

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
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Pengaruh Terapi Murottal Al-Qur'an Terhadap Tingkat Kecemasan Pada Ibu Hamil Trimester III di Puskesmas Simpur Bandar Lampung

xvi + 44 halaman + 6 tabel + 3 gambar + 8 lampiran

ABSTRAK

Kecemasan sebelum persalinan merupakan kejadian psikis yang paling sering dialami ibu hamil ketika memasuki dua belas minggu usia kehamilan. Kecemasan berdampak negatif pada fisik dan psikis ibu serta janin, menjadi perhatian penting dalam periode kehamilan, khususnya pada trimester ketiga menjelang persalinan. Berdasarkan data WHO (2018) menyebutkan prevalensi ibu hamil di trimester ketiga yang mengalami kecemasan sebesar 73,02%, dengan Indonesia mencatat 69,89% kasus kecemasan pada periode ini. Salah satu terapi yang digunakan adalah dengan terapi religi murottal Al Qur'an. Terapi religi murottal Al Qur'an bekerja merangsang otak akan memberikan umpan balik berupa rileksasi atau kenyamanan. Tujuan penelitian mengetahui pengaruh terapi murottal Al-Quran terhadap tingkat kecemasan menghadapi persalinan pada ibu hamil trimester III di Puskesmas Simpur Bandar Lampung.

Jenis penelitian kuantitatif dengan metode *pre eksperimen* dengan rancangan *one group pretest – posttest*. Populasi adalah ibu hamil trimester III di Puskesmas Simpur Bandar Lampung sebanyak 107 orang. Sampel sebanyak 20 responden dengan teknik pengambilan sampel menggunakan *purposive sampling*. Pengambilan data menggunakan wawancara langsung menggunakan kuesioner HARS. Data analisis secara univariat menggunakan nilai mean dan bivariat menggunakan *uji wilcoxon*.

Hasil penelitian terhadap 20 responden diperoleh tingkat kecemasan pada ibu hamil trimester III sebelum dilakukan terapi murottal Al-Qur'an sebagian besar kategori sedang sebesar 90%, sesudah dilakukan terapi murottal Al-Qur'an sebagian besar ringan sebesar 90%, hasil *uji wilcoxon* didapatkan nilai *p value* kecemasan ibu hamil sebesar 0,000 (*p value* < 0,05).

Kesimpulan dari penelitian ini ada pengaruh pemberian terapi Murottal Al-Qur'an terhadap kecemasan pada ibu hamil trimester III di Puskesmas Simpur Bandar Lampung. Saran tenaga kesehatan menganjurkan kepada ibu hamil untuk menerapkan terapi murottal Al-quran sebagai salah satu pengobatan non-farmakologis untuk mengurangi kecemasan menjelang persalinan.

Kata kunci : Murottal Al-Qur'an, kecemasan, ibu hamil

Daftar bacaan : 35 (2014-2022)

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The Effect of Murottal Al-Qur'an Therapy on Anxiety Levels in Third Trimester Pregnant Women at Puskesmas Simpur Bandar Lampung

xvi + 44 pages + 6 tables + 3 figures + 8 appendices

ABSTRACT

Anxiety before delivery is a psychological condition frequently experienced by pregnant women when they reach twelve weeks of gestation. Anxiety has a negative impact on both the physical and psychological well-being of the mother and fetus, making it a significant concern during pregnancy, especially in the third trimester leading up to delivery. According to WHO data (2018), the prevalence of anxiety among pregnant women in the third trimester is 73.02%, with Indonesia recording 69.89% of such cases during this period. One of the therapies used is religious therapy through Murottal Al-Qur'an. Murottal Al-Qur'an therapy stimulates the brain and provides feedback in the form of relaxation or comfort. This study aims to determine the effect of Murottal Al-Qur'an therapy on the level of anxiety facing childbirth among third-trimester pregnant women at Puskesmas Simpur Bandar Lampung.

This quantitative research employed a pre-experimental method with a one-group pretest-posttest design. The population consisted of third-trimester pregnant women at Puskesmas Simpur Bandar Lampung, totaling 107 individuals. A sample of 20 respondents was selected using purposive sampling. Data collection was conducted through direct interviews using the HARS questionnaire. Data analysis was performed univariately using mean values and bivariately using the Wilcoxon test.

The results indicated that among the 20 respondents, the level of anxiety in third-trimester pregnant women before the Murottal Al-Qur'an therapy was predominantly in the moderate category (90%), while after the therapy, most cases were in the mild category (90%). The Wilcoxon test showed a p-value of 0.000 ($p\text{-value} < 0.05$) for the anxiety levels of pregnant women.

The conclusion of this study is that there is an effect of Murottal Al-Qur'an therapy on anxiety in third-trimester pregnant women at Puskesmas Simpur Bandar Lampung. It is recommended that healthcare providers advise pregnant women to incorporate Murottal Al-Qur'an therapy as a non-pharmacological treatment to reduce anxiety before delivery.

Keywords : Murottal Al-Qur'an, anxiety, pregnant women

References : 35 (2014-2022)