

## Dangdut Koplo Singing Activity on Anxiety Levels in Final Year Nursing Students

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### Abstract

**Background:** Final-year students face many obstacles in working on their thesis, which causes them to experience anxiety. Strategies are needed that can reduce the level of anxiety experienced by students. The activity of singing dangdut koplo can reduce anxiety levels because the characteristics produced by dangdut koplo can make those who listen to it and even sing it feel happy.

**Objective:** To determine the effect of dangdut koplo singing activities on the anxiety level of final semester students who are still writing their theses at the University of Indonesia Maju.

**Method:** This research uses the Hamilton Anxiety Rating Scale (HARS) anxiety level questionnaire, a pre-experimental method with a one-group pre/post-test design approach, and a non-probability sampling technique with a purposive sampling model. The research was conducted at the University of Indonesia Maju from November to February 2023 with a total sample of 15 final-year nursing students. Data collection using the HARS anxiety questionnaire. Data analysis used univariate tests, the Sapiro – Wilk normality test, and the Wilcoxon test as a bivariate test.

**Results:** The research results showed that 10 students (66.6%) experienced mild anxiety before being given the Dangdut Koplo singing treatment. After being given the Dangdut Koplo treatment, as many as 8 students (53.3%) experienced a decrease in their anxiety level, namely, they did not experience anxiety. Based on the results of data processing using the Wilcoxon test, the results obtained were ( $p=0.001$ ).

**Conclusion:** There is an influence of singing dangdut koplo on the level of anxiety in final-year nursing students.

**Keywords:** anxiety, dangdut koplo, students, thesis

### Introduction

Students are individuals who study at a higher education level to prepare themselves for the desired abilities/skills. Especially for students at the final level who are required to complete a dissertation or final assignment, namely a thesis.<sup>1</sup> According to Mansnur, (2009) in Wakhyudin H, Putri ADS (2020) states that a thesis is the result of a literature study based on results from field research or experiments or development, as well as from an expert, with a certain topic based on discussions prepared by students in the undergraduate program in the

form of scientific work.<sup>2</sup>

Problems that often arise when writing a thesis are students having difficulty choosing a title, difficulty searching for references, limited supporting materials or data, limited research time, boredom when working on a thesis, and other problems. Problems that occur can trigger discomfort for students, which can then cause psychological disorders, lack of motivation, and depression which results in delays in completing final assignments, causing stress and anxiety. The cause of stress and anxiety for students can come from negative thinking, assuming that the problems they will face are so big and coming endlessly, so they assume that they cannot solve them themselves.<sup>3</sup>

Anxiety is a term used to describe a mental disorder that may have characteristics such as feelings of uncertainty, fear about the future, ongoing doubt, and restlessness. Anxiety can be considered normal if the feeling of anxiety can provide support for an individual's adaptive nature in preparing himself to overcome something he fears.<sup>4</sup> On the other hand, anxiety is called abnormal when it is responded to with something unusual or excessive. This can cause discomfort, disrupt daily activities, cause stress, and avoid social activities for the individual who feels it.<sup>2</sup>

In 2013, the results of Riskesdas regarding the prevalence of anxiety disorders in Indonesia revealed that in Indonesia there were approximately 14 million or 6% of the population aged 15 years and above suffering from emotional mental disorders which manifest as symptoms of depression or anxiety. There was a significant increase in emotional and mental health problems (depression and anxiety) in 2018, as much as 9.8% of the data collected by Riskesdas reflects this. The prevalence of emotional and mental health problems increases significantly with age, namely the highest percentage (28.6%) is in the 675-year year age group, then the 55 to 65-year age group (11%), while the 45 to 54-year age group and ages 15 to 24 years (10%) remained the same throughout the year.<sup>5</sup>

Coping strategies are needed to overcome this anxiety. According to Rustiana and Cahyati (2012) in R. M. Turnip (2019), coping or problem-solving skills are processes that people use to deal with pressure that can cause stress. Two types of coping techniques are used when facing stress or problems, namely coping techniques that focus on problems and those that focus on emotions. Emotionally focused coping strategies cannot change the situation itself, but are a process of those that focus on eliminating the emotions associated with stressful and anxious situations.<sup>6</sup> Students' coping strategies for dealing with anxiety depend on the problem. Some coping strategies used by students when facing new situations are to frequently consult with senior students (kating), lecturers, and classmates (peers). Apart from what was mentioned previously, singing is also one of the coping techniques that focuses on emotion orienting and releasing emotions from the problems being experienced.<sup>7</sup>

The results of research conducted by Linnemann A., SchnerschA.A, and Nater UM (2017), singing can improve mood od, reduce stress and anxiety. Singing can be done anywhere and anyone can do it. Singing activities can not only be done alone, but can be done in pairs or even in groups. The music genres that are usually performed are varied, such as dangdut, blues, rock, pop, metal and jazz.<sup>8</sup> Singing is the easiest way and has the power to vibrate the human body's salesman body. When a person inhales while singing, oxygen in the body can increase and blood oxygen saturation can also increase. Singing can also strengthen the immune system and prevent disease from being easily affected. When singing, the body releases glanthatic have protective and antibody functions. Singing and listening to music can calm the soul of those who listen or sing, so singing can also relieve stress and anxiety. This can relax the mind more when hearing and singing songs.<sup>9</sup>

According to Dangdut songwriter Ukat S., in the popular music market at that time, Dangdut became "ethnic dangdut" because it was so closely related to Indonesian ethnic nuances in Weintraub A. (2022) The word koplo refers to type of prohibited drug, namely "pills koplo" or ecstasy. Weintraub (2010) also concluded that koplo music is a way to express high emotions about a dance style that people feel extraordinary. So dangdut koplo is not a means of contributing to the "madness" of society, but the opposite of "madness". Euphoria as a change from dangdut koplo in reducing stress levels due to the social and political consequences during the new order.<sup>10</sup>

Apart from getting benefits from singing activities, the body's antibodies increase and it is not easy to get sick. You can also benefit from the activity of singing dangdut koplo which tends to have a distinctive music genre, namely that your mood will be much better, your body will feel fresher because when you sing dangdut koplo music you can release emotions that are felt both by those who enjoy the music and those who sing the music. Therefore, researchers want to research the influence of dangdut koplo singing activities on the anxiety level of final-year nursing students at the University of Indonesia Maju in 2022.

## Method

The research used is a type of quantitative research with a pre-experimental design that does not have a control (comparison) group, but carries out the first examination (observation) in the form of a pre-test to analyze changes after the experiment. The design approach used is one-group pre and post-test and uses sampling using a purposive sampling technique, namely non-random sampling, where sampling is not done randomly, thus determining subjects based on the objectives of the research. The research was conducted at the University of Indonesia Maju from November to February 2023 with a total sample of 15 final-year nursing students. Data collection using the HARS anxiety questionnaire. Data analysis used univariate tests, the Shapiro–Wilk normality test and the Wilcoxon test as a bivariate test. This research has passed the ethical test at the University of Advanced Indonesia ethics commission with number: 3409/Sket/Ka-Dept/RE/UIMA/I/2023.

## Results

**Table 1.** Respondents' level of anxiety before being given the Dangdut Koplo singing activity treatment

Pre-test	Total	Percentage
Anxiety Level		
Light	10	66,7
Currently	5	33,3
Total	15	100
Post-test		
Anxiety Level		
No anxiety	8	53,3
Light	7	46,7
Total	15	100

Based on table 1 above, it shows that the anxiety level of final year nursing students is at the level of mild anxiety (score 14 – 20) for 10 students (66.7%) and moderate anxiety (score 21 – 27) for 5 students (33.3%). Regarding the anxiety level of final year nursing students after being given dangdut koplo singing treatment, the majority experienced a decrease in anxiety levels, namely no anxiety (score < 14) as many as 8 students (53.3%) and 7 respondents who experienced mild anxiety (score 14 – 20). students (46.7%).

**Table 2.** Shapiro – Wilk Normality Test

Variable	N	Shapiro – Wilk		
		Statistic.	df	Sig.
Pre-test	15	.862	15	.026
Post-test	15	.854	15	.020

Table 2 reveals the results of the Shapiro – Wilk test with the results obtained namely for the pre-test variable value of 0.026 and for the post-test variable value of 0.020 where the sig. in the Shapiro – Wilk normality test, namely sig < 0.05. This proves that the data after and before the dangdut koplo singing treatment was not normally distributed ( $p < 0.05$ ). This means if the post-test and pre-test have a sig. value < 0.05, so  $H_0$  (negative hypothesis) is accepted and  $H_a$  (positive hypothesis) is rejected. Therefore, it is necessary to test hypothetical data whose distribution is not normal using non-parametric tests, namely the Wilcoxon and other options of the paired t-test

**Table 3.** Results and Differences in Average Scores of Final Level Nursing Students' Anxiety Levels in Pre-Test and Post-Test

Variable	N	Median	Std. Deviation	Maximum – minimum	P
Pre-test	15	19	3,833	15 – 25	0,001
Post-test	15	13	3,464	10 – 20	

Table 3 shows the score results of the average level of anxiety in the post-test and pre-test using the Wilcoxon test, the result of which is a significance of 0.001 ( $P < 0.05$ ), so providing treatment with dangdut koplo singing activities influences the reduction in anxiety level scores in respondents who are final semester nursing students.

## Discussion

### Respondents' level of anxiety before being given the Dangdut Koplo singing activity treatment

This research shows the results that the majority of respondents who were final year nursing students before being treated with the dangdut koplo singing activity had a mild level of anxiety (score 14-20), 10 students (66.7%).

The research carried out is in line with research by Lestari A. (2018) that students in their final semester who are still writing their theses mostly suffer from mild anxiety, namely 34 students (59.6%) of the 57 students who were respondents in the research.<sup>11</sup> Anxiety is an emotional disorder with several signs such as feeling afraid or feeling deep anxiety continuously which is likely to interfere with behavior even though it is still within normal limits. Anxiety is an unpleasant feeling with several signs and symptoms in the form of worry and fear. These feelings arise when an individual is in a situation where the individual suspects they will be hurt and they are threatened and feel they will not be able to deal with it.<sup>12</sup> Research conducted by Widigda IR, Setyaningrum W (2018) explained the results of interviews conducted with students who were still completing their thesis and responded that the factors that influenced the anxiety they experienced included: supervisors who were difficult to contact and difficult to find, feeling that they were always wrong when working on their thesis, anxious to see their friends who are already in court, the deadline is approaching, anxious when they will face their supervisor directly, there are even students who avoid meeting with their supervisor because they are not ready for the meeting.<sup>13</sup>

## Respondents' level of anxiety after being given the Dangdut Koplo singing activity treatment

This research shows the results that after being given treatment with the dangdut koplo singing activity, the majority of respondents who were final-year nursing students experienced a decrease in anxiety levels. That is, those who initially experienced mild anxiety (score 14 – 20) experienced no anxiety (score <14) as many as 8 students (53.3%). This means that providing dangdut koplo singing activity treatment affects on reducing the level of anxiety experienced by final-semester students.

This research obtained results that were in line with the results of research conducted by Gayatri PR, and Pratiwi WN (2022) which obtained a p-value of 0.00 ( $p < 0.00$ ) with a cross-sectional technique using an independent t-test that the acceptance of  $H_a$  which had a low value was a relationship which exists. This means that singing treatment (mantra affects students' anxiety levels as they approach exams at SMAN 1 Kradenan.<sup>3</sup> With the explanation above in acby Linnemann A, Schnersch A, Nater UM (2017) said, singing can improve mood and reduce stress and anxiety. Singing can be done anywhere and anyone can do it. Singing activities can not only be done alone, but can be done in pairs or even in groups. The music genres that are usually performed are varied, such as dangdut, blues, metal, rock, jazz and pop.<sup>8</sup>

This is in line with observations made by researchers directly on respondents. This is in line with research conducted by Wira S., Bali M.M (2019) who explained the results of his research on preschool children who were hospitalized in the Orchid room at Tabanan Regional Hospital who were given singing therapy on the level of anxiety experienced by the respondent's children. Before the intervention was given, 14 people (70%) suffered from moderate anxiety; after the intervention, most people suffered from mild anxiety, 9 people (45%). So singing treatment has influenced the level of anxiety preschool children who are still undergoing hospitalization. This is proven by patients who feel more comfortable, calm and more open.<sup>14</sup>

## The Effect of Providing Dangdut Koplo Singing Activity Treatment on the Anxiety Level of Final Year Nursing Students

Based on the results of statistical tests using the Wilcoxon test, it shows that there is a prominent comparison between after and before the dangdut koplo singing treatment was given to final year nursing students who were still working on their thesis at Advanced Indonesia University with a result of  $p < 0.05$  or p-value 0.001, so there is The effect of providing dangdut koplo singing activity treatment on the level of anxiety experienced by final semester nursing students.

In line with research conducted by Permana BD (2021) regarding the impact of dangdut koplo music therapy on the rehabilitation of mental disorders at the Regional Mental Hospital, dr. Arif Zainudin Surakarta. The conclusion from the results of this research is that there is a change in attitudes before and after being given treatment with dangdut Koplo music patients. It can be clear the patient's cheerful nature, mental state improved given treatment, physical activity and improved social interactions between people. This means that dangdut koplo music therapy has a positive influence on patients.<sup>15</sup> Then, research carried out (Ningrum and Rohmah, 2014) regarding the effect of singing treatment on reducing hospitalization stress for preschool children in the room at RSD Balung Jember found that before the intervention was given, the majority of respondents had mild stress. 9 people (30%), moderate stress 14 people (46.6%), and severe stress 7 people (23.3%). After being given the intervention, 2 people (6.6%) had mild stress, 15 people (50%) had moderate stress and 13 people (43.3%) had severe stress. These results prove that playing

singing treatment influences the reduction of hospitalization stress for preschool children room Children January Rry (2010) says that nursing therapeutic interventions carried out to deal with anxiety experienced by someone can be like independent interventions, in the form of distraction or relaxation therapy techniques. Distraction therapy is an activity to divert attention which has a good effect in the short term. Providing treatment with dangdut koplo singing activities is a type of distraction used by researchers to deal with anxiety experienced by final-year nursing students.<sup>17</sup>

### **Conclusion**

From the results of the research carried out by the researcher as well as the discussion in the previous chapter which has been explained, the researcher gave several conclusions in this research, namely the level of anxiety experienced by respondents who were final year nursing students before being given the dangdut koplo singing treatment, the majority experienced mild anxiety. The level of anxiety experienced by respondents who were final year nursing students after being treated with the dangdut koplo singing activity was mostly no anxiety. There is an influence of providing dangdut koplo singing activity treatment on the level of anxiety experienced by final semester nursing students at the University of Indonesia Maju.

### **Conflict of Interest**

The researcher stated that this research was independent, did not involve communities and organizations.

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