

**The Effect of Music Movement Therapy toward Muscle
Strength for Stroke Patients at Professor Dr. R.D. Kandou
General Hospital Manado 2016**

Andreas Rantepadang

Universitas Klabat, Manado, Indonesia;
rantepadan9@gmail.com

Abstract: Stroke effect is decreasing muscle strength, proper management will prevent complications, improve patients' daily activities and quality of life. This study aimed to identify the effect of music movement therapy (MMT) to muscle strength, of stroke patients at Professor Dr. R.D. Kandou General Hospital Manado, using pre and post-test Quasi Experiment design. The samples were recruited through consecutive sampling technique and consisted of 65 respondents served as intervention group with standard hospital treatment and MMT five times a week for two weeks and 21 respondents served as control group without MMT. Most respondents were male (76,8%), aged 45-74 years old (76.8%) and experiencing first stroke attack (68.6%). Evaluation was done on the first and the fourteenth days for both groups. Wilcoxon test showed the increase of muscle strength ($p=0.000$) before and after the intervention. Mann Whitney test showed the effect of MMT on muscle strength ($p\text{-value} < 0.05$). Multivariate test showed the MMT intervention, age, sex, and stroke frequency contributed 19.9% to muscle strength. It is concluded that MMT had effect on muscle strength of stroke patients. The study recommends the use of MMT as a consideration for an alternative therapy of stroke patients.

Keywords: Music movement therapy, muscle strength