

***THE EFFECT OF BINAURAL BEATS MUSIC THERAPY ON ANXIETY  
LEVEL OF PREOPERATIVE SECTIO CAESAREA MOTHERS AT BANGIL  
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***ABSTRACT***

*Anxiety is an emotional condition that causes feelings of discomfort which, if not overcome, will interfere with the surgical process. Anxiety management can be done with nonpharmacological therapy in the form of distraction using binaural beats music. This study aims to determine the effect of binaural beats music therapy on the anxiety level of preoperative sectio caesarea mothers. The research design used "quasi experiment" with a "two group pre-test and post test" approach. The study population was 52 patients. The sampling method used accidental sampling with 34 respondents divided into 2 groups. Statistical tests using SPSS applications with wilcoxon and mann-withney tests. The results of this study were all respondents experienced moderate anxiety before receiving the intervention, the anxiety level decreased in the treatment group and lowered the average value of blood pressure and pulse. There is an effect of binaural beats music therapy on the anxiety level of preoperative SC mothers with a p-value = 0.00. There is an effect of binaural beats music therapy on the anxiety level of preoperative SC mothers simultaneously with a p-value = 0.00. It is expected that nurses and midwives can make binaural beats music therapy as an intervention to deal with anxiety in preoperative SC mothers.*

***Keywords:*** *Binaural Beats Music Therapy, Anxiety, Sectio Caesarea Surgery.*