

# **MODEL TERAPI MUSIK UNTUK MENGURANGI TINGKAT KECEMASAN SEBELUM BERTANDING PADA ATLET DISABILITAS (PARALYMPIAN)**

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## **ABSTRACT**

This study aims to determine the typical of musical tempo in the preparation of music therapy models to reduce anxiety levels before competing in athletes with disabilities (paralympian). The study is a qualitative and quantitative mixed method. The population consists of several elements namely (1) paralympic athletes, (2) paralympic sport coaches, (3) paralympic parent organization managers often knows as NPCs with a total of 60 people using total sampling techniques. The result of this study indicate that (1) 84.5 % of athletes really like music and 15.5 % liked music with ordinary feeling, (2) 64.4 % of athletes liked the fast tempo of music (allegro) and 35.5 % liked the slow tempo (adagio). Athletes feel calm after listening to songs with moderate or slow tempo, but most athletes admit that songs with fast tempo are also able to give enthusiasm to compete. With result of this study, slow and fast tempo variations are needed to be used as references in music therapy.

Kata Kunci: *music tempo, music therapy, anxiety level, disability athletes*