

APPLICATION OF GAMELAN MUSIC THERAPY ON THE LEVEL OF DEPRESSION AT ELDERLY IN GRIYA PMI SURAKARTA

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ABSTRACT

Background; *Elderly is one of the periods in human life span regarded as a phase of decline, such as physical, mental, or social degeneration causing depression. The World Health Organization (WHO) states that depression has occupied the fourth sequence of disease in the world. The prevalence of depression in Indonesia is 9,162,886 cases or 3.7% of the population and the prevalence of depression in the elderly is around 8-15%. From the results of preliminary study in Griya PMI Surakarta there were 7 out of 32 elderly (21.8%) who were depressed.* **Objective;** *Describing the difference in the development value of depression in the elderly before and after the administration of gamelan music gamelan therapy at Griya PMI Surakarta.* **Method;** *The research design used in this application is a descriptive method carried out with 2 respondents. Application instrument with interviews and GDS (Geriatric Depression Scale).* **Result;** *There was a decrease in the level of depression after 30 minutes of gamelan music therapy for 3 consecutive days. The decline occurred on the second day after the application of gamelan music therapy and each decreased.* **Conclusion;** *Gamelan music therapy can reduce the level of depression in the elderly. In both respondents there was no difference in developmental decline in depression levels.*

Keywords: *Elderly, Gamelan Music Therapy, Level Of Depression*