

## INTISARI

### **Pengaruh Terapi Murottal Al-Qur'an Terhadap Tingkat Kecemasan Pasien Hemodialisis di Rumah Sakit PKU Muhammadiyah Gamping**

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Latar Belakang: Hemodialisis merupakan terapi dialisis pada pasien dengan end stage renal disease (ESRD). Stress merupakan dampak dari hemodialisis dan dapat diminimalkan dengan terapi Murottal Al-Qur'an sehingga meningkatkan perasaan rileks dan mengalihkan perhatian dari rasa takut, cemas dan tegang, menurunkan tekanan darah serta memperlambat pernafasan. Penelitian ini bertujuan untuk mengetahui pengaruh terapi murottal Al-Qur'an terhadap tingkat kecemasan pasien hemodialisis di Rumah Sakit PKU Muhammadiyah Gamping

Metode Penelitian: Penelitian ini adalah Quasy-Experimental with pre-test and post-test control group design. Pengukuran tingkat kecemasan dilakukan saat pre-test dan post-test selama 2 minggu menggunakan menggunakan kuisioner Hospital Anxiety and Depression Scale (HADS). Responden terdiri dari 15 orang kelompok perlakuan yang diberikan intervensi berupa murottal Al-Qur'an surat Ar-Rahman dan 15 orang di dalam kelompok kontrol tidak diberikan murottal Al-Qur'an Surah Ar-Rahman dengan teknik purposive sampling. Analisa data menggunakan analisa bivariate yaitu Wilcoxon dan maan whitney

Hasil Penelitian: Hasil penelitian ini menunjukkan bahwa adanya pengaruh terapi murottal Al-Qur'an terhadap tingkat kecemasan dengan nilai  $p = < 0,001$  pada pre-post test kelompok eksperimen dan kelompok kontrol terdapat perbedaan tingkat kecemasan pada kelompok eksperimen dan kelompok kontrol. Hasil uji Mann-Whitney pada post test kelompok eksperimen dan kelompok kontrol menunjukkan hasil  $p = < 0,001$  yaitu menunjukkan terdapat perbedaan tingkat kecemasan yang signifikan. Karena  $p < 0,05$  bararti terdapat pengaruh pemeberian terapi murottal Al-Qur'an terhadap tingkat kecemasan pasien hemodialisis.

Kesimpulan dan Saran: Terdapat pengaruh pemberian terapi murottal Al-Qur'an terhadap tingkat kecemasan pada pasien hemodialisis di Rumah Sakit PKU Muhammadiyah Gamping. Diharapkan peneliti selanjutnya untuk meneliti faktor faktor lain yang dapat mempengaruhi tingkat kecemasan pasien hemodialisis

Kata Kunci : Murottal Al-Qur'an, Kecemasan, Hemodialisis, GGK

## ABSTRACT

### The Effect of *Murottal* Al-Qur'an Therapy on Level of Anxiety in Hemodialysis Patients in PKU Muhammadiyah Gamping Hospital

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**Background:** Hemodialysis is a dialysis therapy for patients with End Stage Renal Disease (ESRD). Stress, which is the effect of hemodialysis can be minimized by *murottal* Al-Qur'an to enhance relaxing feeling, to distract the feeling of scared, anxious and tense, to lower the blood pressure as well as to decelerate the breathing. This study aims to discover the effect of *murottal* Al-Qur'an to the Level of Anxiety in Hemodialysis Patients in PKU Muhammadiyah Gamping Hospital.

**Research Method:** This study is a quasi-experimental research with pre-test and post-test control group design. The measurement of level of anxiety was conducted on pre-test and post-test for two weeks using Hospital Anxiety and Depression Scale (HADS) questionnaire. There were 15 respondents in the treatment group which were given an intervention with *murottal* Al-Qur'an of surah Ar-Rahman, and 15 respondents in the control group which were not given any intervention of *murottal* Al-Qur'an using purposive sampling. The data analysis was conducted using bivariate analysis, namely Wilcoxon and Maan Whitney.

**Research Result:** The result of the study shows that there is an effect of *murottal* therapy on the level of anxiety with  $p$  value =  $<0.001$  on pre-posttest experimental group and control group. In addition, there is a difference of level of anxiety in experimental group and control group. The result of Mann-Whitney test on post-test of experimental group and control group shows that  $p = <0.001$ , it means that there is a significant difference on the level of anxiety. Since  $p < 0.05$ , it means that there is a significant effect of giving *murottal* Al-Qur'an on the level of anxiety in hemodialysis patients.

**Conclusion and suggestion:** There is a significant effect of giving *IAI*-Qur'an on the level of anxiety in hemodialysis patients in PKU Muhammadiyah Gamping Hospital. It is expected that further researchers will study other factors that affect the level of anxiety in hemodialysis patients.

**Keywords:** *Murottal* Al-Qur'an, anxiety, hemodialysis, GGK