

The Application of Therapeutic Music Group for Prevention of Agitated Behavior on Elderly with Dementia at Panti Werdha X

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Abstract

Elderly with Dementia is often has difficulties in differentiating right or wrong action, which sometimes caused agitated behavior to social environment, especially other residents of nursing home. It could cause negative impact to the elderly and others also to the activities in nursing home, e.g., interrupting the operational and social interaction in the nursing home. Due to that, psychological treatment is required to overcome the agitated behavior on elderly with dementia in nursing home. One of the treatment is group music therapy. This research is using mix-method with the purpose to prevent agitated behavior on elderly with dementia. The subjects in the research are three elderly female. The measuring instrument in this research is Cohen-Mansfield Agitation Inventory (CMAI) to measure the agitation frequency. The research is carried out two times a week for more or less one month period. The result of the research shown that group music therapy could prevent the occurrence of agitation. Other than prevention, group music therapy also could reduce the symptoms of agitated behavior. The result could be seen in frequency reduction on agitated score which measured with Cohen-Mansfield Agitation Inventory (CMAI). In addition to it, group music therapy could increase social interaction of the participant.

Key Words: group music therapy, agitated behavior, elderly, dementia, nursing home