

PENERAPAN TERAPI MUROTTAL PADA LANSIA DENGAN GANGGUAN KUALITAS TIDUR DI WISMA ANDONG SUMAWI BPSTW UNIT ABIYOSO

Qorri A'ina¹, Anastasia Suci Sukmawati², Muhammad Fathoni Rohman³

Email: ainaqorri400@gmail.com

INTISARI

Latar Belakang: Sistem tubuh mengalami penurunan fungsi seiring bertambahnya usia. Lansia dapat mengalami beberapa masalah kesehatan seperti stress, kekurangan gizi, resiko jatuh, dan imobilisasi jika mereka tidak dapat menyesuaikan perubahan dalam dirinya, seperti menjaga pola makan, mengatur tidur, mengatur pikiran, dan meminimalkan aktivitas berat. Selain itu, lansia yang tidak dapat mengatur tidur dapat mengalami gangguan pola tidur karena ketidakmampuan mereka untuk mengontrol pikiran yang berlebihan sehingga membuat mereka sulit tidur di malam hari. Salah satu metode nonfarmakologi untuk mengatasi gangguan pola tidur adalah terapi murottal Al-Quran.

Tujuan: Untuk meningkatkan kualitas tidur lansia dengan gangguan tidur melalui terapi murottal Al-Qur'an sebagai intervensi non-farmakologis yang bersifat relaksasi dan menenangkan.

Metode: Penelitian menggunakan *case reports*. Subjek yang digunakan satu klien dengan masalah gangguan kualitas tidur yang bersedia menjadi responden intervensi dan kooperatif. Intervensi murottal dilakukan selama 5 hari dalam waktu 15 menit. Pengukuran PSQI dilakukan sebelum melakukan intervensi murottal, dan sesudah intervensi dilakukan pengkajian ulang PSQI pada pagi harinya.

Hasil: Hasil intervensi terapi murottal pada hari pertama skor PSQI 9 dan adanya penurunan skor PSQI menjadi 5 pada hari terakhir.

Kesimpulan: Adanya peningkatan kualitas tidur setelah dilakukan tindakan keperawatan non farmakologis terapi murottal selama 5 hari kepada Ny. S.

-
1. Mahasiswa Profesi Ners Universitas Jenderal Achmad Yani Yogyakarta
 2. Dosen Profesi Ners Universitas Jenderal Achmad Yani Yogyakarta
 3. Pembimbing lahan BPSTW Unit Abiyoso

IMPLEMENTATION OF MUROTTAL THERAPY IN ELDERLY WITH IMPAIRED SLEEP QUALITY AT WISMA ANDONG SUMAWI BPSTW UNIT ABIYOSO

Qorri A'ina¹, Anastasia Suci Sukmawati², Muhammad Fathoni Rohman³

Email: ainaqorri400@gmail.com

ABSTRACT

Background: As the body ages, its systems gradually decline in function. Older adults may experience various health problems such as stress, malnutrition, risk of falls, and immobility, particularly if they are unable to adapt to age-related changes, including maintaining a healthy diet, regulating sleep, managing thoughts, and avoiding strenuous activities. Furthermore, elderly individuals who are unable to manage their sleep may suffer from disturbed sleep patterns, often due to an inability to control excessive thoughts that interfere with their ability to fall asleep at night. One non-pharmacological approach to addressing sleep disturbances is Qur'an murottal therapy.

Objective: To improve the sleep quality of elderly with sleep disorders through Qur'an murottal therapy as a non-pharmacological intervention that is relaxing and calming.

Method: The study used case reports. The subject used was one client with sleep quality problems who was willing to be an intervention respondent and cooperative. Murottal intervention was carried out for 5 days within 15 minutes. PSQI measurements were taken before the murottal intervention, and after the intervention PSQI was reassessed in the morning.

Results: The results of the murottal therapy intervention on the first day PSQI score 9 and a decrease in PSQI score to 5 on the last day.

Conclusion: There is an improvement in sleep quality after 5 days of non-pharmacological nursing action of murottal therapy to Mrs. S.

-
1. Nursing Professional Student at Jenderal Achmad Yani University, Yogyakarta
 2. Nursing Profession Lecturer at Jenderal Achmad Yani University, Yogyakarta
 3. BPSTW Abiyoso Unit land supervisor