

# MUSIC THERAPY ON SELF-EFFICACY IN CANCER PATIENTS

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## INTRODUCTION

Self-efficacy is one of the ways to increase self-confidence in undergoing a chronic treatment process, in this case self-efficacy plays an important role in patient decision making, one of the factors that influence self-efficacy is interventions simulating cognitive behavior, one of which is music intervention.

## OBJECTIVE

This study aims to determine music therapy intervention's role in cancer patients' self-efficacy, defined as an individual's perception of their ability to manage and perform specific self-care activities to achieve desired outcomes.

## METHODS

The research method used was a systematic review of several journals reporting music therapy's effects on cancer patients' self-efficacy. A total of 9 studies met the requirements for consideration, including 9 designs, namely quasi-experimental (3 studies), randomized control trials (2 studies), non-randomized control (1 study), and cross-sectional (1 study).

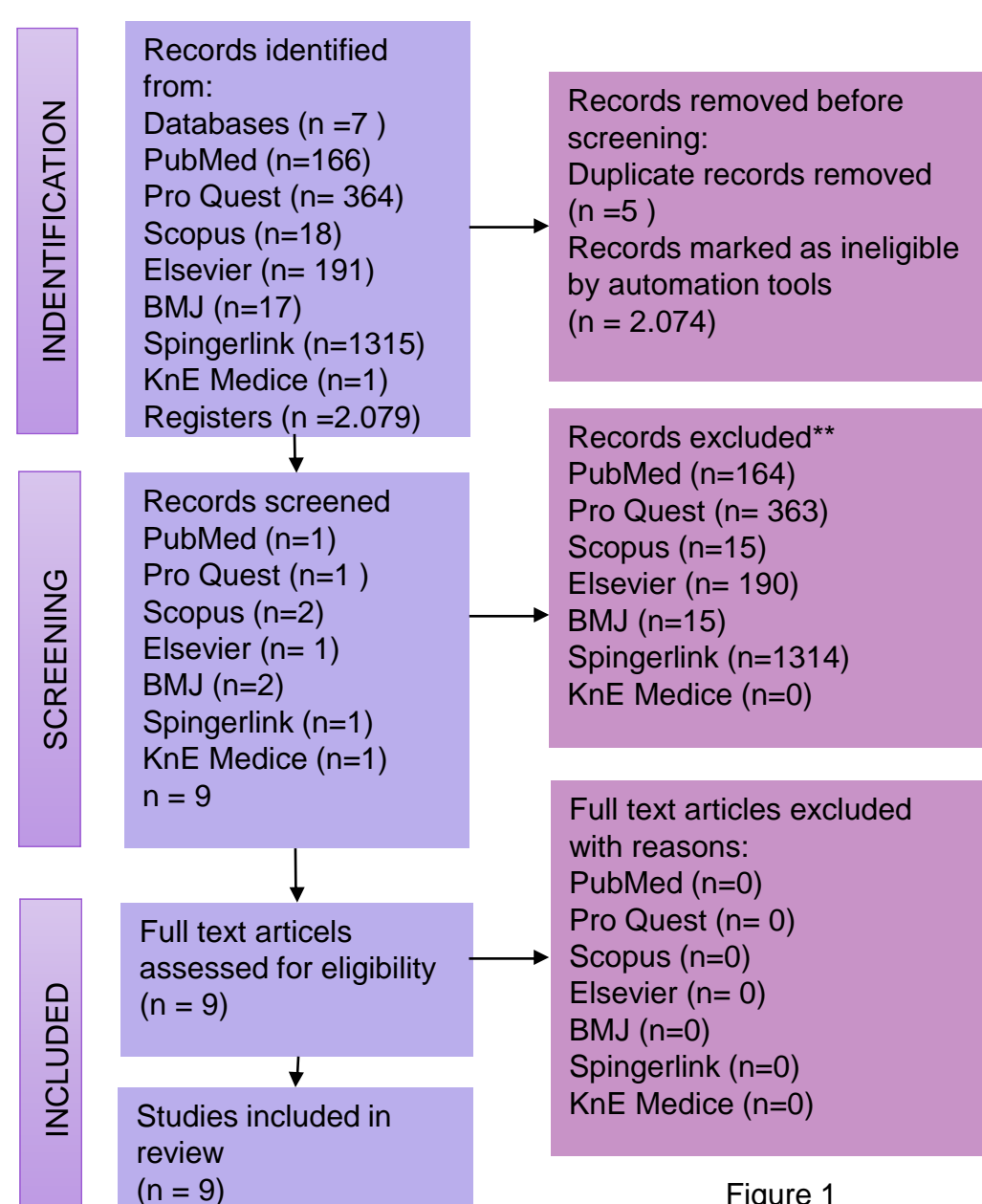


Figure 1  
Flow Diagram (PRISMA)

## RESULTS

The results showed 671 respondents from the nine studies analyzed in this systematic review. We found the effect of music therapy intervention on cancer patients' self-efficacy. The results indicate that music therapy interventions have a positive effect on self-efficacy, directly or indirectly

## DISCUSSION

In music therapy, as a non-pharmacological psychotherapeutic approach, it is useful in controlling pain, such as distraction, relaxation, and skin irritation, reducing anxiety sensitivity and making it tolerable for patients. Studies have shown clinical music therapy benefits in reducing fatigue, increasing self-efficacy, and improving anxiety and self-esteem in different patient groups.

## CONCLUSIONS

In conclusion, this review provides strong evidence of the impact of music therapy, namely increasing self-education. The findings suggest that music therapy can be a valuable adjunctive approach in supporting cancer patients' emotional well-being and coping abilities throughout their treatment journey. Music therapy intervention can be carried out with active and passive music therapy, which affects patient self-efficacy, especially in cancer patients.

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