

**Undergraduate Program Of Nursing  
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***The Effect of Instrumental Music Therapy on Fatigue While Undergoing Hemodialysis in Chronic Kidney Disease Patients at RSUP. Dr. M. Djamil Padang***

***x + 71 pages + 2 schemes + 6 tables + 14 attachments***

### **ABSTRACT**

*Chronic kidney disease is a disorder that occurs in the kidneys progressively and irreversibly resulting in the kidneys not being able to carry out their full function. Fatigue is a condition of fatigue and not having the energy to do daily activities. One of the relaxations that can overcome and reduce fatigue is music therapy. The purpose of this study was to determine the effect of instrumental music therapy on fatigue in patients with chronic kidney disease at RSUP. Dr. M. Djamil Padang. This type of research uses a pre-experimental design with a one group pre-test post-test research design. The sample amounted to 18 respondents with purposive sampling technique. Data processing using the T-test test. The results showed that the average fatigue score before the intervention was 41.50 and the average fatigue score after the intervention was 36.95. There is a difference between fatigue scores before and after intervention with a p-value = 0.000 (p-value  $\square$  0.05), meaning that there is an effect of instrumental music therapy on fatigue in patients undergoing hemodialysis at RSUP. Dr. M. Djamil Padang. The conclusion of the results of this study is that there is an effect of instrumental music therapy on fatigue in chronic kidney disease patients undergoing hemodialysis at Dr. M. Djamil Padang Hospital. Dr. M. Djamil Padang. It is recommended for nursing services to make instrumental music therapy intervention as one of the non-pharmacological therapies in reducing fatigue scores in patients undergoing hemodialysis.*

**Keywords : Fatigue, Instrumental Music Therapy, Chronic Kidney Disease, Hemodialysis**

**Literature : 50 (2002-2022)**