

The Effects of Mozart Classical Music Therapy (Clarinet Concerto in A Major K622) For Increasing Muscle Strength in Stroke Patients Undergoing ROM Exercise Admitted Patient

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Abstract

The Range of Motion (ROM) exercise is a physical training that increases muscle strength of a stroke patient who had hemiparesis. One of the rehabilitation methods for stroke patients is ROM exercise. Mozart classical music therapy is a complementary therapy that can be combined with ROM exercise. This research aimed to determine the effect of Mozart classical music therapy on muscle strength of admitted stroke patients undergoing ROM exercise. This research used quasi-experimental nonequivalent control group with pre-post test design. The study involved 30 participants. The study was conducted for 30 minutes once a day for seven consecutive days, and muscle strength was measured with Manual Muscle Test (MMT). The Wilcoxon test result on the pre- and post-test of each group showed a significant difference with $p < 0.05$. The Mann-Whitney test comparing the muscle strength between the control and the intervention group showed that a combination of ROM and Mozart music significantly increase the post-exercise muscle strength ($p < 0.05$). It was concluded that ROM exercise combined with classical music therapy can improve muscle strength of stroke patient better than only ROM exercise. It is recommended that future study be done on the duration and frequency of this method for a better result.

Keywords: stroke, Mozart classical music therapy, muscle strength