

Arts Access in Internal Medicine :
Connecting Traditional Sundanese Music Instrument and Internal Medicine Residency Program

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The practice of medicine is a combination of art and science. Therefore, physicians, like some others, should strive to successfully exercise both the left and right sides of their brains. Among others, music is the most effective way of improving the performance of the right side of the brain.

The curriculum of the Internal Medicine Residency Program at the Faculty of Medicine Universitas Padjajaran/Dr Hasan Sadikin General Hospital, Bandung Indonesia, consists of not only theoretical, but also practical applications on managing patients. Stressful situations are part of daily life in the hospital, and a way of relieving or reducing this stress is highly desirable. To that end, it is advisable that residents participate in musical activities, such as a choir, a band, or the angklung ensemble..

The aim of this study is to explore the efficacy of performances of traditional Sundanese angklung music in raising the stress tolerance of the performers and acting as a respite from their daily routine.

This is a simple, qualitative research employing questionnaires distributed to all the members of the angklung ensemble - consisting of two professors, and a selection of consultants and residents.

The results will illustrate the varying degrees of emotional involvement experienced by the members of the ensemble in their angklung rehearsals. These findings will be of great importance for further research on the role and mechanics of music in relation to people's health and well-being.

Key words : music, angklung, internal medicine residency program