseases and can be used as a distraction activity. If the child of hospitalization is not given classical music therapy, the pain felt by the child can not be overcome and the inadequacy of the coping mechanism to solve the problem resulting in the maladaptive behavior of the child and makes the child less likely to cooperate or

reject the invasive action that can slow the healing process (Wong, 2004).

When children are given classical music therapy children can feel the tranquility, feelings of fun because it is carried in a musical atmosphere so that pain is felt less, helps the process of learning memory, and can help the regulation of cells (Campbell, 2001). In addition, classical music therapy unlike other interventions such as guided imagery or biofeedback, classical music therapy does not require practice or concentration by the client so it is relatively easy to use (Campbell, 2001). In addition play therapy is also an option to minimize the pain in children because by playing children can find strengths and weaknesses themselves, part of the concept of adaptation learning for children about the outside world and the environment where they are (Alimul Aziz, 2005). Based on the above background, it is necessary to do research to determine the effect of classical music therapy to decrease the intensity of pain during invasive procedures in children aged 6-12 years in RSUD Sidoarjo.

Research methods

This research uses the type of Pre Experimental Design research design with the design of Static Group Comparison / Postest Only Control Group Design. The method used for this design model is to increase the control group in which the treatment group is treated, then the observations are made. While in the control group only conducted observations alone to determine the effect of classical music therapy on the intensity of pain in children aged 6-12 years who performed an invasive action. The population in this study were children who underwent invasive action in RSUD Sidoarjo. The sample was taken by researchers from some of the population who underwent invasive action in RSUD Sidoarjo, which amounted to 22 people. The sampling technique used in this research is Non Probability Sampling with consecutive sampling method. In this research there are two variables that are independent variable (free) and dependent (bound). Independent variable in this research is classical music therapy, dependent variable in this research is intensity of pain during invasive action in children aged 6-12 years in RSUD Sidoarjo.

Instrument used in collecting data in this study by using questionnaires containing demographic data about respondent identity, and observation sheet containing scale of intensity of child pain Visual Analog-Faces Scale, samsung medium type S3353 with medium volume (7) equipped with earphone and recording of classical mozart music for children and observed by researchers.

This intervention was administered for 15 minutes during the invasive action. After the respondent received the therapy, respondents were asked to express the perceived pain by selecting the answer according to the Visual Analog-Faces Scale shown and in accordance with the researcher's guidance on the meaning in the scale image of facial pain. Then the researchers fill in the observation sheet in accordance with what is expressed by the respondents and observed faces of respondents who were observed then included in the scale of facial pain filled by researchers based on information from respondents on a scale of 0-5. This score is classified by the number 0 if the pain is not felt by the respondent, 1 if the pain is felt slightly, 2 pain is felt, 3 pain is felt more, and 4 pain is felt overall, and the number 5 pain once and the child becomes crying, vital signs to know how much influence of classical music therapy to the intensity of pain respondents.

Result

1. Characteristics of respondents by sex

Table 1 Table of frequency characteristics of respondents by sex in RSUD Sidoarjo

Sex	Treatment group		Control group	
	f	%	f	%
Man	8	73	7	64

Women	3	27	4	36
Total	11	100	11	100

2. Characteristic of respondents by age

Table 2 Table of frequency characteristic of respondents by age of children in RSUD Sidoarjo

Age	Treatment group		Control group	
	f	%	f	%
6 – 7 year	1	9	2	18
8 – 10 year	7	64	11	64
11–12 year	3	27	2	18
Total	11	100	11	100

3. Characteristics of respondents based on how many times treated at the hospital

Table 3 Table of frequency characteristics of respondents based on the number of times treated at the hospital

frequency	Treatment group		Control group	
	f	%	f	%
Never	6	55	7	64
1-2	5	45	4	36
Total	11	100	11	100

4. Characteristics of respondents based on whether or not an invasive action has been performed

Table 4 Table of frequency characteristic of respondents based on never done invasive action

frequency	Treatment group		Control group	
	f	%	f	%
never	6	55	7	64
Ever	5	45	4	36
Total	11	100	11	100

5. Characteristics of respondents based on assistance when the invasive action

Table 5 Table of frequency characteristics of respondents based on mentoring when carried out invasive measures

mentoring	Treatment group		Control group	
	f	%	f	%
Parents	9	82	10	91
Guardian	2	18	1	9
Total	11	100	11	100

6. Intensity of pain in children aged 6-12 years who are given classical music therapy according to the scale of Visual Analog Faces Scale

Table 6 Distribution of respondents aged 6-12 years based on the intensity of pain given classical music therapy according to Scala Visual Analog Faces Scale at RSUD Sidoarjo.

Perception	**f**	**%**
No Pain (0)	1	9,0
Pain a little (1)	4	36,4
Moderate pain (2)	3	27,3
Pain a lot (3)	3	27,3
Whole pain (4)	0	0
Very painful and crying (5)	0	0
Total	11	100

7. Intensity of pain in children aged 6-12 years who are not given classical music therapy according to the scale of Visual Analog Faces Scale

Table 7 Distribution of respondents aged 6-12 years based on the intensity of pain not given classical music therapy according to Scala Visual Analog Faces Scale in RSUD Sidoarjo.

Persepsi	**f**	**%**
No Pain (0)	0	0
Pain a little (1)	0	0
Moderate pain (2)	0	0
Pain a lot (3)	1	9,0
Whole pain (4)	5	45,5
Very painful and crying (5)	5	45,5
Total	11	100

8. The influence of classical music therapy on the intensity of pain when an invasive action is taken

Table 8 Distribution of classical music therapy influence on pain intensity when invasive action in children aged 6-12 years according to Scala Visual Analog Faces Scale on the date at RSUD Sidoarjo.

Variabel	Treatment group		Control group		Total	
	f	%	f	%	f	%
No Pain (0)	1	9	0	0	1	4,5
Pain a little (1)	4	36,4	0	0	4	18,2
Moderate pain (2)	3	27,3	0	0	3	13,6
Pain a lot (3)	3	27,3	1	9	4	18,2
Whole pain (4)	0	0	5	45,5	5	22,7
Very painful and crying (5)	0	0	5	45,5	5	22,7
Total	11	100	11	100	22	100
ρ value 0.000						

In the table above shows that the number of 11 children given classical music therapy felt a lot less pain than moderate pain, painful and painless with a proportion for pain less that is as much as 36.4% compared with moderate pain 27.3%, pain 27%, and no pain 9%. While the children who were not given classical music therapy felt more pain overall, painful and crying compared with much pain with the proportion for overall pain as much as 45.5% of children, very painful and crying as much as 45.4% compared with pain as much as 9% .

Based on test result of Mann-Whitney test show value ρ value = 0.000 (ρ value <0,05) it means there is statistically significant difference between giving classical music therapy to the intensity of pain in children aged 6-12 years.

Discussion

changes in the intensity of pain experienced by the child after being given classical music therapy children feel a little pain that is as much as 36.4% with the number of 4 children. This is because the age of each child 50% is 11 years and 10 years, other than that found 50% of children had undergone an invasive action so that children can perceive and overcome the pain experienced. Factors that affect the pain in children while undergoing the above invasive actions are age and past experience. Age can affect the perception of pain as the age of a person increases the more the understanding of pain and effort to overcome it. Previous experience also affects the child's perception of pain as less fear of pain in the future and is able to tolerate pain well. Children who experienced moderate pain were 27.3% with 3 children. This is because 100% of the number of children is accompanied by parents when carried out an invasive action. Parental support is a support in building positive coping of pain, the presence of parents is a special thing that for children in the face of pain. Children who feel pain not as much as 9.0% with the number of children 1. This is because it occurs because the child's age is 11 years, previously also had an invasive action so that children can perceive the pain felt.

Factors affecting the pain in children while undergoing invasive action are supported by the theory expressed by Perry & Potter, 2005 that age, previous experience, culture, meanings of pain, attention, anxiety, coping style and family support may influence the perception of pain experienced . Age can affect the perception of pain as the age of a person increases the more the understanding of pain and effort to overcome it. Previous experience also affects the child's perception of pain as less fear of pain in the future and is able to tolerate pain well. Family support is very helpful for individuals in building positive coping of pain. The presence of parents is of special importance to children in the face of pain.

The intensity of pain felt by the child is high because no intervention is given.

Children who feel the pain once and cry as much as 45.5% with the number of 5 children. This is because 80% of the 5 children have never undergone an invasive action and 20% with the number of children aged 6 years. Factors that affect the above pain is age and past experience. Age can affect the perception of pain because the younger age, the child can not understand the pain and how to overcome the pain. Previous experience also affects the child's perception of pain because less experience is experienced, the fear increases and the child is unable to properly tolerate the pain. Children who feel the pain overall as much as 45.5% with the number of 5 children, this is because 60% with the number of 3 children never hospitalized and 40% with the number of 2 children had undergone an invasive action. Previous experience affects the pain of the child, as it is less fearful of future pain and is able to tolerate pain well. Children who experience much pain as much as 9.0% with 1 child due to age 12 years, so that children can slightly perceive the pain experienced during the invasive action. The more children age, the child can perceive the pain and the effort to overcome the pain.

This is consistent with the Perry & Potter, 2005 that age, prior experience, anxiety, attention, meaning pain, culture, coping style, and family support are factors that affect pain, so that children can perceive and tolerate perceived pain.

From the data shows an increase of pain level felt by child in RSUD Sidoarjo, thus can be known increase of pain level arise caused by child perception of invasive action to be executed, fear of body injury which threaten intregitas body. This is as revealed by (Perry & Potter, 2005) that pain is an unpleasant sensory and emotional experience associated with tissue damage that occurs due to disease processes, diagnostic examinations or invasive procedures. In children the pain is of critical concern, since invasive procedures are the most commonly performed to diagnose and treat illnesses when the child is hospitalized. Implementation of this invasive procedure often causes pain and trauma in children. The intensity of pain that occurs can be known from the child directly through the expression of the child to perceived perception and other manifestations shown by the child from the measurement of pain level Scala Visual Analog Faces Scale can be known pain that occurs in children aged 6-12 years. Reactions of children in this study include whining, refusing, crying and asked accompanied by parents when carried out an invasive action. This is in accordance with the disclosure (Perry & Potter, 2005) mentions that the reactions shown by the child during a variety of invasive procedures, namely there are acting aggressively as a self-defense, expressing verbally by issuing words hissing or barking and being dependent with shut down and uncooperative.

According to the researchers observation that children who are not given music therapy children tend to fear, confused, anxious when will be invasive action. The child reacts to his fears by crying and rejecting the action. When the researcher asked the child also felt fear and silence, this is evidenced by the child approaching to his parents and look strange to the researcher without speaking because the child is suffering severe pain felt, the implementation of invasive action required distraction techniques to divert the pain in children, it's a past experien[illegible] can also affect a child's ability to adapt to overcome the perceived pain.

According to the results of research conducted that the intensity of pain felt by children experience the difference after being given classical music therapy, because children feel relaxed, calm, and enjoy the music given so that the child's perception of pain can be transferred to the rhythm of classical music. Besides, it was found that gender affect the intensity of pain in children, it is proved from the results of research conducted there is a

difference in pain intensity that is much pain felt by girls while moderate pain, little pain, or pain not felt by boys though still doubtful that sex is an independent factor in the expression of pain. For example boys must be brave and should not cry where a woman can cry at the same time when the invasive action.

Based on test result of Mann-Whitney test with $\alpha = 0,05$ in treatment group and control group in this research got value ρ value 0.000 mean H0 rejected. This means that there is an effect of classical music therapy on the decrease of pain intensity when the invasive action in children aged 6-12 years is by comparing the observation between the treatment group and the control group caused by the difference in pain intensity in the treatment group and the control group.

In this study the music used for therapy is a type of classical music Mozart "Hungarian Dance" is compiled by Campbell. Treatment is performed once during the invasive action lasts for approximately 20 minutes with a frequency of 40-66 Hertz and 60 times a beats permenit by using S3353 samsung mobile phone equipped with earphone. Based on the results of general research on the influence of classical music therapy on the intensity of pain during invasive procedures found that in the group given classical music therapy experienced differences in pain intensity, whereas in the group that was not given classical music therapy showed a severe level of pain. This means that the group given music therapy can be carried away by the music rhythm that can stimulate the mind, feel relaxed and imagine. Physiologically seen from the frequency of the heart and blood pressure tend to be normal.

The decrease in pain levels that occur in children after giving classical music therapy is a positive effect of the element that can give a positive and adequate response, the child is able to respond to the music indicated by the decrease in pain levels. This is in accordance with American Mucis Therapy Associattion (2004) that music therapy is the pegg

The results of this study are in accordance with the opinion (Campbell, 2001) that music can be used as a therapy to improve human ability against various types of diseases and can be used as a distraction activity that helps children release endorphins in the body, thus inhibiting the transmission of pain caused by the implementation invasive procedures. Endorphins are substances such as morphine produced by the body including endogenous chemicals and have a strong concentration in the nervous system. Endorphins serve as an inhibitor of pain transmission by blocking the transmission of impulses in the brain and spinal cord (Brunner & Suddart, 2001). Music has been shown to have the effect of reducing the frequency of heart rate, reducing anxiety and depression, relieving pain, lowering blood pressure, and changing perceptions of time (Perry & Potter, 2005).

According to the observation of classical music therapy researchers have a very effective effect on the intensity of pain in children when the invasive action is indicated by significant differences in pain intensity perceived by the control group and treatment group.

Conclusions

Based on the results of research findings and test results on the discussion conducted, it can be drawn conclusion as follows:

1. Intensity of pain with the giving of classical music therapy when carried out an invasive action in children aged 6-12 years in RSUD Sidoarjo more feel a little pain with a scale of 1.
2. Intensity of pain that is not given classical music therapy when carried out an invasive action in children aged 6-12 years in RSUD Sidoarjo more feel pain overall with scale 4, pain and cry with scale 5.

3. Classical music therapy affects the intensity of pain in children aged 6-12 years when carried out an invasive action in RSUD Sidoarjo.

Any suggestions that can be provided to hospitals in adopting policies for childcare need to apply atraumatic care principles to children using classical music therapy in any hospital room used for the implementation of invasive measures, as well as medical personnel may provide classical music therapy before performing invasive action within
order of care or treatment in children when in hospital.

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