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PENGARUH TERAPI MUROTAL AL-QUR'AN SURAH AL-INSYIRAH TERHADAP KECEMASAN PADA PASIEN PRE OPERASI *SECTIO CAESAREA* DI RSIA RESTU BUNDA BANDAR LAMPUNG TAHUN 2024
(xvi + 57 halaman, 12 tabel, 3 gambar, 11 lampiran)

ABSTRAK

Kecemasan dapat terjadi pada pasien yang akan menghadapi operasi *Sectio caesarea*. Dalam mengatasi kecemasan pada pasien pre operasi *sectio caesarea* dengan non farmakologi diberikan intervensi terapi murottal Al Qur'an. Penelitian bertujuan untuk mengetahui Pengaruh Murattal Al- Qur'an terhadap kecemasan pasien pre operasi *sectio caesarea* di RSIA Restu Bunda Kota Bandar Lampung 2024. Desain penelitian *Quasy Eksperiment* dengan rancangan *Non-equivalent Control Group*. Penelitian ini menggunakan *Amsterdam Preoperative Anxiety and information Scale (APAIS)* dan Audio *mp3* untuk mengukur tingkat kecemasan. Jumlah sampel dalam penelitian ini sebanyak 40 orang terdiri dan 20 orang kelompok intervensi dan 20 kelompok kontrol. Penelitian dilaksanakan pada bulan february 2024 di ruang perawatan ibu hamil di RSIA Restu Bunda. Hasil didapatkan rata-rata kecemasan kelompok intervensi sebelum 13,70 dan sesudah 8,20. Rata-rata kecemasan kelompok kontrol tanpa diberikan murottal Al Qur'an sebelum 14,15 dan sesudah 10,15. Perbedaan kecemasan sebelum dan sesudah pada kelompok intervensi 5,5 dengan *p-value* 0,000 dan perbedaan kecemasan sebelum dan sesudah kelompok kontrol 4 dengan *p-value* 0,000 hasil uji *sample t-test independent* penelitian didapatkan ada pengaruh terapi murottal Al Qur'an surah insyirah terhadap penurunan kecemasan pasien pre operasi *Sectio Caesarea* di RSIA Restu Bunda Kota Bandar Lampung tahun 2024, dengan uji *sample t-test independent* didapatkan hasil *p-value* 0,001($p < 0,05$). Diharapkan terapi murottal Al Qur'an dapat di terapkan di lingkungan rumah sakit sebagai salah satu cara yang bisa digunakan untuk mengatasi kecemasan pada pasien yang akan menjalani pre operasi *sectio caesarea*.

Kata kunci : *Sectio Caesarea*, Kecemasan, Murottal Qur'an
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THE INFLUENCE OF MUROTTAL THERAPY OF THE AL-QUR'AN SURAH AL-INSYIRAH ON ANXIETY IN PRE-OPERATIVE CAESAREA SECTIO PATIENTS AT RSIA RESTU BUNDA BANDAR LAMPUNG IN 2024

(xvi + 57 pages, 12 tables, 3 figures, 11 attachments)

ABSTRACT

Anxiety can occur in patients who will face Sectio caesarea surgery. To overcome anxiety in preoperative caesarean section patients with non-pharmacological intervention, murottal Al Qur'an therapy is given. The research aims to determine the influence of Murattal Al-Qur'an on the anxiety of preoperative caesarean section patients at RSIA Restu Bunda, Bandar Lampung City 2024. Quasy Experimental research design with a Non-equivalent Control Group design. This study used the Amsterdam Preoperative Anxiety and Information Scale (APAIS) and mp3 audio to measure anxiety levels. The number of samples in this study was 40 people consisting of 20 people in the experimental group and 20 people in the control group. The research was carried out on February 2024 in the pregnant women's care room at RSIA Restu Bunda. The results showed that the average anxiety of the intervention group before was 13.70 and after 8.20. The average anxiety of the control group without being given the Al Qur'an murottal before was 14.15 and after 10.15. The difference in anxiety before and after in the intervention group was 5.5 with a p-value of 0.000 and the difference in anxiety before and after in the control group was 4 with a p-value of 0.000. The results of the independent sample t-test of the research showed that there was an effect of murottal therapy in Al Qur'an surah insyirah on reducing anxiety in preoperative Caesarean section patients at RSIA Restu Bunda, Bandar Lampung City in 2024, using an independent sample t-test, the result was a p-value of 0.001 ($p < 0.05$). It is hoped that Al Qur'an murottal therapy can be applied in the hospital environment as a method that can be used to overcome anxiety in patients who will undergo caesarean section surgery.

Keywords: Sectio Caesarea, Anxiety, Quran Murottal

Bibliography: 29 (2014 to 2022)