

**APPLICATION OF 5 FINGER HYPNOSIS AND MOZART MUSIC
THERAPY TOWARDS REDUCING PAIN SCALE IN *POST-
SURGERY CA MAMMAE* PATIENTS IN FLAMBOYAN 5
RSUD DR MOEWARDI RSUD SURAKARTA**

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ABSTRACT

Background: breast cancer or breast cancer is a malignant tumor in the breast that invades the area around the breast and spreads throughout the body. Breast cancer is the second largest cause of death worldwide with 2.3 million in 2022. Pain is one of the many impacts experienced after breast cancer surgery. One way to reduce this pain is by non-pharmacological means. Therefore, it is necessary to apply the non-pharmacological technique of 5-finger hypnosis and Mozart music therapy.

Purpose: To determine the results of the application of 5-finger hypnosis and Mozart music therapy on reducing the pain scale in post-operative breast cancer patients in the Flamboyan of Dr. Moewardi Surakarta Hospital **Method:** This research method is descriptive in the form of a case study to solve problems in patient nursing care. The number of respondents used was 2 respondents. **Results:** The study found that there was a development in the level of pain between before and after the application was carried out, the development was seen from the score measured by NRS, **Conclusion:** There was a development in the level of pain in patients in the Flamboyan 5 before and after 5-finger hypnosis and Mozart music were carried out.

Keywords: *ca mammae, hypnosis, pain, Mozart*