



## The Effect of Murottal Al-Quran on Anxiety Levels Toward IX Class Students in Facing Examination at The Junior High School of Muhammadiyah 1 Kalirejo Central Lampung

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### ABSTRACT

Anxiety is a psychological reaction in the form of bad feelings that can be experienced by anyone, including students who will undergo the National Examination. The level of anxiety that occurs depends on family support, environment and readiness to face something. Actions that can be taken to reduce anxiety include listening to murottal Al-Quran because listening to the Al-Quran can calm one's soul, so that it can reduce anxiety. The objective of the study was to determine the effect of murottal Al-Quran on the Anxiety Level of IX Class Students in Facing the National Examination. This study used a pre-experimental design with a one group pretest-posttest design approach. The number of samples in this study were 94 students. The research instrument used in this study was the HARS (Hamilton Anxiety Rating Scale) questionnaire. Test analysis using Wilcoxon. The results showed that there was an effect of Murottal Al-Quran on the Anxiety Level of IX Class Students in Facing Exams at the Junior High School of Muhammadiyah 1 Kalirejo in Central Lampung with p value = 0.004 ( $\alpha < 0.05$ ). It is expected that the results of this study can help the school as a reference method to reduce anxiety in students when facing exams by applying it continuously.

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#### Kata kunci:

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### ABSTRAK

Kecemasan merupakan reaksi psikis berupa perasaan tidak enak yang dapat dialami oleh siapa saja termasuk pada siswa/i yang akan menjalani Ujian Nasional. Tingkat kecemasan terjadi tergantung dari support keluarga, lingkungan serta kesiapan dalam menghadapi sesuatu. Tindakan yang dapat dilakukan untuk mengurangi kecemasan diantaranya mendengarkan murottal Al-Quran karena mendengarkan Al-Quran dapat menenangkan jiwa seseorang, sehingga dapat mengurangi kecemasan. Tujuan penelitian ini untuk mengetahui pengaruh murottal Al-Quran terhadap Tingkat Kecemasan Siswa/i Kelas IX Dalam Menghadapi Ujian Nasional. Penelitian ini menggunakan desain pre-eksperimen dengan pendekatan one group pretest-posttest design. Jumlah sampel dalam penelitian ini sebanyak 94 siswa. Instrumen penelitian yang digunakan dalam penelitian ini adalah dengan menggunakan kuesioner HARS (Hamilton Anxiety Rating Scale). Uji analisis menggunakan Wilcoxon. Hasil penelitian menunjukkan bahwa ada pengaruh Murottal Al-Quran Terhadap Tingkat Kecemasan Siswa/i Kelas IX Dalam Menghadapi Ujian Di SMP Muhammadiyah 1 Kalirejo Lampung Tengah dengan nilai p value = 0,004 ( $\alpha < 0,05$ ). Diharapkan hasil penelitian ini dapat membantu pihak sekolah sebagai metode rujukan guna menurunkan cemas pada siswa/i ketika akan menghadapi ujian dengan cara mengaplikasikan secara terus menerus.

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## INTRODUCTION

The World Health Organization (WHO) explains that global mental health status shows that 25% of the population has experienced mental and behavioral disorders, but only 40% have been diagnosed. In addition, 10% of the adult population suffers from mental and behavioral disorders, while about 20% of patients are identified as having mental disorders. WHO data estimates an increase of around 5%-10% for all mental disorders (Ministry of Health, 2020). According to the American Psychiatric Association (APA) this anxiety affects 8.3% of the population and usually occurs in women 3-5% of mature adults, with a lifetime frequency of more than 25%. About 15% of patients who will be operated on and 25% who seek treatment are usually restless. Anxiety disorders usually begin in early adulthood, between 15 and 25 years and will increase after the age of 35 years. Women are affected more often than men, with a ratio of up to twice in some surveys.

Mental health problems in Indonesia every year always increase significantly. The 2018 Basic Health Research explained that in Indonesia the prevalence of mental disorders was around 4.6%, while mental-emotional disorders were much higher at 11.6%. The high number of emotional disturbances indicates that the individual experiences a distorted change in perception. These distortions can interfere with learning by decreasing the ability to focus, reducing memory, and interfering with the ability to relate one thing to another. Meanwhile, depression can cause psychomotor manifestations in the form of a state of arousal, enthusiasm, activity and work productivity that tends to decrease, concentration and thinking power slows down. These psychomotor manifestations can have an influence on learning achievement if the sufferer is a student who is active in the teaching and learning process.

Basically, low and moderate levels of anxiety have a positive effect on student learning performance, one of which can increase learning motivation, while high level student anxiety can interfere and worsen student learning behavior. Student anxiety itself is motivated by various reasons. The fact shows that student anxiety about exams is not only experienced by students who have low abilities in school lessons, but various external factors from the environment around students also have an influence on anxiety. There are students who can easily understand when receiving an explanation, but there are also students who do not. If students who do not understand feel anxious then they will not hesitate to try harder to understand. But excessive anxiety also has a bad effect on them because it can reduce the effectiveness of the efforts they do. When anxiety increases in students, these students will try harder, but their understanding actually gets worse which results in their anxiety increasing (Handayani, 2016).

Murottal Al-Quran religious therapy works on the brain, which stimulates the brain to produce chemicals called neuropeptides, which will provide feedback in the form of relaxation or comfort. When a person listens to sound

(Murottal Al Qur'an), these sound waves are scattered in the air and are received by the ear, then turned into electronic signals and through the auditory nerve with the guidance of the auditory membrane in the brain causing body cells to respond to relaxation (Budiyarti, 2018).

The preliminary study conducted found that the teacher said that most of the students complained of anxiety and fear of facing the national exam. Some students expressed concern that they would not pass so that it would make their parents disappointed. There are various ways to overcome students anxiety, one of which is by listening to Murottal Al-Quran.

## METHOD

This study used a pre-experimental design with a one group pretest-posttest design approach. The number of samples in this study were 94 students. This research was conducted at the Junior High School of Muhammadiyah 1 Kalirejo in Central Lampung. The reason the researcher chose the junior high school was with the consideration that the school was a private school that had good enough competence so that it had the opportunity to achieve the maximum graduation target.

Sampling was done by using total sampling, namely the technique of determining the sample by taking the entire population to be used as respondents by the researcher, namely a number of 94 respondents. The data collection process was carried out online for one week using the Google Form application while maintaining ethical principles such as maintaining the confidentiality of names, not harming the respondents, and not forcing them to become respondents after giving informed consent. The data that has been collected is tabulated into a data matrix. Univariate analysis was conducted to see the picture of students' anxiety. Bivariate analysis was carried out by using the Wilcoxon statistical test with a significance level ( $\alpha < 0.05$ ) to determine the effect between each independent variable and the dependent variable (Notoatmodjo, 2018).

## RESULT AND DISCUSSIONS

The results of table 1 analysis showed that most of the respondents before listening to the murottal Al-Quran were in the moderate anxiety category, as many as 57 (60.6%) students. Anxiety is an unpleasant feeling as a manifestation of various emotional feelings that occur when individuals are experiencing emotional stress (frustration) and inner conflict (conflict). In adults, anxiety is influenced by several factors, one of which is age, gender, type of disease, individual coping and level of knowledge or lack of knowledge (Fatmawati, 2021).

**Table 1**  
**Frequency Distribution of Students' Anxiety Before Listening to Murottal Al-Quran**

Variables	Frequency	Percentage (%)
<b>Anxiety Level</b>		
Low anxiety	35	37.3
Moderate Anxiety	57	60.6
Severe Anxiety	2	2.1
Total	94	100.0

The results of table 2 analysis show that after listening to Murottal Al-Quran most of the respondents' anxiety is in the mild anxiety category of 61 (64.9%). Anxiety is an unpleasant condition that includes fear, tension, worry, confusion, dislike which is subjective and arises because of feelings of insecurity about the danger that is expected to occur. (Ramadan, 2019). While subject anxiety is a feeling of

depression, anxiety and even fear mixed with extraordinary errors in solving problems. So it can be concluded that anxiety is a situation experienced by a person (student) in the form of an unpleasant feeling when solving problems in questions that can interfere with one's achievement (Sakarti, 2018).

**Table 2**  
**Frequency Distribution of Students' Anxiety After Listening to Murottal Al-Quran at Junior High School of Muhammadiyah 1 Kalirejo in Central Lampung**

Variables	Frequency	Percentage (%)
<b>Anxiety Level</b>		
Low Anxiety	61	64.9
Moderate Anxiety	33	35.1
Severe Anxiety	0	0
Total	94	100.0

There are three components that exist in anxiety facing tests (exams), namely worries, emotionality, as well as disturbances and obstacles in completing tasks (task generated). Anxiety can be influenced by several things including fear of failure, frustration at the results of past actions, negative self-evaluation, negative self-feelings about their abilities, and negative self-orientation (Indriyati et al, 2021). Excessive anxiety will affect students' academic life

and result in low student motivation, poor learning strategies, negative self-evaluation, difficulty concentrating and poor health perceptions. In addition, the results of the study prove that the high anxiety of students in facing exams has a bad effect on learning methods, academic competition, self-confidence, self-acceptance and students' self-concept (Handayani, 2016).

**Table 3**  
**The Effect of Murottal Al-Quran on Students' Anxiety Levels at Junior High School Muhammadiyah 1 of Kalirejo in Central Lampung**

Intervention	Anxiety						Total	P Value
	Low		Moderate		Severe			
	N	%	N	%	N	%	N	%
Pretest	35	37.3	57	60.6	2	2.1	94	100
Posttest	61	64.9	33	35.1	0	0	94	100

The results of table 3 analysis showed that there was a significant change in the anxiety felt by students after listening to the Murottal Al-Quran. Based on the statistical test, the p value of 0.004 was obtained, it can be concluded that there is an effect of Murottal Al-Quran on the Anxiety Level of Students at Junior High School of Muhammadiyah 1 Kalirejo. Listening to the reading of the Qur'an at a slow pace and harmonization can reduce stress hormones that cause depression, activate natural endorphins, increase relaxation, and can divert attention from fear, anxiety and tension (Syafei, 2018).

In line with the research entitled "The Effect of Murottal Al-Qur'an Audio Relaxation Therapy on Changes in Anxiety Levels in Patients Treated in the ICU Room of Aminah Hospital" in this study, which was conducted in ICU. The research design in this study was a Quasy Experiment using One Group Pretest-Posttest design. In this design, there is no comparison group (control) but at least the first observation (pretest) has been carried out which allows researchers to examine changes that occur after the experiment using 38 samples. This study aims to see the effect of audio relaxation therapy: Murottal Al Qur'an surah Ar-Rahman (QS: 55, 78 verses) sung by Abi Tulkah with a duration of 13 minutes 55 seconds, using a cell phone with the Murottal Offline Application 30 juz which is connected to the earphones or headsets. Based on 2 periods on the first day (pretest) and on

the second day (posttest), then an assessment was carried out and the results showed that the level of anxiety decreased from the moderate category to mild and not anxious (Yanti, 2022).

According to the theory of response behavior habituation (Operant Conditioning), which was popularized by a well-known psychologist Skinner Burrhus Frederic on the principle of Reinforcement, which means the process that strengthens behavior is to increase the opportunity for the behavior to occur again. By using the method of negative reinforcement, namely overcoming and avoiding. In this study indirectly using this theory because a student will get used to dealing with pressure (anxiety) in carrying out the exam if the student is accustomed to trying practice questions before taking the exam (Simamora, 2021).

Anxiety is a condition where a person feels worried, anxious, even afraid as if something bad will happen to him. Exams that are considered difficult by most students and cause anxiety when dealing with exams, both in learning and in facing learning evaluations / national exams. This result in the average test score in the previous year being less than optimal (Azzahro, 2018). Learning outcomes are often used as a benchmark to determine how far someone has mastered the material being taught, therefore every parent tries to encourage their children to be enthusiastic in preparing for the exam. Of course this will have an impact on the children

themselves (especially teenagers) who experience despair, because their achievements in fields or expertise other than in the academic field are not taken into account. In contrast to students who feel less anxious because the student knows that he is able to overcome the problems at hand, he will be able to use his anxiety in solving problems. Based on the results of the study, it can be seen that the anxiety experienced by students can be used as a useful stimulus for the students themselves. Instilling confidence in students that they can understand and solve problems in school exams, as well as eliminating negative prejudices about certain subjects are things that can be done to minimize student anxiety when facing exams (Anfus, 2019).

In addition to being able to control students' anxiety with preparation for learning and support from parents and the surrounding environment, listening to murottal Al-Quran is also one of the efforts to minimize anxiety. When experiencing anxiety, the hypothalamus secretes the hormone cortisol, which causes anxiety to occur. Cortisol hormone can be decreased by stimulating the hormone endorphins. Endorphin hormones can be released by relaxing the body with sound stimulation, one of which is listening to the chanting of the Al-Quran. The chanting of the Al-Qur'an verses is captured by the auditory nerves and forwarded to the frontal and parietal cortex of the brain to produce alpha waves so that it stimulates the pituitary gland to secrete endorphins so that it gives the effect of relaxation, calm and mood changes so that it can reduce anxiety. In the Al-Qur'an, there are many verses related to the dynamics of the human psyche which theoretically can be used as a reference for psychotherapy to overcome anxiety. Al-Quran offers a solution for an anxious soul to find peace, both through reading and writing taken from the text of the Qur'an. Many verses of the Koran also contain guidance on how to deal with life's problems without feeling anxious (Kamila, 2020).

#### LIMITATIONS OF THE RESEARCH

The limitation of this study is that there are several techniques or other ways to reduce anxiety that were not investigated in this study. In addition, murottal Al-Quran can only be done or given to someone who is Muslim, so that it can trigger concentration to solemnly enjoy the chanting of the holy verses of the Al-Qur'an.

#### CONCLUSIONS AND SUGGESTIONS

In conclusion, giving murottal therapy in reducing anxiety according to the descriptions above can be done 15 minutes and 30 minutes can be done twice or up to 2 days and requires the right time. Basically, the duration of administration can be done at any time when the patient experiences anxiety. The success of students in controlling anxiety by listening to murottal Al-Quran can be used as a reference method for relaxation techniques for teachers at school when students experience anxiety.

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