

# APPLICATION OF JAVANESE GAMELAN MUSIC THERAPY TO THE ANXIETY LEVEL OF ELDERLY IN THE LAVENDER WARD AT IR SOEKARNO HOSPITAL SUKOHARJO DISTRICT

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## ABSTRACT

**Background:** The number of elderly people in Sukoharjo Regency in 2021 is 120.565 or 13.23%. The problem that is often experienced by the elderly is anxiety. Anxiety is a psychological condition of a person who is full of fear and worry, where feelings of fear and worry about something that is not certain will happen. One way to reduce anxiety levels is Javanese gamelan music therapy. **Objective:** To find out the results of the application after Javanese gamelan music therapy has been carried out in the elderly who experience anxiety in the Lavender Ward at Ir Soekarno Hospital, Sukoharjo Regency. **Method:** The application of Javanese gamelan music therapy uses the case study method, which is conducted on 2 respondents, namely Mr. N and Mr. W with mild and moderate anxiety problems. **Results:** The results of the application to 2 respondents were carried out for 3 days with a frequency of 3 times a day for 30 minutes showing the effect of Javanese gamelan music therapy in reducing anxiety levels from the moderate to mild category. **Conclusion:** Javanese gamelan music therapy has an effect on changes in the anxiety level of the elderly.

**Keywords:** Elderly, Javanese Gamelan Music Therapy, Anxiety