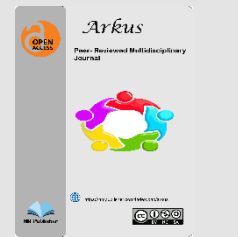




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## The Effect of Quranic Murotal Therapy on Anxiety Levels in Maternity Women at the Midwife Independent Practice (TPMB) A, Purwakarta Regency, Indonesia

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### ABSTRACT

Quranic murotal therapy can also help individuals deepen their spiritual connection and feel a closeness to God. For individuals who experience symptoms of depression, this therapy can help reduce these symptoms and provide positive encouragement. This therapy can help individuals develop feelings of gratitude for life's blessings, which can reduce feelings of dissatisfaction and unhappiness. This study aimed to determine the effect of Quranic murotal therapy on anxiety levels in maternity women at TPMB (Midwife Independent Practice) A, Purwakarta Regency, Indonesia. This study is experimental research with a one-group pre-post test approach. This study uses primary data, namely measuring the degree of anxiety of birth mothers in research respondents. A total of 30 research subjects took part in this study. This study shows that the intervention of providing Quranic murotal is effective in reducing the level of anxiety of mothers giving birth. There was a decrease in the level of anxiety of mothers giving birth after giving Quranic murotal, and it was stated to be statistically different,  $p < 0.05$ . In conclusion, there is an influence of Quranic murotal therapy on the level of anxiety in maternity women at TPMB (Midwife Independent Practice) A, Purwakarta Regency, Indonesia.

### 1. Introduction

The process of childbirth is a huge physical effort. The mother's body experiences intense contractions, pressure, and significant hormonal influences. This can be very tiring and challenging for the mother's body. During pregnancy, hormones change drastically and can affect a mother's mood and emotions. There are mixed feelings of happiness and anxiety regarding the future and the new role of mother. Mothers often experience prenatal anxiety related to uncertainty about how labor will go, the pain they may experience, and questions about whether they will be good mothers. During the birth process, mothers can experience anxiety related to feelings of pain and uncertainty regarding the progress of labor. Anxiety can also arise if unexpected complications occur. After giving birth, mothers can experience anxiety about

their ability to properly care for and care for their babies. Changes in sleep patterns, physical changes in the body, and new maternal duties can also be sources of anxiety.<sup>1-3</sup>

The Quran has a very important role in the Islamic religion and is considered the main source of life guidance for Muslims. Apart from its spiritual aspect, the Quran also has a significant impact on the mental and emotional well-being of individuals. Quranic murotal therapy is a form of therapy that is increasingly being considered and applied in an effort to improve psychological well-being. Quranic murotal therapy involves the use of a melodious voice and the pronunciation of Quran verses with meaning. Therapists or individuals who carry out this therapy usually read or recite verses from the Quran with beautiful and deep intonation. This therapy can be

performed in a variety of contexts, including in psychological therapy sessions, as a form of meditation, or even as a way to relieve daily stress. Listening to the beautiful and profound verses of the Quran can help individuals feel calmer and reduce anxiety and stress levels. This therapy can provide a feeling of calm and inner peace, which can help individuals overcome feelings of restlessness and anxiety. Listening to beautiful pronunciations of Quranic verses can help improve concentration and focus, which is useful in various aspects of daily life. Quranic murotal therapy can also help individuals deepen their spiritual connection and feel a closeness to God. For individuals who experience symptoms of depression, this therapy can help reduce these symptoms and provide positive encouragement. This therapy can help individuals develop feelings of gratitude for life's blessings, which can reduce feelings of dissatisfaction and unhappiness.<sup>4-6</sup> This study aimed to determine the effect of Quranic murotal therapy on anxiety levels in maternity women at TPMB (Midwife Independent Practice) A, Purwakarta Regency, Indonesia.

## 2. Methods

This study is experimental research with a one-group pre-post-test approach and uses primary data, namely measuring the degree of anxiety of birth mothers in research respondents. A total of 30 research subjects participated in this study, where the research subjects met the inclusion criteria. The inclusion criteria for this study were women giving birth with anxiety at TPMB (Midwife Independent Practice) A, Purwakarta Regency, Indonesia. The

Edinburgh postnatal depression scale (EPDS) is a widely used assessment tool to identify symptoms of postnatal depression in mothers. Although the name refers to depression, EPDS can also be used to detect postpartum anxiety. This tool is designed to help medical personnel identify mental well-being problems in mothers after giving birth so that intervention can be provided as needed. A threshold is usually used to determine whether the mother has significant symptoms of depression or anxiety. This threshold can vary depending on the guidelines used by the particular hospital or clinic but usually ranges from 10 to 13. If a mother scores above this threshold, then she will likely be recommended for further evaluation by medical personnel or mental health specialists. Quranic murotal is given regularly, at least 4 times a day, during the birthing process. Data analysis was carried out using SPSS version 25 software. Univariate and bivariate analyses were carried out in this study. Univariate analysis was carried out to present the frequency distribution of each test variable, and bivariate analysis was carried out to determine the relationship between the test variables, with a p-value <0.05.

## 3. Results and Discussion

Table 1 presents the effectiveness of the pre and post-test interventions. This study shows that the intervention of providing Quranic murotal is effective in reducing the level of anxiety of mothers giving birth. There was a decrease in the level of anxiety of mothers giving birth after giving Quranic murotal and it was stated to be statistically different, p<0.05.

Table 1. Comparison of postpartum maternal anxiety levels before and after intervention.

Variable	Pre-test	Post-test	P-value*
Scoring the degree of anxiety of maternity women	9,7±0,59	6,2±0,41	0,001

\*Dependent t-test, p<0,05.

A melodious voice and beautiful recitation of the verses of the Quran can have a calming effect on an individual's nervous system. This can help relieve

physical and emotional tension associated with anxiety. The verses of the Quran often contain positive messages, hope, and encouragement. Listening to it

regularly can help individuals focus their minds on inspiring and motivating meanings. Listening to verses from the Quran can be an effective form of meditation or reflection. This allows individuals to reflect on the meanings in sacred texts and relate them to their own life experiences. When someone feels anxious or stressed, listening to verses from the Quran can help divert attention from detrimental thoughts and imbue a more positive mood. Verses from the Quran often remind individuals of spiritual tranquility and confidence in God's power. This can provide important psychological support in coping with difficult situations. Listening to verses from the Quran that strengthen an individual's confidence can help them feel stronger and able to face life's challenges. Making listening to verses from the Quran part of your daily routine can create feelings of calm and comfort. Routines like these can provide structure and certainty in daily life.<sup>7-10</sup>

Listening to verses from the Quran with beautiful pronunciation can trigger a relaxation response in the body. These include a lowered heart rate, deeper and slower breathing, and decreased muscle tension, all of which help relieve feelings of restlessness. Quranic murotal therapy helps individuals to reflect on the deep meanings of the holy verses of the Quran. This can direct their attention to aspects that provide inner peace and reduce tension. Listening to verses from the Quran can be a reminder of spiritual strength and belief in God. It can provide important support in facing life's challenges and dealing with feelings of anxiety. This therapy can be a positive experience that lifts your mood and gives you feelings of happiness. Feeling close to sacred texts can improve your mood and relieve feelings of anxiety. When someone feels anxious, this therapy can help divert attention from detrimental thoughts and bring them into the moment while listening to verses from the Quran. Listening to verses from the Quran can also encourage individuals to reflect on their lives, their actions, and their relationship with God. This can help them find meaning in their experiences and overcome any feelings of anxiety that may arise.<sup>11-15</sup>

#### 4. Conclusion

There is an influence of Quranic murotal therapy on the level of anxiety in mothers giving birth at TPMB (Midwife Independent Practice) A, Purwakarta Regency, Indonesia.

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