



## The Effectiveness of Murrotal Al-Qur'an Therapy on the Sleep Quality of Babies Aged 3-6 Months

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### ABSTRACT

Sleep disorders are a common problem in babies, including babies aged 3-6 months. Murrotal Al-Qur'an therapy is a therapy that can be used to treat sleep disorders in babies. This therapy is carried out by playing Al-Qur'an readings before the baby sleeps. This study aims to examine the effectiveness of murrotal Al-Qur'an therapy on the sleep quality of babies aged 3-6 months. This research uses a quasi-experimental method with a one group pretest-posttest design. The research sample was 16 babies aged 3-6 months with sleep disorders. The results of the study showed that murrotal Al-Qur'an therapy was effective in improving the sleep quality of babies aged 3-6 months. This can be seen from the increase in the average baby sleep quality score from 1.75 in the pretest to 3.25 in the posttest. The improvement in the quality of the baby's sleep can be seen from several indicators, namely: The duration of the baby's sleep has become longer, namely from an average of 7 hours to 8 hours. The baby's frequency of waking up at night decreases, from an average of 2 times to 1 time. Babies fall asleep more easily, from an average of 30 minutes to 15 minutes. Babies are calmer when sleeping, namely from an average of 50% to 75%. Based on the results of this research, it can be concluded that murrotal Al-Qur'an therapy is an alternative therapy that can be used to treat sleep disorders in babies aged 3-6 months.

### 1. Introduction

Sleep is a basic need for all living creatures, including babies. Newborn babies need about 18-20 hours of sleep a day. This amount of sleep time will decrease as the baby gets older. Good quality sleep is very important for the growth and development of babies. Babies who sleep well will find it easier to concentrate, learn and socialize. Babies who sleep well will have better memory and learning abilities. This is because when sleeping, the baby's brain will process the information it receives during the day. Sleep is an important time for a baby's physical growth. During sleep, growth hormones are released to help the growth of bones, muscles, and other body organs. Getting enough sleep can help improve the baby's immune system. This is because while sleeping, the

baby's body will produce white blood cells and antibodies to fight infection. Babies who sleep well will have better moods. This is because getting enough sleep can help reduce stress and anxiety.<sup>1-3</sup>

Sleep disorders in babies are a condition where the baby has difficulty sleeping or experiences disturbances during sleep. Sleep disorders in babies can be caused by various factors, both physical, psychological, and environmental. Physical factors that can cause sleep disorders in babies include illness, such as infection, allergies, or other medical conditions; Allergies, such as allergies to food, milk, or dust; Digestive disorders, such as colic or constipation; Developmental disorders, such as autism or cerebral palsy. Psychological factors that can cause sleep disorders in babies include anxiety,



such as anxiety due to environmental changes or separation from parents; Stress, such as stress due to too much stimulation or changes in sleep patterns. Environmental factors that can cause sleep disorders in babies include too much stimulation, such as playing too much or watching television before bed, and Uncomfortable room conditions, such as too bright, too noisy, or too hot.<sup>4-6</sup>

Murrotal Al-Qur'an therapy is a therapy that uses Al-Qur'an reading to provide calm and comfort to babies. This therapy is carried out by playing Al-Qur'an readings before the baby sleeps. Murrotal Al-Qur'an therapy is believed to improve the quality of a baby's sleep due to several factors, namely: The Al-Qur'an is the word of Allah, which has a calming and soothing effect on the soul; Reading the Qur'an has a regular and gentle rhythm. So, it can have a relaxing effect on babies; Murrotal Al-Qur'an therapy is carried out regularly, thus providing a more optimal effect. Based on research that has been conducted, murrotal Al-Qur'an therapy has been proven to be effective in improving the quality of a baby's sleep. This research shows that babies who were given murrotal Al-Qur'an therapy had longer sleep duration, less frequent awakenings at night, and fell asleep more easily.<sup>7,8</sup> This study aims to determine the effectiveness of Murrotal Al-Qur'an therapy on sleep quality of babies aged 3-6 months.

## 2. Methods

This research uses a quasi-experimental method with a one-group pretest-posttest design. The population of this study were babies aged 3-6 months with sleep disorders. The research sample was 16 babies aged 3-6 months, using purposive sampling. The independent variable in this study was murrotal Al-Qur'an therapy, while the dependent variable was the quality of the baby's sleep. The research instrument used was a baby sleep quality questionnaire. The research procedure was carried out in two stages, namely: Pretest stage, namely giving a

questionnaire on the baby's sleep quality before being given murrotal Al-Qur'an therapy. The posttest stage, namely, is giving a questionnaire on the baby's sleep quality after being given murrotal Al-Qur'an therapy. Murrotal Al-Qur'an therapy is carried out for 2 weeks, every day for 30 minutes before bed. Data analysis was carried out using the t-test. The t-test was used to test the hypothesis of whether there was a significant difference between the average sleep quality score of babies before and after being given murrotal Al-Qur'an therapy.

## 3. Results and Discussion

The results of the data analysis show that murrotal Al-Qur'an therapy is effective in improving the sleep quality of babies aged 3-6 months. This can be seen from the increase in the average baby sleep quality score from 1.75 in the pretest to 3.25 in the posttest. The average score of the baby's sleep quality before being given murrotal Al-Qur'an therapy shows that the baby's sleep quality is still in the poor category. After being given murrotal Al-Qur'an therapy, the average baby sleep quality score increased to 3.25, which means the baby's sleep quality was in a good category. The improvement in the quality of the baby's sleep can be seen from several indicators, namely: The duration of the baby's sleep has become longer, namely from an average of 7 hours to 8 hours. The baby's frequency of waking up at night decreases from an average of 2 times to 1 time. Babies fall asleep more easily, from an average of 30 minutes to 15 minutes. Babies are calmer when sleeping, namely from an average of 50% to 75%.

The Qur'an contains beautiful and meaningful words. Beautiful and meaningful words can have a positive effect on the human brain and soul. This is because beautiful and meaningful words can stimulate the release of endorphins, which are hormones that have a calming and happy effect. The Qur'an has a regular and gentle rhythm. Regular and gentle rhythms can have a relaxing effect on the



human body and soul. This is because a regular and gentle rhythm can help reduce heart rate, blood pressure, and stress hormone levels. The Qur'an contains positive and soothing messages. Positive and soothing messages can have a positive effect on human thoughts and emotions. This is because positive and uplifting messages can help increase self-confidence, hope, and happiness.<sup>9,10</sup>

The neurochemical theory explains that the soothing and cooling effect produced by the Qur'an is caused by the release of endorphin hormones. Endorphins are hormones that have a calming and happy effect. The release of endorphin hormones can be stimulated by various factors, one of which is listening to the recitation of the Qur'an. Physiological theory explains that the calming and soul-cooling effect produced by the Qur'an is caused by a decrease in heart rate, blood pressure, and stress hormone levels. Heart rate, blood pressure, and high levels of stress hormones can cause anxiety and stress. Listening to the recitation of the Qur'an can help lower heart rate, blood pressure, and stress hormone levels, so it can have a calming and cooling effect. Psychological theory explains that the effect of calming and cooling the soul produced by the Qur'an is due to an increase in self-confidence, hope, and happiness. A high sense of self-confidence, hope, and happiness can help reduce anxiety and stress. Listening to the recitation of the Qur'an can help increase self-confidence, hope, and happiness so that it can have a calming and cooling effect on the soul.<sup>10,11</sup>

Research that has been carried out also shows that the Al-Qur'an has a calming and soothing effect on the soul. One study shows that listening to and reading the Qur'an can reduce heart rate, blood pressure, and stress hormone levels. Other research shows that listening to and reading the Qur'an can increase alpha wave activity in the brain, namely brain waves associated with states of relaxation and meditation.<sup>10-</sup>

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#### 4. Conclusion

Based on the results of this research, it can be concluded that murrotal Al-Qur'an therapy is effective in improving the sleep quality of babies aged 3-6 months.

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