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Research Article

### The Effect of Onang-Onang Instrumental Music Therapy on Elderly With Insomnia

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**Abstract.**  
Sleep disorders that are often experienced in the elderly, namely insomnia. Sleep disturbance (insomnia) will cause drowsiness throughout the day which will affect daily activities and general health. Drowsiness is a risk factor for accidents, this condition also causes various bad effects, including stress, emotional disturbances, which will lead to a decrease in the quality of life in old age. The purpose of this study was to determine the effect of onang-onang music on insomnia in lansia. This type of research is quantitative and the research design used a Quasi Experiment with a pre-test-post design. The population in this study were all elderly in the working area of Pijorkoling Health Center, Padangsidimpuan City. The sample in this study was determined by using the Accidental Sampling technique so that the results were 17 respondents. The statistical test used is the Wilcoxon test. The results showed that there was an effect of onang - onang music therapy on decreasing the insomnia scale after the intervention with a P-value of 0.000, the result was <0.05. The results of this study are expected to be used as an alternative therapy for the elderly with insomnia.

**Keywords:** Music therapy, Onang-onang instrumental, Insomnia

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