

# The Effectiveness of Mozart Wolfgang Amadeus Music Therapy on Reduction of Primary Dymenorore in Adolescent Women at Sman 09 Makassar

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**Abstract.** Dysmenorrhea or pain during menstruation, is an experience of unpleasant sensations and emotions, a condition that shows subjective/individual discomfort, and is painful. If dysmenorrhea is not treated, it can affect the activities and attitudes of female students. One of the non-pharmacological measures in dealing with pain is a distraction technique with music therapy. Listening to music can produce endorphins (substances similar to morphine supplied by the body that can reduce pain) and inhibit the transmission of pain impulses in the central nervous system, so that the sensation of menstrual pain can be reduced. The purpose of this study was to determine the effectiveness of Mozard Wolfgang Amadeus's music therapy on the reduction of primary dysmenorrhea in adolescent girls at SMAN 09 Makassar. This study uses an experimental method, by using a design pre-experiment with pretest-posttest design. In this study using non probability sampling with consecutive sampling method, the population in this study are all young women who experience primary dysmenorrhea in class XI IPA totaling 26 people. The data analysis used is univariate and bivariate, using paired sample T test analysis. The instrument used was the Numeric Rating Scale (NRS). Samples were given 30 minutes of classical music therapy for 3 days during menstrual pain. The results showed that the value of  $p = 0.000$ , smaller than  $\alpha = 0.05$ , then  $H_a$  was accepted and  $H_0$  was rejected. Thus, there are differences before and after classical music therapy, and it can be concluded that Mozard Wolfgang Amadeus Classical Music Therapy is effective against Dysmenhorea Prime. The suggestion from this research is to overcome dysmenorrhea not to directly consume pharmacological drugs but to use music therapy such as classical music therapy, then this research can also be an additional reference related to classical music therapy for dysmenorrhea.

**Keyword:** classical music therapy, teenage girl, primary dysmenorrhea