

PENGARUH TERAPI MUROTTAL TERHADAP PERUBAHAN SKOR KECEMASAN IBU BERSALIN KALA I FASE LATEN DI RS NUR HIDAYAH BANTUL

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INTISARI

Latar belakang: Persalinan kala I dimulai sejak awal terjadinya kontraksi uterus yang menyebabkan penipisan dan pembukaan serviks secara bertahap hingga mencapai pembukaan lengkap (10 cm). Pembukaan serviks pada persalinan kala I fase laten mencapai ukuran diameter 1-3 cm atau dibawah 4 cm membutuhkan waktu hampir atau hingga 8 jam. Salah satu yang mempengaruhi proses persalinan adalah faktor psikologis berupa kecemasan. Hal ini dapat diatasi dengan terapi farmakologi dan non farmakologi. Salah satu terapi non farmakologi yang bisa dilakukan untuk mengurangi kecemasan adalah terapi murottal.

Tujuan: Mengetahui pengaruh terapi murottal terhadap perubahan skor kecemasan ibu bersalin kala I fase laten di RS Nur Hidayah Bantul.

Metode: Jenis penelitian ini *pre experimental*, menggunakan metode *Quasi Experimental* dengan pendekatan *One Group Pre test and Post test Without Control Group Design*. Sampel dalam penelitian ini yaitu ibu bersalin kala I fase laten dengan melibatkan 32 responden. Pengambilan sampel dilakukan dengan menggunakan teknik *purposive sampling*. Alat ukur kecemasan penelitian ini menggunakan kuesioner Z-SRAS (*Zung Self-Rating Anxiety Scale*). Analisis penelitian ini menggunakan univariat dan bivariat. Uji statistik menggunakan *Paired Sample T-Test*. Terapi murottal dalam penelitian ini menggunakan QS. Ar-Rahman (1-78 ayat) selama 25 menit dengan Qari' Mishary Bin Rashid Alafasy melalui MP3 dan *earphone*.

Hasil: Hasil analisis statistik *Paired Sample T-Test* menunjukkan bahwa mean skor kecemasan ibu bersalin kala I fase laten *pretest* diberikan terapi murottal sebesar 48,84 dan mean *posttest* diberikan terapi murottal menjadi 38,91. Nilai rata-rata (mean) perubahan skor kecemasan *pretest* dan *posttest* pemberian terapi murottal sebesar 9,938. Diperoleh *index* perbedaan (t) hitung sebesar 5,389 dengan nilai signifikansi (p) sebesar 0,001.

Kesimpulan: Terdapat pengaruh terapi murottal terhadap perubahan skor kecemasan ibu bersalin kala I fase laten di RS Nur Hidayah Bantul.

Kata kunci: Terapi Murottal, Kecemasan, Kala I Fase Laten

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THE INFLUENCE OF MUROTTAL THERAPY TO CHANGES OF ANXIETY SCORE OF CHILDBIRTH MOTHER'S FIRST STAGE OF LATENT PHASE IN NUR HIDAYAH HOSPITAL, BANTUL

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ABSTRACT

Background: The first stage of childbirth begins since the beginning occurrence contraction of the uterus which causes depletion and the opening of cervix gradually until it reaches in an opening complete (10 centimeters). The opening of the cervix in the childbirth first stage of latent phase reach the size of diameter 1–3 centimeters or under 4 centimeters require time almost or until 8 hours. The one that affects the process of which influence childbirth is psychological in the forms of anxiety. This can be overcome by pharmacological and non-pharmacological therapy. One of the non-pharmacological therapy that can be done to reduce anxiety is murottal therapy.

Objective: Knowing the influence of murottal therapy to changes of anxiety score of childbirth mother's at first stage of latent phase in Nur Hidayah Hospital, Bantul.

Methods: The type of this is a pre-experimental research, using the method Quasi-Experimental with One Group Pre-test and Post-test Without Control Group Design approach. The sample of this research is childbirth mothers at first stage of latent phase with involves 32 respondents. Retrieval sample is done with using a Purposive Sampling Technique. Measurement the anxiety of this study using a Z-SRAS (Zung Self-Rating Anxiety Scale) questionnaire. This research analysis used univariate and bivariate. The statistical test uses Paired Sample T Test. The murottal therapy in this research using QS. Ar-Rahman (1-78 verse) for 25 minutes with the reciter Mishary Bin Rashid Alafasy through an MP3 and earphone.

Result: The result of the statistical analysis of *Paired Sample T Test* has shows that the average of anxiety childbirth mother's at first stage of latent phase before given a murottal therapy was 48,84 and average anxiety after being given a murottal therapy was 38,91. The value of the average (mean) changes score anxiety pretest and posttest the granting of murottal therapy of 9,938. Obtained index difference (t) of the count 5.389 with value significance (p) 0.001.

Conclusion: There is the influence of murottal therapy to changes of anxiety score of childbirth mother's at first stage of latent phase in Nur Hidayah Hospital, Bantul.

Keywords: Murottal Therapy, Anxiety, The First Stage of Latent Phase.

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