

**THE APPLICATION OF INSTRUMENTAL MUSIC THERAPY
TO LABOR PAIN STAGE 1 IN THE “AULIA”
MOJOSONGO BOYOLALI
MATERNITY CLINIK**

Ratih Indratiningrum, Norman Wijaya Gati, Ida Nur Imamah
Ratihindra09@gmail.com
STIKES ‘Aisyiyah Surakarta

ABSTRACT

Back Ground; *Excessive pain and too long can cause worry and psychological pressure, so it can effect the physical condition of the pregnant mother. Distraction technique to overcome the pain during the labor. Stage 1 laten phase on of it is with instrumental music. Instrumental music can be functioned to reduce disturbance, increase positive response, reduce pain perception in women during the laten phase of labor. **Objective;** To determine the effect of applying Instrumental music therapy to labor pain stage 1 in the “Aulia” maternity clinic in Mojosongo Boyolali. **Method;** Descriptive research by applying the result of research that has been done previous, to determine the results of changes in labor pain before and after the Instrumental music therapy was given with a sample of 2 respondent. **Result;** the application shows that after being given Instrumental music therapy patients are more able to control labor pain. Scale of pain in mrs.T 4 and Scale of pain in mrs. W 6. **Conclusion;**There is no effect of Instrumental music therapy on labor pain on stage 1, but respondens can control or manage can be more relaxed, not tense and calmer.*

Keywords: *Instrumental Music Therapy, Labor Pain.*