

**EFFECT OF MUSIC THERAPY ON PAIN SCALE AMONG WOMAN DURING  
THE FIRST STAGE OF LABOR AT CIAWIGEBANG COMMUNITY  
HEALTH CENTER KUNINGAN IN 2017**

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**Abstract**

**Background:** Childbirth is one of the most valuable moments experienced by every married woman. Every woman in labor is inseparable from a condition often called labor pain. Labor pain is an unpleasant condition due to uterine contractions and cervical opening during labor. One non-pharmacological intervention can be provided by audio distraction, namely music therapy. Music therapy in the labor process serves to overcome anxiety and reduce pain. Objective: This study aims to determine the effect of music therapy on pain scale among women during the first stage of labor in Ciawigebang Community Health Center in 2017. **Method:** This was a Pre-experimental study using the One Group Pre-test Post-test design. The populations in this study were 30-40 women in labor with 15 respondents as the samples taken with accidental sampling technique. Data analysis used a discrimination test for two dependent means which were not normally distributed (Wilcoxon Signed Ranks Test). This study collected primary data using the instruments of observation sheet, mobile phones, headphones and stopwatch. **Results:** The study found that most respondents experienced a decrease in the scale of pain after the provision of music therapy for 15 minutes. The result of the statistical test obtained a p value of  $0.014 < \alpha = 0.05$ . Conclusion: there was an effect of music therapy on pain scale among women during the first stage of labor. **Recommendation:** music therapy can be one of the alternative therapies for women in labor to help them in coping with pain during the first stage of labor.

*Keyword: Music Therapy, Labor Pain, First Stage of Labor.*

