EFFECT OF NEW AGE MUSIC AS A TREATMENT FOR REDUCE STRESS.

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ABSTRACT:
As we all know that stress has become a big part of human life and human beings often do not notice (Haber and Runyon 1984). Stress is defined as the existence of an event or situation that is created when the transactions of people who experience stress and things that are considered to bring the related stress makes people see a discrepancy, whether real or unreal, between the state or condition of biological resources and systems, psychological, and social it possesses, which could threaten the balance themselves so we need to do adaptation. In coping with stress, everyone has a different way. One way is to use music. One of the music being used as a treatment in reducing stress is with the flow of New Age music. Broadly speaking, New Age music is as well as alternative music (Merritt 1996). What kind of music is also using entrainment, binaural beats and brain waves, such as beta, alpha, theta and delta. This study wanted to test the influence of New Age music as a treatment in reducing stress through the processing of data taken from a number of students. See the importance of efforts to cope with the stress it needs an appropriate measure to deal with stress, namely iv one of them with New Age music. Expected results of this study may reflect the level of influence in contemporary music so it can be used as a reference, both in its use or for further musical study. This study is an experiment with using non-randomized design of Control-Group Pretest-posttest design. In this study, researchers gave placebo in the control group. Given placebo is making Origami. For the experimental group, the space used is an audio visual room Gunadarma University. While New Age music used is the Peaceful Place by Ken Davis. By using this four speakers. This experiment was able to significantly reduce stress levels in the experimental group. This is based on the results of the stress scale is supported by the scale of self-assessment evaluation form, for researchers who will develop a similar research is recommended to find research subjects with a sufficient amount and use a more adequate space for all experimental groups, as well as visualization.
with complete guidelines and using random.