

**EFFECT OF MUSIC THERAPY ON THE DECREASE IN THE LEVEL OF
DEPRESSION AMONG DEPRESSED PATIENTS AT PSYCHIATRY
POLYCLINIC OF MAJALENGKA DISTRICT GENERAL
HOSPITAL IN 2018**

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Introduction

Depression can affect all levels of society without distinguishing social, economic and educational status. According to the World Health Organization (WHO), depression is a serious mental problem because it is the fourth common disorder in the world. About 20% of women and 12% of men, at one time in their lives have ever experienced depression. Depression is a mental disorder characterized by a trias of depression, namely prolonged sadness, decreased motivation, and lack of energy to carry out daily activities. Disaster events are one of the risk factors that can cause depression disorders as the result of the loss process. (Keliat, 2011: 20). Depression is a severe disorder of feeling and is manifested by great impairment in social function and physical function, is long and settled in the individual concerned. Depression and it is a normal reaction if it takes place in a short time with the presence of a clear triggering factor and the duration and depth of depression are in accordance with its triggering factor. Depression is a psychotic symptom if the complaint is not in accordance with reality anymore, and a person cannot judge reality and cannot be understood by others. (Yosep, 2010: 275). According to WHO, depression disorder ranks fourth of common disorder in the world. In 2020 it is estimated that depression will rank second for the global burden of non communicable diseases (Fadilah, 2011). According to World Health Organization data, increasing depression that cannot be controlled can cause many people to commit suicide because they are unable to bear the burden of life and for those who are still able to survive will experience mental retardation (Social Department, 2012). Statistical data presented by WHO (2012) states that around 450 million people in the world experience mental health problems. One third of them occur in developing countries. Data found by researchers at Harvard University and London University College showed that psychiatric illness in 2016 included 32% of all types of disability worldwide. This number increased from the previous year (VOA Indonesia, 2016). Meanwhile the recurrence rate in psychiatric patients globally reached 50% to 92% due to non-compliance in treatment and due to lack of support and living conditions that are vulnerable to increased stress (Sheewangisaw, 2012).

