

"Classical Pachelbel's Music Therapy and Active ROM towards the Level of Muscle Strength in Stroke patients in Keprabon Rt 02 Rw 01 Keprabon Klaten "

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ABSTRACT

Background: in Indonesia, it is estimated that in every year there are 500.00 people affected by stroke. About 2,5% die, and the rest are minor of seious defects. This flaw could cause difficulties in walking and activity. Treatment of post stroke can be either pharmacological or non pharmacological as rehabilitation programs namely Range of Mation (ROM) exercise and can be accompanied by complementary music as classical music. **Research objectives:** to know the influence of classical music therapy and active ROM towards the level of muscle strength in people with stroke. **Research methods:** This research was conducted 6 times within 2 weeks in post stroke patients in Keprabon. The researcher took 1 respondent as the subject of research, with classical music therapy and active ROM in patients of post stroke. **Research results:** The result on average the respondents prior to the therapy of classical music is 3.67. The average result obtained after therapy performed classical music is 4. The respondent has increased an average of 0.33 after given a therapy in classical music during a period of 2 weeks. **Conclusion:** after the application of classical music and active ROM exercise, there is an increase of muscle strength at the rate of 0,33 during a period of 2 weeks.

Key words: active ROM, Stroke, Classical Music Therapy