



Implementation Of Javanese Gamelan Music Therapy (Gending Karawitan) On Anxiety Levels In Elderly People At The Tresna Werdha Pagar Dewa Social Welfare Institution In Bengkulu City In 2025

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Abstract. The elderly experience a decline in bodily functions that can lead to balance disorders and anxiety, with a fairly high prevalence, especially among those aged 65 and above. WHO data (2022) shows that the number of elderly people continues to increase, including in Indonesia, which has reached 11.75% of the total population. One non-pharmacological intervention to reduce anxiety is This case report aims to determine the implementation of Javanese gamelan music therapy (gending karawitan) on anxiety levels in the elderly at the Tresna Werdha Pagar Dewa Social Welfare Institution in Bengkulu City in 2025. This study used a descriptive method with a case study using interviews and observations on one client with anxiety as the research respondent. From the results of the study conducted over three consecutive days of playing Javanese gamelan music (gending karawitan), there was a decrease in anxiety scores from 39 (moderate anxiety) to 35 (mild anxiety). Javanese gamelan music therapy (gending karawitan) can be an effective non-pharmacological intervention in reducing anxiety in elderly patients with anxiety. This intervention can be considered as part of gerontological nursing services in social institutions.

Keywords: Elderly, Anxiety, Javanese Gamelan Music (Gending Karawitan)

INTRODUCTION

Older adults are individuals who are undergoing the ageing process, which is characterised by a decline in various bodily functions. This decline can have an impact on quality of life, including balance disorders, which are often experienced by older adults. According to the World Health Organisation (2022), older adults are individuals over the age of 60, who belong to the age group that has entered the final stage of human life (WHO, 2022).

According to the World Health Organisation (2022), the number of elderly people in the world continues to increase globally. By 2030, it is estimated that one in six people in the world will be aged 60 or older. The number of people aged 60 and above increased from 1 billion in 2020 to 1.4 billion in 2022. By 2050, the elderly population is predicted to double to 2.1 billion. Meanwhile, the 80+ age group is expected to triple between 2020 and 2050, reaching around 426 million people.

Susenas data from March 2024 shows that 11.75 per cent of Indonesia's population is elderly. A total of 63.59 per cent of the elderly are classified as young elderly (60-69 years old), 27.76 per cent are middle-aged elderly (70-79 years old), and 8.65 per cent are old elderly (80 years and above). Yogyakarta is the province with the largest proportion of elderly people (16.69 per cent), followed by East Java and Central Java (BPS, 2023). Anxiety is a psychological condition in which a person is filled with fear and worry, where the feelings of fear and worry are about something that is not yet certain to happen (Muyasaroh et al, 2020). The prevalence of anxiety is quite high. According to the WHO in 2023, around 3.6% of the world's

population suffers from anxiety. The prevalence of anxiety in Indonesia is 6.9% among those aged 55–65, 9.7% among those aged 65–75, and 13.4% among those over 75 years old (Kemenkes RI, 2020).

According to the National Safety Council, there are various relaxation techniques for anxiety, such as deep breathing, the five-finger technique, and distraction techniques such as imagination and music therapy (Yusli, 2019). Several things must be considered in providing music therapy, namely the type of music chosen. There are several types of music that can be used as therapy, including classical music, gamelan music, and instrumental music.

Javanese gamelan music is music created on the Javanese gamelan, which originates from a combination of gongs, kenongs, and other Javanese musical instruments. The rhythm of the music is generally soft and reflects life, as is the principle of life generally embraced by Javanese society (Azzahra et al, 2019). Enjoying Javanese gamelan music creates peace of mind; when the ears hear soft music, it can slow the heart rate, expand breathing, and ultimately calm the soul (Yusli, 2019). This is in line with the research conducted by Sari and Anggarwati (2022) at the Pucang Gading Semarang elderly social service home, which showed that Javanese music therapy had an effect on the anxiety levels of the elderly and that this research could be used as an alternative to reduce anxiety.

Additionally, research conducted by Artana Saputri (2019) on the effect of traditional gamelan music in reducing anxiety among the elderly in Banjar Selat, Buah Kaja, Payangan showed significant results in reducing anxiety among the elderly. Based on interviews with nurses at the ward on Saturday, 8 July 2023, nurses address anxiety issues in the elderly at the Lavender Ward of Ir Suekarno Regional General Hospital in Sukoharjo Regency without using any music, only providing verbal support. Therefore, a therapy of listening to Javanese gamelan music for 15 minutes 3 times a day for 3 days will be implemented.

Based on an initial survey conducted by the author at the Tresna Werdha Pagar Dewa Social Welfare Home in Bengkulu City in 2022, there were 70 elderly people living at the Tresna Werdha Pagar Dewa Social Welfare Home in Bengkulu City, and data was obtained on 8 elderly people suffering from anxiety. In 2023, there were 63 elderly people living at the Tresna Werdha Pagar Dewa Social Welfare Institution in Bengkulu City, and data showed that 10 elderly people suffered from anxiety. In 2024, there were 65 elderly people living at the Tresna Werdha Pagar Dewa Social Welfare Institution in Bengkulu City, and data showed that 10 elderly people experienced anxiety.

LITERATURE REVIEW

Elderly

According to the World Health Organisation (2022), elderly individuals are those aged 60 years and above, who belong to the age group that has entered the final stage of human life. Ageing is a normal process of change related to time, which begins at birth and continues throughout life. Old age is the final phase of the life span (Fatimah in the book by Indri Hapsari S, 2019). Old age is a condition characterised by an individual's inability to maintain balance in the face of physiological stress (Stanhope and Lancaster in the book by Yeni Yulistanti et al., 2023). The elderly are individuals over the age of 60 who generally show signs of decline in biological, psychological, social and economic functions (Abdul's book, 2016).

Anxiety

Anxiety is an individual's subjective condition and experience towards an unspecified object due to the anticipation of danger, which may cause the individual to take action to cope. (SDKI DPP PPNI Working Group Team 2020)

Javanese Gamelan Music Therapy

Javanese gamelan music therapy is an alternative therapy for elderly people with anxiety, especially mild to moderate anxiety, which is very easy to perform and has no side effects.

METHODS

The research design used is a case study using a descriptive method about the implementation of Javanese gamelan music therapy in reducing anxiety levels in elderly patients at the Panti Tresna Werdah Pagar Dewa nursing home in Bengkulu City in 2025..

RESULTS

Table 1 Anxiety Scores Before Being Given Javanese Gamelan Music Therapy (Gending Karawitan)

No	Anxiety Level Score	Day/Date	Hour	Anxiety score before	Category
1	19 – 37 (mild)	20 August 2025	08.00	39	Moderate
2	38 – 55 (moderate)	21 August 2025	08.00	39	Moderate
3	56 – 75 (severe)	22 August 2025	08.00	36	Mild

Average Score 38 Anxiety (moderate)

The above are the anxiety scores recorded consecutively over three days from 20 to 22 August 2025. At the Bugenfil Room of the Tresna Werdha Social Welfare Institution in Bengkulu City, prior to the Javanese gamelan music therapy (Gending Karawitan), an anxiety score assessment was conducted using the GAS (Geriatric Anxiety Scale) on the patients. On the first day of observation, the anxiety score obtained was 39, which is classified as moderate anxiety.

Table 2 Anxiety Scores After Receiving Javanese Gamelan Music Therapy (Gending Karawitan).

No	Anxiety Level Score	Day/Date	Hour	Anxiety score before	Category
1	19 – 37 (mild)	20 August 2025	16.00	38	Moderate
2	38 – 55 (moderate)	21 August 2025	16.00	37	Moderate
3	56 – 75 (severe)	22 August 2025	16.00	35	Mild

Average Score 36 Anxiety (mild)

The above are the anxiety scores recorded consecutively over three days from 20 to 22 June 2025. At the Bugenfil Room of the Tresna Werdha Social Welfare Institution in Bengkulu City, after conducting Javanese gamelan music therapy (gending karawitan), an anxiety score assessment was conducted using the GAS (Geriatric Anxiety Scale) on the patients. The observation results showed that the anxiety score obtained was 35, which is a mild anxiety score.

The results of anxiety score measurements before and after the three-day consecutive Javanese gamelan music therapy (gending karawitan) using the GAS (Geriatric Anxiety Scale) are as follows:

1. On the first day, Wednesday, 20 August 2025, the anxiety score before the Javanese gamelan music therapy (gending karawitan) was 39 (moderate). After 15 minutes of Javanese gamelan music therapy (gending karawitan), the anxiety score decreased to 38 (moderate).

2. On the second day, Thursday, 21 August 2025, the anxiety score before the Javanese gamelan music therapy (gending karawitan) was 39 (moderate). After 15 minutes of Javanese gamelan music therapy (gending karawitan), the anxiety score decreased to 37 (mild).
3. On the third day, Friday, 22 August 2025, the anxiety score before receiving Javanese gamelan music therapy (gending karawitan) was 36 (moderate). After receiving Javanese gamelan music therapy (gending karawitan) for 15 minutes, the anxiety score decreased to 35 (mild).

DISCUSSION

Characteristics

The client who is the subject of this case study is a 74-year-old male patient. Age affects anxiety because the increasing age of the elderly causes physical, cognitive, and psychological changes (Akbar et al., 2023). Gender affects anxiety as follows:

1. Biological Factors: Hormonal Changes: A decrease in oestrogen and progesterone hormones in menopausal men can increase anxiety because these hormones play a role in mood regulation.
2. Psychological Factors: The Influence of Life Stress: Men often experience greater stress due to their dual roles and emotional burdens in caring for their families, which can increase anxiety.
3. Social Factors: Different Social Roles: Elderly men often feel isolated after retirement or the loss of a partner because their social roles are more tied to the family.
4. Health Factors: Mental and Physical Health Conditions: Elderly men are more vulnerable to physical health problems such as osteoarthritis, which increases anxiety (Kuehner, C., 2020).

Anxiety Scores Before Being Given Javanese Gamelan Music Therapy (Gending Karawitan)

The implementation of Javanese gamelan music therapy (gending karawitan) on anxiety levels in the elderly was carried out for 3 consecutive days with 3 sessions each day in the morning, afternoon, and evening, using the GAS (Geriatric Anxiety Scale) to assess anxiety scores before administering Javanese gamelan music therapy (gending karawitan) on the first day. From the initial observation results, the patient experienced anxiety with an anxiety score of 39 (moderate).

The results of anxiety score measurements before administering Javanese gamelan music therapy (gending karawitan) using the GAS (Geriatric Anxiety Scale) for three consecutive days showed anxiety scores before therapy on the first day of 39 (moderate), on the second day of 39 (moderate), and on the third day of 36 (mild).

Decrease in Anxiety Scores After Being Given Javanese Gamelan Music Therapy (Gending Karawitan)

The implementation of Javanese gamelan music therapy (gending karawitan) on anxiety levels in the elderly was carried out for three consecutive days with three sessions each day in the morning, afternoon, and evening, using the GAS (Geriatric Anxiety Scale). The results of anxiety score measurements before administering Javanese gamelan music therapy (gending karawitan) using the GAS (Geriatric Anxiety Scale) over three consecutive days – the anxiety score before therapy on the first day was 39 (moderate), and after the Javanese gamelan music therapy (gending karawitan) was administered, the anxiety score decreased to 38 (moderate), which previously often became rare in terms of whether you felt your heart beating fast and strongly.

On the second day, the anxiety score was 39 (moderate), and after receiving Javanese gamelan music therapy (gending karawitan), the anxiety score decreased to 37 (moderate), which previously often became rare from whether you felt restless/tense. On the third day, the anxiety score was 36 (mild), and after receiving Javanese gamelan music therapy (gending karawitan), the anxiety score decreased to 35 (mild), which was previously rarely experienced, such as feeling overly worried.

From the observation results, it was found that after receiving Javanese gamelan music therapy (gending karawitan) for three consecutive days, the patient experienced a decrease in anxiety scores. From moderate anxiety, the anxiety score decreased to mild anxiety.

Javanese gamelan music is music created on the Javanese gamelan, originating from a combination of gongs, kenongs, and other Javanese musical instruments. The rhythm of the music is generally soft and reflects life, as is the principle of life generally embraced by Javanese society (Azzahra et al, 2019). Enjoying Javanese gamelan music creates peace of mind. When the ears hear soft music, it can slow the heart rate, expand breathing, and ultimately calm the soul (Yusli, 2019).

This is in line with the findings of Sari and Anggarwati (2022) at the Pucang Gading Semarang elderly social service home, which showed that Javanese music therapy had an effect on the anxiety levels of the elderly and that this research could be used as an alternative to reduce anxiety.

Limitations of the Research

This case study was only conducted on one elderly patient with mild/moderate anxiety, so the results cannot be generalised to a wider population. Variations in therapeutic responses in other individuals may differ depending on age, gender, severity of anxiety, and other physical conditions. Furthermore, the short duration of this study is insufficient to observe the long-term effects of Javanese gamelan music therapy (gending karawitan).

CONCLUSION

1. Patient Mr. P, aged 74 years old, male.
2. Anxiety Before being given Javanese gamelan music therapy (gending karawitan), an anxiety score of 39 was obtained, which is a moderate level of anxiety.
3. Anxiety After receiving Javanese gamelan music therapy (gending karawitan) for three consecutive days, an anxiety score of 35 (mild) was obtained.

LIMITATION

1. For Researchers
It is recommended that researchers of this case study provide opportunities to develop and enrich knowledge about Javanese gamelan music therapy (gending karawitan) to overcome anxiety in the elderly.
2. For the Tresna Werdah Social Welfare Institution
For patients, the application of gamelan music can provide benefits in reducing anxiety levels.
3. For education and institutions
The benefits of this research for education and institutions are that it can contribute to the field of elderly health, particularly in reducing anxiety.

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