



Murottal Qur'an to Lower Anxiety Rate on Pre-Operative Patients

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Abstract. The pre-operative phase was an action before surgery which was the basis for success in the next stage. In this phase, psychological disorders could occur, for example, anxiety. This pre-operative patient's fear might be overcome because it would hinder the future process, namely when the surgery was carried out. This was because feelings of anxiety could cause physiological changes. The purpose of this literature review was to describe the change in anxiety levels in pre-operative patients after receiving murottal Al-Qur'an therapy. A literature review approach was applied in this study. Search for articles using eight journal databases, namely PubMed, ScienceDirect, Taylor Francis Online, JSTOR, SAGE Journal, Willey Online Library, Springer, and Google Scholar. The selection was carried out by assessing articles that meet the inclusion criteria with a publication range of 2015-2021, in English and Indonesian, and open access to full-text pdf. The exclusion criteria were book chapters, abstract proceedings, and posters. A total of 12 relevant articles that met the inclusion criteria were reviewed. All articles were thoroughly reviewed, specifically criticized, and rated using the Critical Appraisal Skills Programmed instrument with 321 respondents. The review results showed that murottal Al-Qur'an therapy had a positive effect in lowering anxiety levels in the nursing process in pre-operative patients.

Keyword: *Al-Qur'an, Anxiety, Murottal, Pre-Operation*



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INTRODUCTION

Operation or surgery is an act of cutting part of the tissue (tissue continuity), which is done invasively to cause a physical and psychological response (1). Thus the studies needed for the success of an operation are biological, physical, and psychological functions (2). The pre-operative phase is the basis for success in the intra-operative and postoperative stages; if an error occurs in this phase, it will be fatal (3). Because usually, the patient will experience anxiety and feel great anxiety (4). Thus the role of nurses is needed to deal with patient anxiety, in providing relevant information and giving confidence in dealing with the problems at hand to lower the anxiety felt by patients (5).

Anxiety is an emotional or psychological reaction that often appears in patients when surgery is performed (1). This form of anxiety includes feelings of discomfort, restlessness, palpitations, decreased appetite, cold sweats, and sleeplessness (6). The anxiety felt by pre-operative patients must be overcome immediately because it will cause physiological changes (7). And it can affect the heart rate, and the body will produce the hormone cortisol excessively to affect blood pressure (4). Therefore, this situation can be overcome and anticipated with distraction and relaxation techniques to distract the patient. One of them is by giving murottal Al-Qur'an therapy during the treatment period (3).

Murottal Al-Qur'an therapy is a religious relaxation therapy that brings a feeling of calm, peace, and comfort and positively influences the listener (8). Because it can stimulate the central and frontal regions of the brain, which are dominated by delta waves, where the function of the central area is as the center of controlling movement carried out, while the function of the frontal area is as the intellectual center and managing emotions. Therefore this murottal therapy can provide a feeling of calm, serenity, and comfort to the patient (1).

Many studies have proven the positive effect of murottal Al-Qur'an therapy in lowering patients' anxiety levels and can accelerate healing. One of them is the experience of Al-Kaheel from Syria said that the best solution for all diseases was Al-Qur'an. He noted that treatment by using the Al-Qur'an could treat ailments that logically could not be done medically. Because when listening to the holy verses of the Qur'an, the neuron cells will be stable and perform their functions properly (6).

Murottal Al-Quran therapy is carried out by using an MP3 or a tape recorder containing murottals, either used with earphones or with a sound system (9).

In addition to the benefits of Al-Qur'an murottal therapy, it has been researched with various benefits obtained. Murottal Al-Qur'an therapy is also straightforward to do. It does not need to cost money, so that it can be applied in the nursing care process (Evidence-Based Research [EBN]) in the hospital furthermore, for further researchers (10). However, in fact, in the field of interventions, murottal Al-Qur'an therapy is still rarely done. Most when patients experience anxiety, they are immediately given pharmacological treatment as anticipation, even though nurses can provide non-pharmacological interventions, one of which is by using Al-Qur'an murottal therapy (1).

For this reason, this literature review study is expected to be a reference source for EBN implementation.

OBJECTIVE

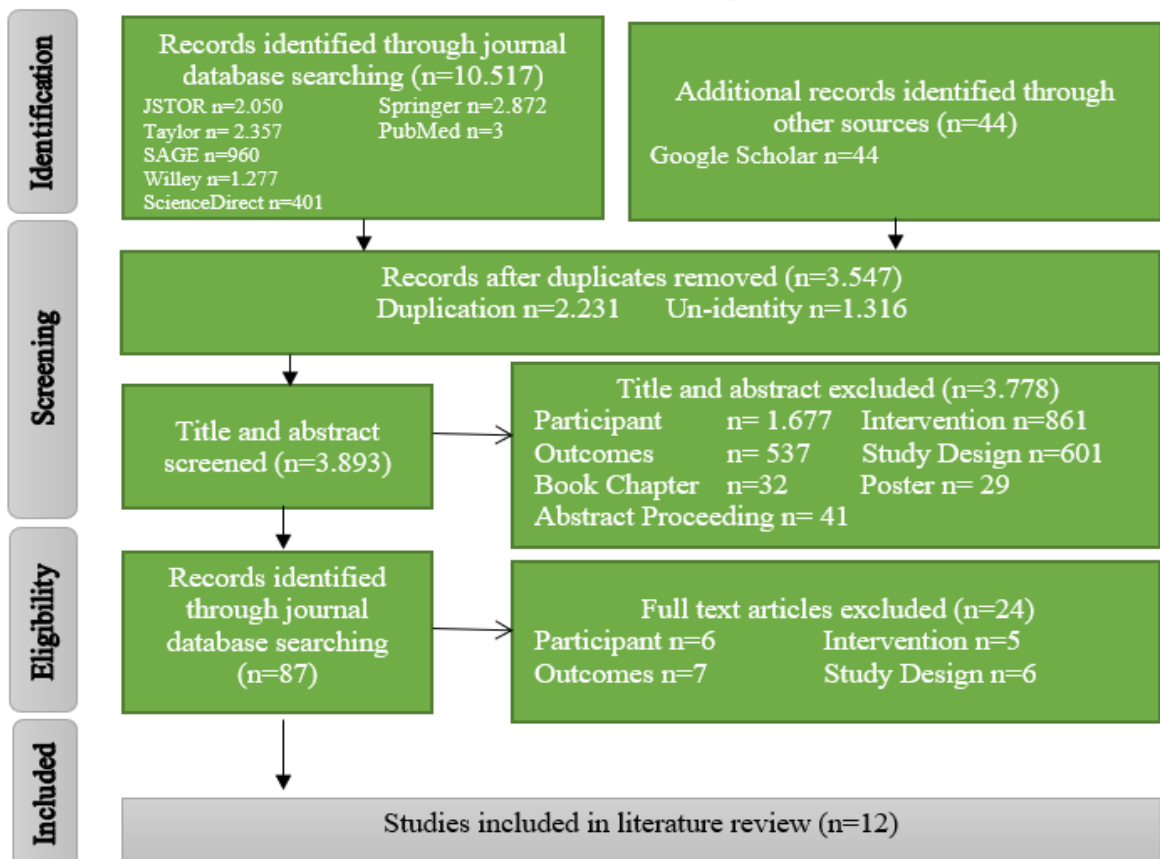
This study was conducted systematically by following the scientific method presented in a literature review article to explain the description of the reduction in pre-operative patient rates after nursing intervention in the form of Al-Qur'an murottal therapy.

METHOD

The search strategy was carried out on several journal databases including; PubMed, JSTOR, Wiley Online Library, Sage Journal, Taylor & Francis Online, Springer, and ScienceDirect using MeSH terms and keywords on advanced search engines: (((Quran) AND (Anxiety Scale)) AND (Pre-Operate)) AND (Quasi-Experimental)). In addition, the researcher searched the journal database, namely Google Scholar. The inclusion criteria in this literature review were those published in 2012 to 2021 in the English version with open access and complete access in original articles. Participants or Population (P) in this study were patients with pre-operative diseases in all diseases, intervention (I) Murottal Al-Qur'an therapy, Outcomes (O) in the form of decreased anxiety levels. All types of Study Design (S) were quasi-experimental studies involving male and female subjects from several hospitals and patients who continued their home care using the Qur'anic murottal therapeutic intervention. The exclusion criteria were book chapters, abstract proceedings, and posters. The authors conducted a process analysis of each article reviewed and extracted the detailed information needed to describe the effect of murottal Al-Qur'an therapy in lowering pre-operative patients' anxiety levels.

The selection process started with removing duplicates with articles titles that did not fit in the search for primary data using the Microsoft Excel application. The abstracts from the selected articles were further analyzed to ensure compliance with the inclusion criteria. In the second round of the article selection process, the author conducted a full-text review to prevent doubts about the selected article. Furthermore, the authors searched for and selected the studies that were considered the most relevant to be reviewed using PIOS (11). All articles that met the inclusion criteria were thoroughly reviewed without a meta-analysis.

Picture 1. PRISMA Diagram



All articles were thoroughly reviewed, specifically criticized, and rated using the Critical Appraisal Skills Programmed (CASP) instrument (10) by five independent authors (AF, II, GPJ, SN, FAF) and held discussions with senior mentors (FAF). The selected article was an article that had an excellent CASP level with a score of 7-8 points and 5-6 points enough. Disagreements related to the assessment of articles and ranking scores, the authors resolved them in the discussion. Because the writer still had difficulties, the writer had another conversation with the senior researcher (HS).

This study extracted data on the intervention and control groups: total number of respondents, intervention, methods, results, and critical assessments. Since this research review included only level I, II, and III evidence studies, where the research steps were not homogeneous, no meta-analysis was carried out. The findings in this study were presented in a narrative summary form with treatment groups with or without treatment or regular care.

RESULTS

Articles were identified using a predefined search keyword in a combined database search published from 2012–2021 yielded 5,019 articles as described in picture 1. Three times filtered, most of the studies did not include articles that met the PIOS criteria. Subjects were not preoperative (n = 477), did not use the Murottal Al-Qur'an Intervention (n = 297), did not focus on lowering anxiety levels (n = 269) and did not use quasi / pre-experimental (n = 271). In addition, 444 articles were excluded because they did not have identity with 672 duplicate articles, 32 book chapters, 19 posters, and 30 proceedings abstracts which had also been eliminated in the Microsoft Excel application.

The number of participants involved in this study was 280 assigned randomly, with 230 participants in the intervention group and 50 participants in the control group. The study results in the intervention group showed a positive effect in lowering the patient's anxiety level. This literature consisted of 12 articles, and all interventions were reported to have a significant positive impact in reducing anxiety levels in pre-operative patients. The subjects in this study were pre-operative patients.

1) Intervention

Murottal Al-Qur'an therapy is given to pre-operative patients to overcome the anxiety that runs when undergoing the procedure. This murottal therapy works on the brain, and when the simulation software is from outside (Murottal Al-Quran treatment), the brain will produce chemicals called neuropeptides. These molecules will plug into their receptors in the body and will provide feedback in the form of pleasure or comfort (12)

The letters used when giving Murottal Al-Qur'an therapy are Surat Al-Fatihah, and Al-Rahman. Where the letter Al-Fatihah is the essence of the Al-Qur'an. The descriptions are short and transparent, making Al-Fatihah easy to read and memorize for everyone with any background. Then the letter Ar-Rahman consists of 78 verses. All the verses in Surah Al-Rahman are surah makiyyah which have a short verse character so that this verse is comfortable to listen to and can have a relaxing effect even for the layman. This murottal therapy is given for 15 minutes and effectively reduces anxiety levels in pre-operative patients (13).

The media used in the provision of Murottal Al-Qur'an therapy uses headphones, a media music player of the Blackberry 8520 type, MP3, or a tape recorder containing the murottal Al-Qur'an (1).

2) Instrument

The measurement of anxiety in this literature review uses several instruments, namely (1) HRS-A (2) HARS (3) STAI (State-Trait Anxiety Index) (4) APAIS (Amsterdam Preoperative Anxiety and Information Scale). The HRS-A instrument used articles 1, 3, 5, and 10 to measure anxiety levels. This instrument has been tested for validity and reliability and is a valid and universally accepted measure of anxiety.

HARS measuring instrument used in articles 2, 6, 9, and 12 to measure the level of anxiety used an alternative test with the Wilcoxon test, Mann-Whitney test.

The STAI (State-Trait Anxiety Index) measurement tool used articles 4 and 7 to measure the modified anxiety level and tested its validity. Providing therapy using headphones and a music player.

The APAIS measurement tool (Amsterdam Preoperative Anxiety and Information Scale) was used in articles 8 and 11 to measure anxiety levels. The data analysis used for hypothesis testing was univariate to explain or describe the characteristics of variables. The form of univariate analysis depends on the type of data. In general, this analysis only produces a frequency distribution and the percentage of each variable. In contrast, bivariate analysis is an analysis carried out on two variables considered significant or have an influence using the Wilcoxon test, which is determined by the normality test (abnormal distribution).

3) Results

Based on the analysis of all articles reviewed, it shows that murottal Al-Qur'an therapy is effective in reducing anxiety levels in the pre-operative patient care process. Thus murottal Al-Qur'an therapeutic interventions need to be given to pre-operative patients to help reduce the number of patients undergoing surgical procedures.

Table 2.
Characteristics of the article

No	Author (Year) Title	Method	Result
1	Aditya Rahman, T., Mohdari, M., & Prasetyo, A. (2017). Murottal Therapy to Anxiety Levels of Patients Pre-Operative at Sari Mulia Hospital Banjarmasin	Objective: Murottal therapy can reduce or release anxiety levels in patients. Design: Quasi Experiment Sample: 22 participants Intervention: Murottal Qur'an Instrument: HRS-A	The results show that anxiety. The respondents' level before and after murottal therapy is very significant, seen from the considerable value and the P-value of 0.000. It was indicated that the value is smaller than the α value is ≤ 0.05 , wherein that case $p \leq \alpha$, which means that there is an influence between murottal therapy for anxiety pre-surgery patients.
2	Atmaja, B. P., & Saputra, A. F. (2020). Pengaruh Terapi Murottal Al – Qur'an Terhadap Penurunan Kecemasan Pada Pasien pre-Op Katara	Objective: The effect of murottal Al-Qur'an therapy on reducing anxiety in patients with pre-cataract surgery. Design: Quasi Experiment Sample: 30 participants (15 intervention, 15 control) Intervention: Murottal Qur'an Instrument: HARS	The study results for the Murottal Al-Qur'an variable on reducing anxiety in patients with pre-operative cataracts were obtained with a p-value of 0.001 (<0.05), which means that there are differences before and after being given Murottal Al-Qur'an therapy to reduce anxiety in pre cataract surgery patients.
3	Azzahroh, P., Hanifah, A., & Nurmawati, N. (2020). Pengaruh Terapi	Objective: Listen to murottal Al-Qur'an therapy and be confident/sure that the operation	The research results, the level of anxiety before being given Murottal Al-Qur'an therapy were mainly in

	Murottal Al-Qur'an Terhadap Tingkat Kecemasan pada Pasien Pre Operasi Sectio Caesarea di Rumah Sakit Ridhoka Salma Cikarang Tahun 2019	is carried out professionally so that all possible risks can be minimized and avoided. Design: Pre-Experiment Sample: 30 participants (15 intervention, 15 control). Intervention: Murottal Qur'an Instrument: HRS-A	the moderate category as much as 83.4%. After being given Murottal Al-Qur'an therapy, each was in the mild and moderate category as much as 50%. There are differences in anxiety levels before and after being given Murottal Al-Qur'an therapy (0.000 <0.05).
4	Faridah, V. (2015). Terapi Murottal (Al-qur'an) Mampu Menurunkan Tingkat Kecemasan Pada Pasien Pre Operasi Laparatomi	Objective: For analyzing the effect of giving murottal therapy (Al-Qur'an) on reducing anxiety levels in pre-operative laparotomy patients. Design: Pre-Experiment Sample: 32 participants Intervention: Murottal Qur'an Instrument: STAI	The results of the Wilcoxon statistical test showed that the value of $Z = -5.185$ and $P = 0.000$, which means that there is an effect of giving murottal therapy (Al-Qur'an) on reducing anxiety levels.
5	Faradisi, F. (2012). Efektifitas Terapi Murottal dan Terapi Musik Klasik terhadap Penurunan Tingkat Kecemasan Pasien Pra Operasi di Pekalongan	Objective: Research to determine differences in the effectiveness of the two therapies in reducing anxiety. Design: Quasi Experiment Sample: 15 participants Intervention: Murottal Qur'an Instrument: HRS-A	The results of the anxiety level test with music and murottal therapy obtained a t-count value of 2.946 ($p = 0.000 < 0.05$) so that H_0 was rejected, meaning that the administration of murottal therapy was more effective in reducing the patient's anxiety level compared to music therapy.
6	Hardianto, Sulaiman, L., & Amrullah, M. (2019). Pengaruh Kombinasi Terapi Murottal Al-Quran dengan Relaksasi Nafas Dalam Terhadap Penurunan Tingkat Kecemasan Pada Pasien Pre Operasi Bedah Umum di RSUD Provinsi NTB	Objective: To determine the effect of this combination on reducing anxiety levels in pre-operative patients. Design: Pre Experiment Sample: 16 participants Intervention: Murottal Qur'an Instrument: HARS	Murottal Al-Qur'an therapy has been shown to reduce anxiety levels in patients before surgery significantly. The analysis results show that the t-count value is greater than the t-table ($9.667 > 1.761$).
7	Maulana, R., Elita, V., & Misrawati. (2015). Pengaruh Murottal Al-Qur'an Terhadap Kecemasan Pasien Pre Operasi Bedah Orthopedi	Objective: The purpose of this study was to determine the effect of the murottal al-Qur'an on anxiety levels in pre-orthopedic surgery patients. Design: Quasi Experiment Sample: 40 participants (20 intervention, 20 control) Intervention: Murottal Qur'an Instrument: STAI	The results of the independent t-test showed $p\text{-value} = 0.000 < \alpha (0.05)$. These results indicate that the provision of murottal Al Qur'an has an effect on the anxiety value of pre-orthopedic surgery patients, and H_0 is rejected.
8	Parman, Rasyidah, A., Sutinah, Triyanto, A. (2019). Perubahan Tingkat Kecemasan Pasien Pre Operasi Dengan Terapi Murottal Al-Quran	Objective: This is to determine the effect of Al-Quran murottal therapy on changes in anxiety levels. Design: Pre Experiment Sample: 14 Participants Intervention: Murottal Qur'an Instrument: APAIS	The analysis results showed a change in the level of anxiety in pre-operative patients with murottal Al-Quran therapy with a p-value of 0.01 in pre-operative patients.

<p>9 Rahmah, N. M., & Suhendi, D. (2018). Pengaruh Terapi Murottal Al-Qur'an Terhadap Kecemasan Pasien Pre Operasi di RS Bogor Medical Center</p>	<p>Objective: The purpose of this study was to determine the effect of murottal Al-Qur'an therapy on pressure blood of pre-operative cataract patients with hypertension. Design: Quasi Experiment Sample: 33 participants Intervention: Murottal Qur'an Instrument: HARS</p>	<p>The analysis results showed a change in the level of anxiety in pre-operative patients with murottal Al-Qur'an therapy with a p-value of 0.01 in pre-operative patients.</p>
<p>10 Saputri, I. N., & Ulfa, R. (2018). Pengaruh pemberian terapi murottal alquran terhadap penurunan tingkat kecemasan ibu preoperasi sectio caesaria di rumah sakit grand medistra lubuk pakam</p>	<p>Objective: Murottal Al-Qur'an therapy has a significant effect in reducing anxiety. Design: Quasi Experiment Sample: 22 participants Intervention: Murottal Qur'an Instrument: HARS-A</p>	<p>The results showed that murattal therapy of the holy Al-Qur'an verse influenced the level of anxiety of pre-operative section caesarian mothers. The average level of anxiety of respondents before doing Murottal Al-Qur'an therapy was 42.59, and after it was carried out, 15.23.</p>
<p>11 Sukron. (2018). Perbedaan Efektivitas Terapi Musik Klasik dan Terapi Murrotal terhadap Tingkat Kecemasan Pasien Pre Operasi Bedah Mayor</p>	<p>Objective: Knowing differences in the effectiveness of classical music therapy and marital therapy on the level of anxiety in pre-operative primary surgery patients. Design: Quasi Experiment Sample: 16 participants Intervention: Murottal Qur'an Instrument: APAIS</p>	<p>From the analysis results, there was a significant difference in the level of anxiety before and after listening to classical music therapy (p-value 0.009) and before and after listening to murottal therapy (p-value 0.014). There was no significant difference in the anxiety levels of patients who listened to classical music and listened to it. murottal (p-value 0.107).</p>
<p>12 Suwanto, Ahmad Hasan Basri, M. U. (2016). Efektifitas Klasik Musik Terapi dan Murrotal Terapi untuk Menurunkan Tingkat Pasien Kecemasan Pre Operasi</p>	<p>Objective: To find out the difference between the effectiveness of classical music therapy and murottal therapy. Design: Quasi Experiment Sample: 10 participants Intervention: Murottal Qur'an Instrument: HARS</p>	<p>The results showed that classical music therapy (P 0.004.) And murrotal treatment (P 0002) both affected reducing anxiety levels. The Mann-Whitney test showed a significant result from the calculation (α) = 0.001 <0.05. It means that H0 is rejected, and H1 accepted means a difference between a decrease in the anxiety level of classical music therapy and murrotal therapy, where murrotal treatment is more effective than classical music.</p>

The measurement of anxiety in this literature review used several instruments, namely (1) HRSA-A (2) HARS (3) STAI (State-Trait Anxiety Index) (4) APAIS (Amsterdam Preoperative Anxiety and Information Scale). The HRSA-A instrument used articles 1, 3, 5, and 10 to measure anxiety levels. This instrument had been tested for validity and reliability and was proven to be a valid and universally accepted measure of anxiety. The results of this study indicated that the provision of Al-Qur'an murottal therapy was more effective in lowering the anxiety level of pre-operative patients compared to music therapy with the account value of 2.946 ($p = 0.000 < 0.05$) (9). The results of research number 3 showed that murottal Al-Quran therapy was proven significant with a p-value $< \alpha$ (0.000 < 0.05) (14).

Similar to the two studies, study number 5 also showed effective results in lowering anxiety levels with ($p = 0.000 < 0.005$) (15). The results of research number 10 based on SPSS calculations obtained the t-count result of 9.667, which was consulted with the t-table with a significance level of 0.05. $DB = 15$, the t-table result was 1.761, or the t-count was more significant than the t-table ($9.667 > 1.761$), so H_0 was rejected. H_a was accepted, meaning that there was an effect of murottal Al-Qur'an therapy and deep breathing relaxation in lowering anxiety levels in patients with pre-operative general surgery (16). Results of research number 6 showed that murottal Al-Qur'an treatment was proven to be significant in reducing anxiety levels with a value ($p\text{-value} = 0.000$) which meant $p\text{-value} (< 0.05)$ (6).

HARS measuring instrument was used in articles number 2, 6, 9, and 12 to measure the level of anxiety. An alternative test was used with the Wilcoxon test, the Mann-Whitney test. The result of research number 2 showed that the provision of murottal Al-Qur'an therapy was shown to significantly lower anxiety in pre-operative patients with a $p\text{-value}$ of 0.001 (< 0.05) (3). Research number 9 with sampling technique was purposive sampling with the desired criteria were mothers who would undergo cesarean section surgery were Muslim and did not experience hearing loss. The results showed a decrease in anxiety levels from a value of 42.59 (before therapy) to 15, 23 (after treatment) (17). The results showed that murottal Al-Qur'an treatment was more significant than classical music therapy in lowering anxiety levels in pre-operative minor patients. The test $p\text{-value}$ was 0.01, which showed effective results ($\alpha = \text{results from } 0.001 < 0.05$) (13).

The STAI (State-Trait Anxiety Index) measurement tool used articles 4 and 7 to measure the modified anxiety level and tested its validity. Providing therapy using headphones and a music player. The results of giving murottal Al-Qur'an treatment to the patient's anxiety level using the paired sample test statistical test obtained the $P\text{-value} = 0.000$ ($= 0.05$) (4). Meanwhile, from research number 7, it was found that the post-test average score of the experimental group's anxiety was 26.10, and the control group was 55.60. This showed that in the experimental group, a decrease of 29 numbers was obtained where the murottal Al-Qur'an directly had a physical and psychological influence on the respondent. According to the researchers' observations, this happened because the respondent absorbed and did a series of interventions well Murottal benefits were directly obtained by respondents (1).

The APAIS (Amsterdam Preoperative Anxiety and Information Scale) measurement tool was used in articles 8 and 11 to measure the level of anxiety. The univariate was used to describe the characteristics of the variables. The form of univariate analysis depended on the type of data. In general, this analysis only produced the frequency distribution and the percentage of each variable. Meanwhile, bivariate analysis was carried out on two variables that were thought to be significant or had an influence using the Wilcoxon test, which was determined by the normality test (abnormal distribution). This study showed that the results of the Wilcoxon test in the pretest-posttest group showed that the average (median) value was 6, which indicated the sig value. 0.01 with a significant degree of 0.05. Results sig. 0.000 < 0.05 , which meant an effect of murottal Al-Qur'an therapy on changes in the level of anxiety in pre-operative patients (2). The result of analysis number 11 showed that the average anxiety before listening to murottal was 21.69, with a standard deviation of 2.30. Then after murottal, the average value of anxiety was 20 with a standard deviation of 1.63. It could be seen that the mean difference between before and after was 1.688 with a standard deviation of 2.41. The statistical test results obtained a value of 0.014. It could be concluded that there was a significant difference between patient anxiety before and after being given murottal therapy (5).

DISCUSSION

Murottal Al-Qur'an therapeutic interventions are increasingly being used as complementary therapies to lower anxiety levels in pre-operative patients (14) and positively influence the psychological condition of patients who experience anxiety disorders before surgery (3). There will be a feeling of calmer and not easy to feel anxious psychologically. Thus the effect of Murottal Al-Qur'an therapy can lower anxiety felt by patients and reduce side effects after surgery (4).

Murottal intervention has been proved to test the relationship between the verse and the letters of the Qur'an. It argued the main theme of this chapter had been described at the end of the branch of Al-Qamar. In the past, the perfection of arrangement and breadth of grace provided infinite favors in this world and the hereafter. Thus Al-Biq'a'i concluded that the main objective of this letter was to establish that Allah SWT bears the character of Rahman, who was poured out to all without exception (13).

Surah Al-Fatihah has a good virtue because it contains a lot of the essence of the Qur'an. Therefore Surah Al-Fatihah is the most appropriate choice to reduce anxiety. Its overall effect has made Al-Fatihah very much in tune with the nuances of prayer and worship. Its short and precise descriptions and high-quality tone make Al-Fatihah easy to read and memorize for all people with any background. In addition, Surah An-Naas, Al-Falaq, and Al-Ikhlâs are Surahs with munasabah or linkages between verses or letters with Surah Al-Fatihah to have a parallel or parallel relationship (18). Then Surah Ar-Rahman consists of 78 verses. All the verses in surah Al-Rahman are makiyyah surahs which have a short verse character. They are comfortable to listen to, can increase endorphin levels, reduce anxiety, and cause a relaxing effect for even lay listeners (13). The method of giving murottal Al-Quran therapy can be shown in 15-20 minutes, using headphones, a media music player, and MP3 or a tape recorder which contains the murottal surahs of the Al-Qur'an (13) (3) (9).

The study found that the index of reduction in anxiety levels in the interventional group of Murottal Al-Qur'an therapy remained stable. In contrast, in the control group, there was a decrease in anxiety that was significant as a whole (16). Similar to research (5) which states that the murottal Al-Qur'an intervention significantly reduces the level of anxiety in pre-operative patients. Based on the illustration above, the effectiveness of Murottal Al-Qur'an therapy significantly lowered the level of anxiety in pre-operative patients than the classical music therapy (9,14). The researchers demonstrated that murottal Al-Qur'an therapy was more effective and positively decreased the patient's anxiety level. With a count value of 2.946 ($p = 0.000 < 0.05$) so that H_0 was rejected, which meant that Al-Qur'an murottal therapy was more effective in lowering the patient's anxiety level than music therapy.

From the number of respondents in the author's articles, anxiety often occurs in women, especially mothers who are about to give birth with section cesarean action. Because every time facing surgery always creates fear and anxiety in the patient, the psychological condition of pregnant women can feel anxious and afraid of things that might happen, both to the mother and her baby. Mothers who give birth by section Caesarea pose medical risks and psychological risks, one of which creates difficulties being close to their babies. It is rarely possible to breastfeed compared to standard delivery because of discomfort due to sectio Caesarea (15). Handling anxiety for mothers who experience cesarean section surgery can be done with relaxation and distraction techniques. Relaxation techniques calm the mind by thinking positively, while distraction techniques can be done with murottal Al-Quran therapy by distracting (17).

However, the authors read that there were several limitations of the various studies found. As one example (13) in his research involved only 10 participants who entered the intervention group. When 1 participant dropped out, the remaining only 9 participants were in the group. However, the other 11 studies had a sizeable number of participants. The findings

in this study contributed to the development of nursing science. The effectiveness of Murottal Al-Qur'an therapy in reducing anxiety levels can be an additional alternative in providing nursing care to pre-operative patients.

CONCLUSION

This study showed that murottal Al-Qur'an therapy effectively reduced the rate in the pre-operative patient care process. Based on the analysis of several studies, it could be found that murottal Al-Qur'an therapeutic interventions needed to be given to pre-operative patients to help reduce the rate of patients undergoing surgical or surgical procedures. Nurses in hospitals, especially those who intervene for patients going for surgery or surgery, could apply murottal Al-Qur'an therapy as an alternative intervention for pre-operative patients.

Researchers recommended that further studies on murottal Al-Qur'an therapy be conducted by comparing other interventions in more specific pre-operative patients. A meta-analysis can be carried out with a more in-depth analysis. The authors' names that relate to this article do not have organizations or entities that have an interest in financial gain and close personal relationships. All opinions are agreed with open discussion considering the criteria and functions determined in completing this article.

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