

# The effect of music therapy on labour pains

*by* Ketut Resmaniasih

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Literature review: The effect of music therapy on labour pains

K. Resmaniasih Poltekkes Palangka Raya, Palangka Raya, Indonesia

**ABSTRACT:** Labour pains during the delivery of a baby are a natural occurrence. Every labour will cause pain due to uterine contractions and normal labour activities. Pain and anxiety during labour can be overcome by the use of analgesics and anaesthesia, but these cause side effects. As an alternative, music therapy can reduce the incidence of pain and anxiety in labour without side effects. The purpose of this literature review is to review the effectiveness of music therapy in reducing labour pains and anxiety during delivery. This study uses a literature review method based on issues, methodologies, equations and advanced research proposals. Included criteria include the application of music therapy to labour, specifically labour pains. The results show that all studies agree that music therapy is effective in reducing labour pains and anxiety during a normal delivery.

## 1 INTRODUCTION

Labour is part of a physiological and happy event. For some women labour often causes pain (Prawirohardjo, 2008). Pain is normal and is something that is not separated from labour as 80% to 95% of women who give birth, feel great pain due to the cervical dilation process and a decrease in the lower part of the foetus (Tournaire & Theau Yonneau, 2007). Labour pains and stress are interrelated sequences. Stress in labour leads to excessive release of the hormones catecholamine and cortisol, which ultimately results in smooth muscle tension and vascular vasoconstriction. Consequently, the release of hormones can further inhibit the effectiveness of contractions and thus prolong labour (Romano & Lothian, 2008). The research of Hasan, et al (2016) in the Babil Iraqi provision examined the awareness and attitudes of pregnant women for painless labour, from 730 (89.02%) multi paras as respondents, 59.9% answered that labour could not take place without pain while 64.4% requested that future labour be helped by pain-free service. Many complementary therapies that can be used to reduce pain during labour including music therapy. Audio analgesia is the use of sound or music to eliminate or calm the intensity of pain. This is used to relax and calm the mind and body during stressful situations and therefore can be used to relieve pain during labour and childbirth. Handling labour pain by using pharmacological drugs causes side effects on the well-being

of the mother and the foetus. Another approach that can be used to reduce labour pain is music therapy. The use of music is a therapeutic intervention as a complementary therapy that is expected to increase comfort and decrease pain and anxiety in the mother. Based on the discussion above, there has been a lot of research on the use of music therapy

in reducing labour pain in primigravidian mothers. This study was carried out to conduct an analysis of music therapy through the literature review.

## 2 MATERIAL & METHODS

This chapter discusses strategies that were used to search for journals referred to in the literature review. Search questions were used to find and review journals that are tailored to PICOT and journal search terms through MESH, and to note limitations on using journals and

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other sources. The journals that are used in this paper's literature review were obtained through a database of providers of international journals EBSCO and Pubmed. The author opened the website [www. poltekkespalangkaraya.ac.id](http://www.poltekkespalangkaraya.ac.id) then opened EBSCO. The researcher typed in keywords according to MESH (Medical Subject Heading), such as "music", "normal labour" and "pain" and selected full text. There were 18 findings with the next findings sorted from the latest findings. Language selection was not used because all the journals that were found used the English language. Each question was compiled based on PICOT where each question contained P = problem/patient/population, I/E = implementation/intervention/exposure, C = control/comparative intervention, O = result and T = Time. Another relevant action that this paper's author used to obtain journal sources about the effectiveness of music therapy for pain in normal labour, was to look for sources about the effectiveness of music therapy for maternal anxiety. The intervention used in the study focused on music therapy and other therapeutic combinations. The research was carried out to identify the effectiveness of music therapy for labour pain and anxiety only in studies with experimental designs, both actual and pseudo experiments.

## 3 THE RESULT

Emphasis on the problem of labour pain was raised in the Xavier Research Research, Viswanath (2016), in Karkal E, Kharde S, Dhumale H. (2017), in the work of Ramesh et al (2018) and in Nayak, Rastogi and Kathuria (2014). For the most part, these studies looked at the same problem base. These works came out of studies about childbirth experiences and provide an overview of labour

pain and maternal anxiety that can create physiological and biochemical responses or stress symptoms to the body increasing risks associated with labor. Hosseini, Bagher and Honarparvaran (2013), emphasise the problem that labour itself is an important factor in the tolerance of one's pain threshold. Ramesh, et al (2018), emphasise a comprehensive and multidimensional approach to pain management whereby health personnel must pre-prepare prospective mothers to undergo labour in a relaxed state, so as to be able to support the mother during the process of childbirth to be comfortable and safe. This study also focuses on therapeutic music interventions in traditional songs combined with deep breathing techniques. Karalal, Kharde and Dhumale (2017), focus on primigravida mothers who are more anxious about things that are not possible, so that it causes anxiety. Where anxiety and labour pain are interrelated, John and Angeline (2017), emphasise that labour has psychological, social and emotional significance for the mother and the family and that most women experience physical stress and pain during labour. Pain and anxiety can affect each other and have an impact on labour. Nayak, Rastogi and Kathuria (2014) emphasised that environmental factors can influence perceptions of pain. Xavier and Viswanath (2016), describe the process, time and location of pain in labour. They also describe the incidence of back pain that is commonly experienced during labour. Research method steps on the effectiveness of music therapy for pain and anxiety in

labour was carried out with the same design via experiments and with partial selection of research samples using random samples and in some cases using purposive samples. Research that used random sampling include Hosseini, Bagher and Honarparvaran (2013), Ramesh (2018) and Karkal, Kharde and Dhumale (2017). On the other hand, research by Nayak, Rastogi and Kathuria (2014), Xavier and Viswanath (2016) and John and Angeline (2017) used non-random sampling. The number of samples produced by random sampling is representative, where the number of samples is at least 30 and a total of 120 participants. Based on the sample used and the study design of six studies, five of the six studies divided the sample into intervention groups and control groups. One study, Nayak, Rastogi and Kathuria (2014) did not differentiate their samples into groups.

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