

POLITEKNIK KESEHATAN TANJUNGKARANG
PROGRAM STUDI D III KEBIDANAN TANJUNGKARANG

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**PENERAPAN TERAPI MUROTTAL AL-QURAN DAN DZIKIR DALAM
MENGURANGI RASA NYERI KALA I FASE AKTIF DI PMB INA JULI
A., Amd.Keb Tulang Bawang Barat, 2021.**

Xvi+60 Halaman, 1 Tabel, 7 Gambar, 9 Lampiran

RINGKASAN

Rasa nyerimenjelangpersalinanbersifat normal. Rasa nyeri yang semakinmeningkat dan menggangguaktivitasdapatmenjadipatologiskarena rasa khawatir/kecemasan yang dirasakanibu. Di PMB Ina Juliterdapat Ny. E denganusiakandungankandungan 38 minggu0hari yang mengalamiKeluhannyerimenjelangpersalinan pada kala I faseaktif.

Metodedalampengumpulan data studikasusini menggunakan metodevarneydalampendokumentasian SOAP, observasi dan wawancaraterhadapsubjekyaitu Ny. E denganusiakandungankandungan 38 minggu0hari yang berada pada kala I faseaktif dan beragama Islam dengankasusnyerimenjelangpersalinan kala I faseaktif. Denganmenerapkanterapi murottal Al-Quran dan dzikirdoa Nabi Yunus AS. Yang dilakukansesuai SOP terlampir pada tanggal 27 Februari 2021.

Setelah dilakukanpenanganannyerimenjelangpersalinankepada Ny. E pada kala I faseaktifdidapatkanhasil yang ditunjukkanmelaluiskalagambaryaitunyeri yang dialami Ny. E mengalamipenurunanintensitasnyeridariskala 6 (menggangguaktivitas) keskala 2 (sedikitsakit)saatpertama kali diintervensi. Berdasarkanhasilwawancasetelahdilakukanintervensiyaituklienmengatakan “agakmengurangi rasa sakit”. Hasil akhirdidapatkanpenurunanintensitasnyeridari 6,5menjadi 4,0.

Berdasarkanasuhan yang telahdiberikankepada Ny. E di PMB Ina Juli A., Amd.Kebyaitupenerapanterapi murottal Al-Quran dan dzikirdengandoa Nabi Yunus AS. berjalandenganbaik dan dapatmembantumengurangi rasa nyerimenjelangpersalinan pada kala I faseaktif.

Kata kunci : TerapiMurottal Al-Quran dan DzikirDoa Nabi Yunus AS., Nyeri.

Daftar bacaan : 9Buku, 10Jurnal (2001-2020)

TANJUNGKARANG HEALTH POLYTECHNIC
STUDY PROGRAM D III MIDWIFERY TANJUNGKARANG

Final Task Project, May 2021

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***APPLICATION OF MUROTTAL AL-QURAN THERAPY AND DZIKIR IN
REDUCING PAIN DURING THE ACTIVE PHASE IIN PMB INA JULI A.,
Amd.Keb Tulang Bawang Barat, 2021.***

Xvi +60Pages, 1 Table, 7 Images, 9 Attachments

ABSTRACT

The pain before childbirth is normal. Pain that is increasing and disrupting activity can be pathological because of the worry / anxiety felt by the mother. In PMB Ina Juli there is Mrs. E with a pregnancy age of 38 weeks who experiences pain complaints before childbirth during the active phase I.

The method in collecting data on this case study uses Varney method in SOAP documentation, observation and interview on the subject, namely Mrs. E with a pregnancy age of 38 weeks that is at the time of active phase I and Muslims with cases of pain before childbirth during the active phase I. By applying murottal therapy of the Al-Quran and the dzikir of the prophet Yunus AS. Conducted according to the SOP attached on February 27, 2021.

After the treatment of pain before childbirth to Mrs. E at the time of the active phase I obtained the results shown through the scale of the picture that the pain experienced by Mrs. E decreased from a scale of 6 (disrupting activity) to a scale of 2 (a little pain) at the first time. Based on the results of the interview after the intervention "somewhat reduces the pain." Mrs. E said. The final result of this pain intensity from Mrs. E's experienced is decreased from 6,5 to 4,0.

Based on the care that has been given to Mrs. E at PMB Ina Juli A., Amd.Keb is the application of murottal therapy of the Al-Quran and dzikir with the prayer of Prophet Yunus AS. goes well and can help reduce the pain ahead of childbirth during the active phase I.

Keywords: *Therapy Murottal Al-Quran and Dzikir Prayer
Prophet Yunus AS., Pain.*

Reading list *: 9 Books, 10 Journals (2001-2020)*