

## **BAB VI**

### **KESIMPULAN DAN SARAN**

Penelitian ini menunjukkan bahwa terdapat pengaruh gendhing gamelan terhadap kesehatan mental dalam mereduksi kecemasan ibu muda pada masa kehamilan trimester awal. Penelitian ini juga mengidentifikasi serta mengevaluasi dampak positif dari aktivitas musikal terutama mendengarkan musik sehingga potensi tersebut dapat dikembangkan dan salah satunya digunakan untuk penyembuhan diri dalam konteks menurunkan tingkat stress serta kecemasan pada ibu hamil.

Selain itu juga, dikarenakan topik penelitian sejenis masih belum banyak dilakukan di Indonesia sehingga memiliki kesempatan untuk membuka peluang interdisiplin yang masih sangat luas baik dalam bidang musik, psikologi maupun kesehatan. Melalui penelitian yang menyertakan salah satu model dalam musik yaitu mendengarkan gendhing gamelan maka di kemudian hari dapat dilanjutkan dengan bentuk-bentuk aktivitas musikal lainnya.

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