

PENGARUH TERAPI MUROTTAL AL-QUR'AN TERHADAP TINGKAT KECEMASAN PASIEN PRE OPERASI DI RUMAH SAKIT PKU MUHAMMADIYAH YOGYAKARTA

INTISARI

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Latar Belakang: Preoperasi merupakan ancaman pada seseorang yang dapat membangkitkan reaksi stress fisiologis maupun psikologi. Reaksi pasien yang sering muncul sebelum dilakukan operasi salah satunya kecemasan. Lantunan murottal Al-Qur'an dapat menurunkan hormon-hormon stress, mengaktifkan hormon endorfin alami, meningkatkan perasaan rileks dan mengalihkan perhatian dari rasa takut cemas dan tegang. Berdasarkan hasil studi pendahuluan di RSU PKU Muhammadiyah Yogyakarta, diperoleh data bahwa 31 orang yang akan menjalani operasi 27 pasien mengalami masalah kecemasan, 3 tidak cemas dan 1 tidak terkaji.

Tujuan Penelitian: Diketahui pengaruh terapi mendengarkan murottal Al-Qur'an terhadap tingkat kecemasan pasien preoperasi di Rumah Sakit Umum PKU Muhammadiyah Yogyakarta

Metode Penelitian: Penelitian ini menggunakan rancangan *quasi-experimental design* dengan pendekatan *pretest-posttest design*. Populasi dalam penelitian ini adalah seluruh pasien yang menjalani prosedur operasi jenis apa saja yang pertama kali dengan melibatkan 37 responden. Teknik pengambilan sampel dengan *Purposive sampling* didapatkan sampel sebanyak 37 pasien. Terapi murottal Al-Qur'an diberikan dengan mendengarkan ayat-ayat suci Al Qur'an yaitu surah Ar-Rahman dengan Qori Ahmad Saud melalui MP3 *player* yang dilakukan sebelum pasien menjalani operasi selama 15 menit. Instrumen menggunakan HARS untuk mengukur tingkat kecemasan pasien. Teknik analisis data menggunakan uji *Wilcoxon*.

Hasil Penelitian: Karakteristik responden sebagian besar pasien pre operasi berusia 41 – 50 tahun sebanyak 16 orang (43,2%), jenis kelamin pasien laki-laki sebanyak 27 orang (73,3%) dan pendidikan responden SMA sebanyak 17 orang (45,9%). Hasil uji *Wilcoxon* diperoleh nilai *P Value* sebesar 0,000 lebih kecil dari 0,05.

Kesimpulan: Terdapat pengaruh terapi murottal terhadap tingkat kecemasan pasien pre operasi di Rumah Sakit PKU Muhammadiyah Yogyakarta.

Kata Kunci: Terapi Murottal, Kecemasan, Preoperasi

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THE INFLUENCE OF MUROTTAL AL'QURAN THERAPY TOWARDS ANXIETY LEVEL DECREASING OF THE PRE-SURGERY PATIENTS AT PUBLIC HOSPITAL OF PKU MUHAMMADIYAH YOGYAKARTA

Abstract

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Background: Pre-surgery is a threat on someone who can raise physiological and psychological stress reactions. The patient's reaction that often emerges before doing surgery is anxiety. Murottal Qur'an chant can reduce stress hormones, activate natural endorphins, increase the feeling of relaxation and divert attention from the fear of anxiety and tension. Based on preface study at Public Hospital Of PKU Muhammadiyah Yogyakarta, was obtained data that 31 people who will be done surgery action 27 patients have anxiety problem, 3 were not afraid dan 1 was not analysis.

Research goal: To know the influence of Murottal Al-Quran therapy towards anxiety level decreasing of the pre-surgery patients at Public Hospital Of PKU Muhammadiyah Yogyakarta

Research method: The research used quasi-experimental design with pretest-posttest design. Population in the research was overall patients who have procedure of anything types of firstly surgery that firstly. Sampling technique was by purposive sampling was obtained sample as many 37 patients. Therapy murottal Qur'an given by listening to the verses of the holy Qur'an in Surah Ar-Rahman with Qori is Ahmad Saud through the MP3 player performed before patients doing the surgery for 15 minutes. Instrument was by using HARS to measure patient's anxiety level. Data analysis technique used Wilcoxon test

Research result: Respondent's characteristic most in aged 41 – 50 years as many 16 people (43,2%), the sex of male patients as many 27 people (73,3%) and education level of high school as many 17 people (45,9%). The result of *Wilcoxon* test obtained *P Value* as much 0,000 less than 0,05.

Conclusion: There is influence of Murottal Al'quran therapy towards anxiety level decreasing of the pre-surgery patients at Public Hospital Of PKU Muhammadiyah Yogyakarta

Key of terms: Murottal Therapy, Anxiety, Pre-Surgery

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