

**PENGARUH TERAPI MUROTTAL ALQURAN SURAH AR-RAHMAN
TERHADAP SKALA NYERI *POST SECTIO CAESAREA*
DI RSUD PANEMBAHAN SENOPATI BANTUL
YOGYAKARTA**

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INTISARI

Latar Belakang: *Sectio Caesarea* (SC) merupakan pengeluaran janin melalui sayatan pembedahan yang dibuat di dinding rahim bagian depan. Prosedur pembedahan SC mengakibatkan terputusnya jaringan (luka) yang merangsang nyeri. Terapi Murottal Al-Qur'an Surah Ar-Rahman sebagai terapi nonfarmakologi dengan tempo yang lambat dan irama yang tenang dapat meningkatkan hormon endorfin sehingga skala nyeri berkurang.

Tujuan Penelitian: Diketuinya pengaruh terapi murottal Al-Qur'an surah Ar-Rahman terhadap skala nyeri post SC.

Metode Penelitian: Penelitian ini merupakan penelitian *Quasy-experiment* dengan rancangan *pretest-posttest with control group*. Teknik pengambilan sampel menggunakan *purposive sampling* dengan responden sebanyak 34 orang. Analisis data yang digunakan uji nonparametrik *Wilcoxon Signed Rank Test* untuk kelompok berpasangan, dan uji *Mann Whitney* untuk kelompok tidak berpasangan dengan tingkat kemaknaan $p < 0,05$. Terapi diberikan selama 15 menit dalam waktu 3 hari berturut-turut.

Hasil Penelitian: Hasil analisis statistik menunjukkan p value 0,017 (p value $< 0,05$) artinya ada pengaruh terapi murottal Al-Qur'an surah Ar-Rahman terhadap skala nyeri post SC.

Kesimpulan: Terapi Murottal Al-Qur'an surah Ar-Rahman memiliki pengaruh dalam menurunkan skala nyeri post SC.

Kata kunci: *sectio caesarea*, skala nyeri, murottal Al-Qur'an surah Ar-Rahman

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**The Influence of Qur'an Recital of Surah Ar-Rahman on Post-Caesarean
Section Pain Level in Panembahan Senopati General Hospital of Bantul
Yogyakarta**

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ABSTRACT

Background : Caesarean Section (CS) is a baby delivery operation through surgical cut made on front side of womb. This surgical procedure like CS will cut tissue (wound) which stimulates pain. Therapy with Qur'an recital of Surah Ar-Rahman as non-pharmacological therapy with a slow tempo and rhythm that calm can increase endorphin hormone so can reduce the pain scale.

Objective : Identify the Influence of Qur'an Recital of Surah Ar-Rahman on post-caesarean section pain level in Panembahan Senopati General Hospital of Bantul, Yogyakarta.

Method : This reserach is experimental research with Quasy-experiment design and pre-test post-test with control group as study scheme. Statistical test applied non parametric test of Wilcoxon Signed Rank Test for coupled group and Mann Whitney test for uncoupled group with significance level of $\alpha=0,05$. Samples were selected by using purposive sampling technique as many as 34 respondents. Qur'an recital of Surah Ar-Rahman was given once a day for 15 minutes during 3 days continually.

Result : The analysis result figured out p value of 0,017 ($p \text{ value} < 0,05$) which indicated an influence of Qur'an recital of Surah Ar-Rahman on post caesarean section pain level in Panembahan Senopati General Hospital of Bantul.

Conclusion : Therapy of Qur'an recital of Surah Ar-Rahman had an influence on pain relief.

Keywords : caesarean section, pain level, Qur'an recital of surah Ar-Rahman

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