

THE EFFECT OF *FOOT MASSAGE* AND KITARO INSTRUMENTAL MUSIC COMBINATION THERAPY ON PAIN INTENSITY IN POST-OPERATIVE TAH BSO PATIENTS AT LAVALETTE HOSPITAL

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ABSTRACT

Post-operative pain is a common complication in patients after Total Abdominal Hysterectomy and Bilateral Salpingo-Oophorectomy (TAH BSO), with approximately 60-75.8% experiencing moderate to severe pain within the first 24-48 hours. Poorly managed pain can cause various negative effects on patient recovery. To identify the effect of *foot massage* and Kitaro instrumental music combination therapy on pain intensity in post-operative TAH BSO patients at IHC Lavalette Hospital Malang. This study employed a quasi-experimental design with a pre-test post-test with control group approach. A sample of 44 respondents was selected using purposive sampling technique based on inclusion and exclusion criteria, divided into treatment group (n=22) and control group (n=22). Visible of pain intensity measured using the Numeric Rating Scale (NRS). Data analysis used Wilcoxon Signed Rank Test and Mann Whitney test with significance level $\alpha=0.05$. There was a significant decrease in pain intensity in the treatment group from an average of 4.86 to 2.77 ($p<0.001$), while the control group experienced a non-significant decrease from 4.91 to 4.50 ($p=0.083$). The Mann Whitney test showed a significant difference between the two groups after intervention ($p<0.001$). The combination of *foot massage* therapy and Kitaro instrumental music is effective in reducing pain intensity in post-operative TAH BSO patients through collaborative effects that strengthen physical and psychological pain inhibition mechanisms.

Keywords: *Foot massage*, Kitaro Instrumental Music, Pain Intensity, Post-Operative TAH BSO