

ABSTRAK

Septa Hotrida Damanik, NIM. 2223342007, Pemanfaatan Musik *Ambient* Sebagai Media Terapi Dalam Regulasi Emosi Anak *Autism Spectrum Disorder* (ASD) Di Sekolah Luar Biasa (SLB) Negeri Autis Medan, Program Studi Pendidikan Musik, Jurusan Sendratasik, Fakultas Bahasa dan Seni, Universitas Negeri Medan, 2026.

Tujuan penelitian ini: 1) Untuk mengetahui pemanfaatan musik *ambient* sebagai media terapi dalam regulasi emosi anak *Autism Spectrum Disorder* (ASD) di Sekolah Luar Biasa (SLB) Negeri Autis Medan. 2) Untuk mengetahui kendala dalam pemanfaatan musik *ambient* sebagai media terapi untuk regulasi emosi anak autis di Sekolah Luar Biasa (SLB) Negeri Autis Medan. Teori yang dipakai dalam penelitian ini adalah teori peran, teori musik, teori musik *ambient*, teori jenis musik *ambient*, teori audio, teori media terapi, teori regulasi emosi, teori *Autism Spectrum Disorder* (ASD), dan teori kendala. Sampel dalam penelitian ini adalah siswa Sekolah Luar Biasa (SLB) dengan gangguan *Autism Spectrum Disorder* (ASD), 1 guru dan 1 operator. Metode penelitian yang digunakan adalah metode penelitian kualitatif dengan jenis deskriptif kualitatif. Teknik pengumpulan data untuk mendapatkan data adalah melalui observasi, wawancara, dokumentasi dan audio visual. Hasil penelitian menunjukkan: 1) Pemanfaatan musik *ambient* sebagai media terapi dalam pengaturan emosi anak *Autism Spectrum Disorder* (ASD) di Sekolah Luar Biasa (SLB) Negeri Autis Medan. (2) Kendala yang dialami dalam penggunaan musik *ambient* sebagai media terapi untuk pengaturan emosi anak *Autism Spectrum Disorder* (ASD) di Sekolah Luar Biasa (SLB) Negeri Autis Medan. Kondisi siswa sebelum diberikan musik *ambient*, anak dengan *Autism Spectrum Disorder* (ASD) cenderung mengalami kesulitan dalam mengontrol emosi, kurang fokus, serta menunjukkan perilaku repetitif yang cukup tinggi. Kondisi siswa setelah diberikan perlakuan berupa musik *ambient*, terjadi perubahan positif, yaitu anak menjadi lebih tenang, mampu meningkatkan konsentrasi, serta menunjukkan penurunan perilaku repetitif. Secara keseluruhan, musik *ambient* terbukti membantu dalam meningkatkan regulasi emosi anak *Autism Spectrum Disorder* (ASD).

Kata Kunci: Pemanfaatan, Musik *Ambient*, Media Terapi, Regulasi Emosi, *Autism Spectrum Disorder* (ASD).

ABSTRACT

Septa Hotrida Damanik, Student ID Number 2223342007, Utilizing Ambient Music as a Therapy Medium for Emotional Regulation in Children with Autism Spectrum Disorder (ASD) at the State Special School for Autism in Medan, Music Education Study Program, Department of Performing Arts, Faculty of Languages and Arts, State University of Medan, 2026.

The objectives of this study are: 1) To determine the use of ambient music as a therapy medium for emotional regulation in children with Autism Spectrum Disorder (ASD) at the State Special School for Autism in Medan. 2) To identify obstacles in utilizing ambient music as a therapy medium for emotional regulation in children with autism at the State Special School for Autism in Medan. The theories used in this study are role theory, music theory, ambient music theory, ambient music type theory, audio theory, therapy media theory, emotion regulation theory, Autism Spectrum Disorder (ASD) theory, and constraint theory. The sample in this study were students from a Special Needs School (SLB) with Autism Spectrum Disorder (ASD), one teacher, and one operator. The research method used was qualitative descriptive research. Data collection techniques used were observation, interviews, documentation, and audiovisuals. The results of the study showed: 1) The use of ambient music as a therapeutic medium for regulating the emotions of children with Autism Spectrum Disorder (ASD) at the State Special Needs School (SLB) in Medan. (2) Obstacles experienced in using ambient music as a therapeutic medium for regulating the emotions of children with Autism Spectrum Disorder (ASD) at the State Special Needs School in Medan. Before being exposed to ambient music, children with Autism Spectrum Disorder (ASD) tended to have difficulty controlling their emotions, lacked focus, and exhibited quite high levels of repetitive behavior. After being exposed to ambient music, positive changes occurred in the students, including calmer children, improved concentration, and decreased repetitive behavior. Overall, ambient music has been shown to help improve emotional regulation in children with Autism Spectrum Disorder (ASD).

Keywords: Utilization, Ambient Music, Therapy Media, Emotional Regulation, Autism Spectrum Disorder (ASD).