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**PENGARUH TERAPI MUROTTAL AL-QUR'AN SURAH MARYAM
TERHADAP KECEMASAN PASIEN PRE OPERASI SECTIO CAESAREA
DI RSIA ANUGERAH MEDICAL CENTER KOTA METRO TAHUN 2023**
(xvi + 81 halaman, 11 tabel, dan 4 gambar)

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 mengetahui pengaruh terapi murottal Al Qur'an surah *Maryam* terhadap tingkat kecemasan pre operasi *Sectio Caesarea* di RSIA Anugerah Medical Center Tahun 2023. Desain penelitian *Quasi Eksperimen* dengan rancangan penelitian *Non-equivalent Control Grup*. Responden 86 orang meliputi 43 responden kelompok eksperimen dan 43 responden kelompok kontrol. Penilaian tingkat kecemasan menggunakan kuesioner (SAS/SRAS). Uji statistika menggunakan uji normalitas dihasilkan bahwa data berdistribusi tidak normal, selanjutnya di uji menggunakan uji *Wilcoxon Signed Ranks Test*. Hasil penelitian didapatkan tingkat kecemasan pada kelompok eksperimen sebelum dilakukan *intervensi* 2,84, dan tingkat kecemasan sesudah diberikan *intervensi* 1,53, terjadi penurunan sebesar 1,31. Pada kelompok kontrol tingkat kecemasan sebelum 2,72, dan tingkat kecemasan sesudah 1,93, terjadi penurunan tingkat kecemasan sebesar 0,79 Uji statistik didapatkan hasil *p-value* = 0,000 α (<0,05), maka dapat disimpulkan bahwa H_0 diterima. Peneliti menyarankan terapi murottal Al-Qur'an surah *Maryam* ayat 1-46 sebagai salah satu cara yang bisa digunakan untuk mengatasi kecemasan pada pasien pre operasi *Sectio Caesarea*. Pada penelitian ini, didapatkan bahwa terjadi penurunan tingkat kecemasan setelah dilakukan intervensi Terapi Murottal Al-Qu'an surah *Maryam* ayat 1-46.

Kata kunci :Kecemasan, Terapi Murottal, *Sectio Caesarea*, Surah *Maryam*

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THE EFFECT OF SURAH MARYAM MUROTTAL THERAPY ON THE ANXIETY OF PATIENTS IN PREOPERATIVE SECTIO CAESAREA AT RSIA ANUGERAH MEDICAL CENTER, METRO CITY, 2023
(xvi + 81 pages, 11 tables, and 4 pictures)

ABSTRACT

Anxiety can occur in patients who will face Sectio Caesarea surgery. In overcoming anxiety in preoperative Sectio Caesarea patients with non-pharmacological interventions, murottal Al Qur'an therapy is given. The study aims to determine the effect of murottal Al Qur'an surah Maryam therapy on the level of preoperative anxiety of Sectio Caesarea at RSIA Anugerah Medical Center in 2023. Quasi-experimental research design with Non-equivalent Control Group research design. Respondents were 86 people including 43 respondents in the experimental group and 43 respondents in the control group. Anxiety level assessment using a questionnaire (SAS/SRAS). The statistical test using the normality test resulted that the data was not normally distributed, then it was tested using the Wilcoxon Signed Ranks Test. The results showed that the anxiety level in the experimental group before the intervention was 2.84, and the anxiety level after the intervention was 1.53, a decrease of 1.31. In the control group the anxiety level before was 2.72, and the anxiety level after was 1.93, there was a decrease in anxiety level of 0.79. The statistical test showed that the p -value = 0.000 (<0.05), so it can be concluded that H_a is accepted. Researchers suggest murottal therapy Al-Qur'an surah Maryam verses 1-46 as a way that can be used to overcome anxiety in preoperative patients with Sectio Caesarea. In this study, it was found that there was a decrease in anxiety levels after the intervention of Murottal Al-Qu'an Therapy surah Maryam verses 1-46.

Keywords: *Anxiety Murottal therapy, Sectio Caesarea, Surah Maryam*