

## **ABSTRACT**

### **DIFFERENCE IN DECREASING OF SYSTOLIC PRESSURE AND HEART RATE BETWEEN LISTENING AND NOT LISTENING TO INSTRUMENTAL MUSIC IN THE ELDERLY IN TRESNA WHERDA PANTI JOMPO SOUTH LAMPUNG**

**By**

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Diseases associated with degenerative diseases have become a major problem in the health world. Especially heart problems in the elderly characterized by increased heart rate, systolic and could likely cause the incidence of stroke and myocardial infarction. Classical music can reduce anxiety and stress relaxation so that the body has resulted in a decrease of blood pressure and heart rate. However, the use of instrumental music as a non-pharmacologic treatment of still being examined, study aims to determine the effect of instrumental music in systolic drop in blood pressure and heart rate in the elderly. This study is an observational study with cross-sectional design. The group consists of the sodium absorption ratio control group and the treatment group listened to music you listen to music. Total sample using 36 elderly. The results showed that the analysis test using the nonparametric *Mann-Whitney* test

on the results of the systolic pressure are significant with  $p < 0.05$  (0.000). And the heart rate results obtained meaningful results are  $p < 0.05$  (0.048). It was concluded that listening to instrumental music influential to lower systolic blood pressure and heart rate at 30 minutes on the elderly in a nursing home Tresna Wherda South Lampung.

**Keywords** : heartbeat, instrumental music, systolic blood pressure