

Effectiveness Music Therapy Classic And *Storytelling* Towards Reducing Anxiety In Child With Cancer Which Undergoing Chemotherapy

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Abstract. ECancer is a frightening and deadly disease for people all over the world. The incidence of cancer continues to increase and most cancer sufferers are in an advanced stage and have problem physique Which influence quality life they. Besides That, cancer Also often occurs in children. Treatments for childhood cancer vary, including surgery, chemotherapy, radiation therapy, and bone marrow transplantation. However, chemotherapy is one option. treatment cancer Which most general used on children. Drug chemotherapy No not only kills cancer cells but also affects healthy normal cells. The aim of this study was to determine the effectiveness of classical music and reading therapy in reducing anxiety in cancer patients undergoing chemotherapy. This study used a quantitative research design, namely quasi-experimental design with design two-group pre test - post test without control group design . The sample size in this study was 30 respondents who were divided into classical music therapy intervention groups and storytelling groups with each group consisting of 15 respondents. Age child Which experience cancer part big aged 0-5 year totaling 14 respondents ((46.7%), gender mostly male totaling 19 respondents (63.3%), education mostly elementary school children totaling 12 respondents (40.0%), duration of chemotherapy mostly running for 1 month totaling 12 respondents (40.0%), experience of hospitalization mostly answered yes totaling 27 respondents (90.0%). This study used a purposive technique sampling. Test statistics Which used on research This is test paired t-test with The p-value results were 0.000 in each group, which means that there is an effect of classical music therapy and storytelling on reducing anxiety in children with cancer undergoing chemotherapy.

Keyword : Cancer, Chemotherapy, Anxiety, Storytelling , Therapy Music Classic

INTRODUCTION

Cancer is a frightening and deadly disease for people all over the world today. The incidence of cancer continues to rise, and most sufferers have It often arrives in an advanced stage, accompanied by physical problems that disrupt quality of life.

Furthermore, cancer is also common in children (Payu et al., 2022). Meanwhile, the types of childhood cancer tend to be similar to those of adult cancer. on adults. One third from cancer children are blood cancer (*leukemia*), retinal cancer (*retinoblastoma*), brain cancer, lymphoma cancer (*lymphoma*), cancer nerve (*neuroblastoma*), kidney cancer

(*Wilms tumor*) and bone cancer (*Osteosarcoma*) (Ramli et al., 2023)

The prevalence of cancer continues to increase every year, including the incidence of cancer in children. Cancer contributes to... risk death which occurs in children by 12% within 10 years of diagnosis (Putri et al, 2020). Based on WHO data, there are 8,677 Indonesian children aged 0-14 years Which suffer cancer on 2020, This number is the largest compared to other countries in Southeast Asia (Hendrawati et al., 2019).

Treatment for childhood cancer varies, including surgery, chemotherapy, radiation therapy, and bone marrow transplantation (Wijayanti, 2023). However, chemotherapy is one of the most common options. used on children For overcome cancer, chemotherapy own a number of effect An interesting side effect. In addition to killing cancer cells, chemotherapy drugs also affect healthy normal cells (Enikmawati, 2015).

Chemotherapy can cause psychological responses that can lead to anxiety. Anxiety is an unpleasant emotional state characterized by subjective or unexplained feelings of tension, fear, and worry. Physiological and psychological anxiety can occur when somebody feel threatened (Naim, 2021). Anxiety is an emotion often experienced by children when hospitalized, in an unfamiliar environment, separated from parents, lacking information, or losing freedom

and independence. Anxiety is a common impact of hospitalization. Which experienced by preschool children due to exposure to stress factors in the hospital environment (Jupyantari, 2023).

The prevalence of anxiety in the pediatric ward at Dr. Kariadi General Hospital in Semarang in May 2022 showed 52 children being treated or experiencing anxiety, including preschoolers. Anxiety levels in children with cancer undergoing chemotherapy vary widely. Research (Natasya, 2019) showed that 71.4% of respondents had moderate anxiety, and 28.6% had severe anxiety. level anxiety low or anxiety light. Reaction anxiety on child sufferer Cancer occurs when a child is first diagnosed with cancer, but also continues until the child undergoes different treatments, and then it will affect response child during He undergoing chemotherapy (Nurhidayah et al., 2016) stated that children with cancer complained scared, sad And worried if something worse happens.

Reducing anxiety in children can be done through classical music therapy. Music therapy is an easy, safe, and inexpensive method. For reduce anxiety on Children. Listening to music can affect psychological, physical, spiritual, cognitive, and social aspects. During music therapy, the body receives music therapy through the auditory system, and as a result, the body produces a positive mood, improves children's coping strategies and emotions, and reduces stress

(Wadu, 2021). Physiologically, when listening to music, radio waves in the brain slow down or speed up, simultaneously changing the function of the body's systems. In fact, music can regulate hormones. Which influence stress somebody and improve memory (Sari et al., 2017). The music will be detected by the cochlear nerve and can be transmitted to the brain nerves by activating the parasympathetic nerves, which influence the pituitary to release beta-endorphins, or the happy hormone. A decrease in cortisol makes a person feel calm And safe, Which very helpful in reducing anxiety levels (Larasati., 2017).

Besides using classical music therapy to reduce anxiety in children, storytelling can also be used . Storytelling *is* a simple play therapy technique that can help children cope with anxiety. *Storytelling* is an effective method that allows children to understand situations, recognize, and... express his emotions with Correct, and minimize negative impact from the situation he faced (Norratri et al., 2023). In the study (Utami et al., 2023) therapy *Storytelling* can capture children's attention and allow them to participate, experiment, reflect on emotions and strategies. Which required For develop sustainable solutions to the problems they face. The benefits of storytelling include

stimulating imagination, empathy, and other emotions, increasing interest in reading, building intimacy and harmony, and serving as a learning medium (Rahmadani et al., 2021).

Based on the background of the problem, the researcher implemented an intervention to determine the effectiveness of classical music therapy and *storytelling* in reducing anxiety in children with cancer undergoing chemotherapy.

METHOD

This research is a type of quantitative research using *a quasi-experimental design research method with a two-group pre-test-post-test design without a control group design* . The sampling technique used in this study was *purposive sampling* with a total sample of 30 respondents. The research was conducted from May to June 2024. The instrument used in this research was a questionnaire sheet. T-MAS. Results study This analyzed using *paired sample T-test*

RESULT

1. Characteristics Respondents

Tabel 1 Distribution Frequency
Characteristics Respondents
Child Cancer

Categorical	Frequency (f)	Percentage (%)
Jensi Sex		
Male	19	63.3
Age		
6-12 year	12	40.0
Education		
SD	12	40.0
Long Chemotherapy		
1 month	12	40.0
Experience Care		
Ever	27	90.0
Total	30	100%

Table 2
Frequency Distribution Decline Anxiety on Child Cancer Which Undergoing Chemotherapy

Score Group	Pre		Post Anxiety
	Anxiety light (1-10)	Anxiety currently (11-19)	%
Therapy Music Classic	15		50.0
Storytelling	15		50.0
Total	30		100%

Table 3
Results Test *Paired Sample T-test* Before And After given Intervention Music Therapy and *Storytelling*

Group	Therapy Music Classic		Storytelling		t	P-value
	Mean	Std.Dev	Mean	Std.Dev		
Before	14.73	2.549	14.13	2.326	13.460	0,000
After	6.87	1.187	6.60	1.595	15.508	0,000

DISCUSION

1. Characteristics Respondents

Characteristics type sex on study This shows that the male gender is more represented, namely 19 respondents (63.3%). This finding is in line with Princess (2020) which stated that the majority of respondents were male, namely 17 respondents (56.70%). A study conducted by Marcdante, Kliegman, Jenson, and Behrman (2014) found that

that patient man Which diagnosed with cancer more often than female patients.

Based on characteristics age, age child Those who participated in the survey ranged from 0 to 5 years, with the largest number of respondents being 14 (46.7%). Results study This in line with Rukmono (2022) that 18 respondents had a higher incidence of cancer tall compared to child age 6 until 14 years. P2PTM Ministry of Health of the Republic of Indonesia (2018). However This study found little difference due to the number of child The prevalence of childhood cancer among researchers is 36% among children aged 0 to 5 years. Regarding the characteristics of childhood cancer based on age, most cases occur in children under 5 years of age. as much as 252 case (61.5%), And the least cases occurred in age over 10 years as much as 30 case (7.3%). Based on the Cancer Registration System Indonesia (SriKanDI), the incidence is higher in children aged 0–5 years, namely 18% of children.

The results of the study showed that the majority were aged between 0 and 5 years. Based on the survey results, out of 30 respondents, the group education with incident highest cancer is School Base that is as much as 12 respondents (40.0%). According to Nirmala (2012), child school age should be careful

in their eating habits because at this age children can choose what foods to like and dislike based on environmental influences.

Therefore, you need to monitor them to ensure they don't make the wrong food choices. The majority of respondents in this study had an elementary school education (31.8%). Based on the research, Dahlia et al. (2019) stated that education can influence a person's level of knowledge. This is because education level influences the acceptance of information about diseases, risk factors, and prevention and detection efforts. early disease cancer. Study Notoadmodjo (2012) explains that education in general is very helpful in changing thought patterns, behavior, and decision making.

As a result, 12 people (40.0%) received the most chemotherapy. The results of this study are in line with Hendrawati's (2019) study, which stated that most Most children receive chemotherapy for approximately 1 month, namely 23 (57.5%) received chemotherapy consisting of several cycles including long-term treatment. When cancer patients undergo chemotherapy the first and experiencing unpleasant experiences such as pain, nausea,

and vomiting, this will affect the patient's anxiety and health during the treatment process, thereby reducing the possible effects of chemotherapy Jacobs et al (2022).

The survey results showed that 27 respondents (90.0%) had experience seeking medical treatment. This finding aligns with Indradi's (2017) study. Twenty-eight respondents (70%) have never received treatment and 12 respondents (30%) have never received treatment. For some children, the experience of never having received treatment reminds them of they on experience previous illness and fear of experiencing the same illness again. On average, children who are treated in The ward is in good general health condition, some are able to cooperate with parents and health professionals, and receive psychological support from parents and family members. who supports him Help your child through his illness with method Which free stress and recover quickly. Based on Ulyah's research (2024), a study on the length of stay of 55 respondents found that more than half (54%) of the 30 respondents reported that their length of stay was less than more 5 day. Matter This make for researchers believe that the

average The length of hospitalization for children is still relatively long.

2. Anxiety Level Before And After Being Given Classical Music Therapy and Storytelling Intervention
 - a. Pre And Post Therapy Classical music

The results of the study in the classical music therapy intervention group showed that the mean before the intervention is 14.73 And mean after intervention is 6.87, so that there is a difference in the mean value before and after music therapy classic then p value of 0.000 means there is an influence classical music therapy on anxiety in pediatric cancer patients undergoing chemotherapy.

The decrease in anxiety levels after classical music therapy intervention is influenced by the ability to optimize quality life individuals and groups. Therefore, music therapy is an intervention for certain illnesses. Music can be a stimulus that reduces the stress a person feels and makes them feel comfortable and relaxed. Because musical rhythm, melody that appears, has a unique value in fulfilling a person's psychological needs

and chemotherapy, and is one of the factors that causes patients to suffer from anxiety, then respondents who get intervention believe that your support process could be better. This reduces anxiety levels and gives patients a reason for their chosen treatment. This is in accordance with the opinion of (Edward., 2017), namely, classical music therapy is useful for making someone relax, creating a feeling of... safe And lower level anxiety. In addition to the opinion (Edward., 2017) above, research from (Djawa., 2017) regarding the influence on anxiety, supports the results and theory that Already presented study in above, where (Osmanoglu., 2019) got the results show that there is a relationship between the level of knowledge and anxiety in patients

- b. Pre And Post *Storytelling*

Average *storytelling* score before being given on *storytelling* is 14.13, while after being given in *storytelling*, the average value of *storytelling* is 6.60 with mark p as big as 0.000. This means that *storytelling* has an effect on the anxiety levels of pediatric cancer patients. who are undergoing chemotherapy. Storytelling is used to assess the level of anxiety in children undergoing chemotherapy.

undergoing chemotherapy and children's language skills, including communication skills.

Storytelling is presented orally and is intended to help children understand the content. Activities that can divert children's attention from unpleasant situations. pleasant during chemotherapy. These results show that *storytelling* is something therapy which is delivered orally using props, listening to stories, or playing with hand puppets that are presented in an interesting way (Anggrani & Yani (2024)). Using *storytelling techniques* is a fun activity for child in reading activities, child Which accept reading activities show changes from flavor worried, happy, and become relaxed. Research Scarponi & Andrea (2018) showed that this non-pharmacological intervention technique also can help control psychological aspects of pain, which is a typically unpleasant experience.

3. Difference Intervention Therapy Music Classics and *Storytelling* on Reducing Anxiety in Children with Cancer

The Effectiveness of Classical Music Therapy and *Storytelling* on Reducing Anxiety in Children with Cancer Undergoing Chemotherapy at Dr. Kariadi General Hospital, Semarang. Based on the results of statistical tests using *the Paired t-test*, the *P-values* for both groups

were obtained. intervention own results as big as 0.000 (<0.05), based on the *independent t-test* conducted to determine the effectiveness of classical music therapy and *storytelling*, it shows that the music therapy group is more effective than *storytelling* in reducing anxiety in child cancer Which undergo chemotherapy.

Classical music therapy is a form of music that can have a positive effect on the psychological, physical, cognitive, or social functioning of individuals with health or educational problems. Agheana (2017). *Storytelling* is a healing process carried out by reading fairy tales to children. This can foster empathy and various other emotions, increase mental strength, build intimacy, and help children. The goal is to provide a means of communication for parents (Ramdhan, 2022).

According to research by Mudyyaningsih (2022), classical music therapy was more acceptable to respondents than *storytelling*. This was because it involved a discussion process, and classical music was played with a clear timbre and rhythm, not too loud, hard, no too slow, And with the correct intonation. This is supported by the opinion of Rahma & Lia (2020) that classical music has advantages in purity and simplicity voice Which produced,

Which No only felt by ear but also by the soul that hears it. This conveys a sense of security. This finding is supported by Sukron (2018). This shows that there are differences in levels of anxiety patient care stay before and after classical music therapy. Average level of anxiety after therapy music classic (15.43%) more low compared to average level of anxiety before classical music therapy (23.63%).

According to Angreinni (2017), the benefits of storytelling is can grow and develop imagination, instill values moral since early, as well as practice memory and concentration, while Lestari & Hartini (2022) Findings show weaknesses in storytelling. The reason why storytelling is less popular with children is because it often causes... difficulty in make stories and using media, which is why children may be passive. If the props are not interesting, children will be less active and unable to tell stories. return story Which told.

CONCLUSION

The results of the paired t-test showed a significance of 0.000, which indicates that there was an effect of reducing anxiety before and after treatment in the classical music therapy and storytelling intervention groups

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226 | **Effectiveness Music Therapy Classic And *Storytelling* Towards Reducing
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