ABSTRAK

Gangguan persepsi sensori berupa halusinasi pendengaran merupakan kondisi ketika individu mendengar suara tanpa adanya stimulus nyata yang dapat memengaruhi perilaku dan aktivitas sehari-hari. Terapi musik klasik merupakan salah satu intervensi nonfarmakologis yang dapat digunakan sebagai terapi komplementer untuk membantu mengurangi gejala halusinasi.Tujuan Penelitian ini untuk mengetahui pengaruh terapi musik klasik terhadap penurunan halusinasi pendengaran pada pasien dengan gangguan persepsi sensori di wilayah kerja Puskesmas Limboto. Penelitian ini menggunakan desain kuantitatif *pre-eksperimental* dengan pendekatan *one group pre-test and post-test* tanpa kelompok kontrol. Populasi penelitian berjumlah 63 pasien dengan halusinasi pendengaran, dengan sampel sebanyak 18 responden yang dipilih menggunakan purposive sampling. Pengukuran tingkat halusinasi dilakukan menggunakan *Auditory Hallucination Rating Scale* (AHRS) sebelum dan sesudah pemberian terapi musik klasik selama 3 hari. Hasil penelitian menunjukkan rata-rata skor halusinasi sebelum terapi sebesar 29,06 dan sesudah terapi sebesar 23,11. Hasil uji *Wilcoxon Signed Rank Test* diperoleh nilai Z = -3,656 dan p = 0,000 (p < 0,05). Dengan demikian, terdapat pengaruh terapi musik klasik terhadap penurunan gejala halusinasi pendengaran. Terapi musik klasik dapat digunakan sebagai terapi komplementer dalam pemberian asuhan keperawatan jiwa.

Kata kunci: Terapi Musik Klasik, Halusinasi Pendengaran, Gangguan Sensori Persepsi

Abstract

Premarital health screening is a health assessment conducted before marriage to evaluate the health status of prospective couples and identify risk factors that may affect the health of both partners and their future children. The implementation of premarital health screening is influenced by several factors, including attitudes, social support, and individual readiness. This study aimed to determine the associations between attitudes, social support, and readiness and the implementation of premarital health screening among prospective brides in the working area of Kabila Public Health Center. This quantitative study employed a cross-sectional design involving 54 respondents selected through total sampling. Data were collected using questionnaires and observation sheets and were analyzed using univariate and bivariate analyses with Fisher's Exact Test. The results showed that 46 respondents (85.2%) had positive attitudes, 44 respondents (81.5%) received social support, 44 respondents (81.5%) demonstrated readiness, and 44 respondents (81.5%) completed premarital health screening. Bivariate analysis revealed significant associations between attitudes ($p = 0.031$), social support ($p = 0.001$), and readiness ($p < 0.001$) and the implementation of premarital health screening. These findings are expected to provide valuable input for healthcare professionals in strengthening education, assistance, and utilization of premarital health screening services among prospective brides before entering married life.

Keywords: *Attitude; Social Support; Readiness; Premarital Health Screening; Prospective Brides*