ABSTRACT

FARAH CHAIRUNISA**. The Influence of K-pop Music Therapy on Stress Levels in Adolescents in the Limboto Community Health Center Work Area. Chairman of **FIRMAWATI** and member **NUR UYUUN I BIAHIMO

*Teenagers frequently feel stress, which is a bodily reaction brought on by a variety of overwhelming pressures from demands or barriers. The goal of music therapy is to enhance mental and physical well-being by stimulating the senses with rhythm, melody, harmony, and specific rhythms. The purpose of this study is to look at how K-pop music therapy affects teenagers' stress levels in the vicinity of the Limboto Community Health Center. Twenty stressed-out teenagers participated in a quasi-experimental design that included a pre-test, post-test control group. The Perceived Stress Scale (PSS-10) questionnaire was used to gather data both before and after the intervention. According to the study's findings, 60.0% of participants reported having severe stress prior to therapy, 45.0% reported moderate stress, and 15.0% had mild stress following therapy. With a p-value < 0.001 on the Wilcoxon Signed Rank Test, K-pop music therapy was found to have a substantial impact on stress reduction. Researchers came to the conclusion that teens' stress levels can be effectively decreased by K-pop music therapy. Researchers recommend raising awareness of the value of teen mental health and implementing a K-pop music therapy program at the Limboto Community Health **Center as part of mental health interventions.***

***Keywords**: stress level, K-pop music therapy*