

Implementation Therapy Murottal Al-Quran against Reduction of Anxiety Levels in Patients Pre- Caesarean Section

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Abstract. Women who are about to undergo childbirth via cesarean section often experience discomfort and anxiety. Excessive anxiety can reduce sleep duration and cause symptoms such as sweating, bloating, and shortness of breath. Based on data from Bengkalis Regional General Hospital (RSUD Bengkalis), there were 1,110 cases of cesarean deliveries recorded in 2023. This study aims to determine the effectiveness of Al-Qur'an murrotal therapy in reducing anxiety levels in pre-cesarean section patients at RSUD Bengkalis. This research uses a quantitative method with a quasi-experimental design. The population in this study consisted of women undergoing cesarean section, with a sample of 16 participants selected using purposive sampling. The instrument used was the HARS (Hamilton Anxiety Rating Scale) questionnaire, and the data were analyzed using univariate and bivariate analysis. The univariate analysis results showed that before receiving Al-Qur'an murrotal therapy, the majority of pre-cesarean section patients experienced moderate anxiety (75%). After the therapy was administered, anxiety levels decreased, with 81.3% of patients falling into the mild anxiety category. The results of the paired sample t-test showed a significant effect of Al-Qur'an murrotal therapy in reducing anxiety levels in pre-cesarean section patients at RSUD Bengkalis, with a p-value of 0.000 (< 0.05).

Keywords: Anxiety , Murottal Al-Qur'an, Pre Sectio Caesarea

1. BACKGROUND

Surgery is procedure medical invasive involving opening and presentation part body certain for done action medical. Procedure this usually started with make incision, which is then sewn return after action finished. Some example surgery main covering hysterectomy, mastectomy, amputation, cholecystectomy, and nephrectomy (Putu et al., 2020). In childbirth, procedure surgery known as section caesarean section (CS), which is performed with make incision in the wall uterus (hysterectomy), vaginal walls, or wall abdomen (laparotomy) (Sena Putra et al., 2021). The main purpose from action this is For emit baby from uterus mother, good because request patient and also reason medical certain that require operation use avoid risk or complications normal delivery (vaginal) (Mulyawati et al., 2019).

Over time, data and perceptions change public about SC operation has been cause improvement amount labor with method this. According to World Health Organization (WHO), ideally SC numbers range between 5-15% in developed countries and 1.5-7% in developing countries. However, the percentage labor via SC now increase become around 21.1% of total births (Hapsari & Hendraningsih , 2022). Based on RISKESDAS data in 2021, the number labor with SC in Indonesia reaching 17.6%. Province with incident highest is DKI Jakarta (31.3%), while Papua has number the lowest (6.7%), and Riau Province at 12% (

Febiantri & Machmudah, 2022). In the Regency Bengkalis, numbers labor with SC in 2022 recorded by 11.8%. The risks associated with procedure this Enough significant, proven with number death Mother due to SC which is 4–6 times more tall compared to with normal delivery (Anggorowati & Sudiharjani, 2023).

SC is classified as safe along with development knowledge knowledge and technology . However, the action this still own impact negative Good during and also after procedure performed (Naibaho, 2021). Women who undergo CS will own used wound incisions in her uterus and abdomen. Although the risk small, condition This can influence pregnancy or labor next. Progress technology in field antibiotics, transfusion blood, and anesthesia can also increase trend For do procedure this without indication strong medical (Azrul & Ayu , 2020).

After undergo SC operation, mother often experience discomfort and anxiety. The pain that arises originate from incision in the wall uterus as well as laparotomy on the wall stomach. This pain can cause stress sensory and emotional consequence damage network or trauma (Ati Nurhayati et al., 2022). Based on Numeric Rating Scale (NRS), pain categorized as No There is pain (0), pain mild (1-3), pain moderate (4-6), and pain weight (7-9) (Vitani, 2019).

Scheduled patients for general SC operation experience anxiety excessive because worry There is something that is not done with himself or her baby. Feelings Afraid This often appear before operation (pre- operative phase), especially in patients undergoing CS for First time. Fear This can influential to condition psychological patient as well as perception they to action surgery (Azzahroh et al., 2020).

A person who experiences anxiety excessive can experience disturbance psychological, where they continuously feel worried and scared towards the future as well as worrying possibility the occurrence things that are not fun. Anxiety This arise consequence existence stressors that trigger release epinephrine from adrenal glands as response to threat. Next, epinephrine transmitted to cortex cerebral, then forwarded to system limbic and Reticular Activating System (RAS), then to hypothalamus and pituitary thraough system limbic (Rismawan et al., 2019).

Individuals who have undergo operation section caesarean (CS) often associated with feeling fear, worry, and excessive anxiety. As a result, they only can Sleep about 5 to 6 hours per day because anxiety. High anxiety can reduce duration sleep and trigger various symptom physical that is not comfortable, like sweat excess, stomach bloating, and shortness of breath. Condition This show that Still Lots individuals who experience anxiety before undergo procedure SC operation (Apriansyah et al., 2022).

One of methods that can help reduce anxiety is therapy relaxation with murottal Al-Qur'an. In the research This is the therapy used is reading of Surat Ar-Rahman, namely the 55th letter in the Qur'an consisting of of 78 verses and includes in category letter therapy (Rahmawati & Mulianda , 2020). This has proven in various study capable reduce anxiety in patients who will undergo SC operation (Hariyanti et al., 2021).

Research conducted by Shari (2022) on 30 respondents show that intervention therapy murottal Al-Quran with QS. Ar-Rahman can lower level anxiety pre- operative SC patients. Research results the show existence difference level anxiety before and after therapy , with range difference of 5.67-11.127. Other research by Azzahroh, Hanifah, and Nurmawati (2020) also proved that that there is influence significant therapy recitation of the Qur'an against level anxiety pre- operative SC patients. Based on the Paired Sample T-Test, it was found p value = $0.000 < 0.005$, which indicates existence influence therapy murottal to decline anxiety.

Study Fatmawati (2021) also revealed that therapy murottal Al-Quran has impact to level anxiety respondents. Respondents who received therapy this show level more anxiety low compared to those who don't get therapy. Chanting verses of the Qur'an in physique contain elements that play a role as instrument healing and easy accessed. Sound from reading the Qur'an can lower hormone stress, stimulating production hormone endorphins natural, and increase the feeling of relaxation. In addition , therapy this can also be repair system chemistry body, lower pressure blood, slow down breathing, heartbeat heart, and activity wave brain. Higher respiratory rate deep and slow play a role in control emotions, creating tranquility, improve metabolism, and deepen pattern think (Azzahroh et al., 2020).

Based on data from Bengkalis Regional Hospital, the number of experienced a CS delivery improvement every year. In 2021, it was recorded as many as 986 CS deliveries, an increase to 1007 cases in 2022, and reach 1110 cases in 2023. This data show existence trend improvement amount caesarean delivery from year to year.

2. THEORETICAL STUDY

Murrotal Al-Qur'an refers to the recitation of the Holy Qur'an in a rhythmic, melodious, and structured manner. It is not merely a form of religious expression, but also a therapeutic medium that has been widely studied for its psychological and physiological benefits. In the context of childbirth, especially in pre-cesarean section patients, murrotal therapy is increasingly used as a non-pharmacological intervention to manage anxiety. Anxiety during childbirth, particularly before a cesarean section, is a common psychological response characterized by feelings of fear, tension, and worry. According to the *American Psychological*

Association (2020), excessive anxiety can activate the hypothalamic-pituitary-adrenal (HPA) axis, leading to increased cortisol levels, which in turn can adversely affect sleep, blood pressure, and overall maternal well-being.

Listening to murrotal Al-Qur'an has been shown to stimulate the parasympathetic nervous system, promoting relaxation, reducing muscle tension, and decreasing cortisol levels (Wulandari et al., 2021). This therapeutic effect may be attributed to several factors:

- a. **Auditory Stimulation:** The rhythmic and harmonious nature of Qur'anic recitation induces a calming effect on the brain, similar to the effects of music therapy, which helps in reducing anxiety levels (Rahim et al., 2020).
- b. **Spiritual and Emotional Connection:** For Muslim patients, listening to the Qur'an fosters a sense of spiritual closeness and surrender to God (tawakkul), which strengthens emotional resilience during stressful situations like childbirth (Husna & Rosyada, 2020).
- c. **Focus and Distraction:** Murrotal therapy redirects the patient's focus away from negative thoughts or pain anticipation, helping to break the cycle of fear and anxiety (Yuliana et al., 2022).
- d. **Neurophysiological Impact:** Studies using EEG and cortisol assays have demonstrated that listening to Qur'anic recitation can modulate brainwave activity and reduce biomarkers of stress (Khosrow et al., 2017).

3. RESEARCH METHODS

The type of research is quantitative with a *quasi-experimental design*. The population gave birth by *caesarean section* and a sample of 16 people, sampling by *purposive sampling*. The research instrument is the HARS questionnaire. Data collection uses primary data. Data analysis uses univariate and bivariate with paired t test.

4. RESULTS AND DISCUSSION

Table 1 shows distribution frequency level anxiety Mother before and after giving recitation of the Qur'an.

Table 1. Anxiety Level Before and after Giving Recitation of the Qur'an

No		Anxiety Level Before Intervention	
	Category	N	%
1	Light	0	0

2	Currently	12	75
3	Heavy	4	25
Anxiety Level After Intervention			
1	Light	13	81.3
2	Currently	1	6.3
3	Heavy	2	12.4

Table 2. Influence Murottal Al-Qur'an on Anxiety Levels

Variables	Mean	Standard Deviation (Min-Max)	P Value
Anxiety Level Before Intervention	24.63	4,588 (18-36)	0.000
Anxiety Level After Intervention	19.19	5.256 (14-33)	

Based on statistical test results with *paired sample t test* shows *p.value* $0.000 < 0.05$ which means There is influence implementation therapy recitation of the Quran to decline level anxiety in pre- section patients Cesarean section at Bengkalis Regional Hospital. This supported from average value The level of anxiety seen from counselor before applied murottal Al Qur'an is 24.63 with mark lowest 18 and value highest is 36, and after applied murottal Al Qur'an is 19.19 with mark lowest 14 and value highest is 33. As for the difference score before and after given music classic which is 5.44.

Research result on in line with study Fatmawati and Pawestri (2021), which shows There is decline anxiety in a way significant from third case with mark average 8.33. Therapy murottal and pre- operative education proven effective lower anxiety in patients preoperative SC. According to study studies Shari case (2022), known that respondents who will done action SC operation experienced anxiety, and after given Therapy Quran murottal anxiety Mother become reduce.

Anxiety is response individual to an unavoidable situation enjoyable and experienced by everyone creature life in life everyday. Anxiety functioning as mechanism important warning for protect yourself and take care balance psychological (Rahmayati E, 2017). According to Gail (2016), anxiety is a conditions that are not definite and related with emotion somebody to

objects that are not specific . In general, anxiety marked with accompanying fear feeling no powerless and uncertain moment face an unavoidable situation comfortable.

Every patients who will undergo operation tend experience fear and anxiety, incl Mother pregnant women facing procedure surgery. Condition psychological Mother pregnant can influenced by anxiety and fear to various the possibilities that can happened, well for himself and also the baby (Azzahroh, 2020). Anxiety before operation can impact on success procedure surgery and improve risk complications postoperatively. In addition, anxiety preoperative can trigger improvement level cortisol in body, which has the potential inhibit the healing process wounds (Naibaho, 2021).

There are two methods main for overcome anxiety, namely pharmacological and non-pharmacological. Non- pharmacological approaches that can applied to mother pregnant before operation covers therapy group supportive, therapy relaxation, pregnancy exercises, therapy music classic, technique breathing diaphragm, lavender aromatherapy, relaxation based on guided imagery and music (GIM), relaxation muscle progressive, SEFT (spiritual emotional freedom technique), education preoperative, and therapy Murottal Al-Qur'an (Naibaho, 2021).

Therapy murottal Al-Quran is known more effective in lower anxiety compared to therapy music classic. Research conducted by Darmadi & Armiyati (2019) shows that 93.75% of patients who received therapy murottal experience decline anxiety, while therapy music classic only effective in 75% of patients. According to Suwardi & Rahayu (2019), therapy murottal can give deep spiritual value, helpful individual reach calm soul, and give effect such a relaxation intense until cause a feeling of emotion as well as energy positive in body.

Chanting paragraph Al-Qur'an in a way physique contain voice human being who is instrument amazing and easy healer reachable. Sound can activate hormone endorphins natural, lower hormones stress, increase feeling relax, and divert attention from anxiety, fear and tension. Improve system chemistry body, so that lower pressure blood , and slow down breathing, pulse pulse, beat heart and activity wave brain. Deep and slow breathing rate it is very good for control emotion, cause calmness, better metabolism good and more thinking in (Azzahroh, 2020).

According to assumption researcher action operation is threat current and also potential that can cause psychological stress and also physiological in patients and is a difficult experience almost for all patient. When faced with operation patient will experience various type stressors that cause anxiety and fear, even range time wait for it can cause anxiety. Anxiety will result in change physical and psychological so that can activate nerves autonomous

sympathy that results in increasing pulse heart, blood pressure blood and breathing general will reduce level energy in patients who will impact on implementation surgery and the healing process after surgery. One of them method For lower anxiety the is with apply murotal al qur'an. Murotal Al Qur'an is recording voice / reading verses The Qur'an recited by a Qori' (reader) Al-Quran). Murotal Al-Qur'an if be heard will influential to intelligence intellectual (IQ), emotional (EQ), and spiritual intelligence (SQ). People who listen murottal will feel peace and feeling relax , which can influential to decline pressure blood and can lower anxiety mother who will undergo SC operation .

5. CONCLUSION

. Majority patient *pre- section Caesarea* before given Therapy Recitation of the Qur'an own level anxiety in category currently as much as 75.0%, and after given Therapy Recitation of the Qur'an have anxiety level in category light as much as 81.3%. A there is an influence implementation therapy recitation of the Quran to decline level anxiety in pre- section patients Cesarean section at Bengkalis Regional Hospital, with *p.value* $0.000 < 0.05$.

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