

## **The Effectiveness of Murottal Al-Qur'an Therapy by Surah Ar-Rahman toward Anxiety of Chronic Kidney Disease (CKD) which is being Hemodialysis**

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### **ABSTRACT**

Chronic kidney disease is a decrease in the function of kidney which is caused by a process of irreversible damage, thus requiring hemodialysis therapy as a replacement therapy for the function of kidney. Hemodialysis patients often experience psychosocial problem. It is an anxiety. This research aims to analyze the effectiveness of Murottal Al-Qur'an therapy by surah Ar-Rahman toward anxiety of Chronic Kidney Disease (CKD) which is being hemodialysis. The research was conducted at Gambiran Hospital Kediri. The research used Quasi Experimental with a control group pretest-posttest design approach with samples using simple random sampling of 58 respondents. Paired sample t-test was used to analyze the data by a value of  $\alpha = 0.05$ . Statistical test results obtained a decrease in the treatment group of anxiety 9.01 with a significance value of anxiety 0,000, while the decrease in the control group of anxiety 22.41 with a significance value of anxiety 0,000. Murottal Al-Qur'an is a good distraction as a diversion, because it can cause the release of endorphins naturally and balance brainwave so that the listeners are able to get a positive response in the form of comfort that can help reducing an anxiety in the event of chronic kidney disease which faces hemodialysis.

**Keywords:** Anxiety, Chronic Kidney Disease (CKD), Hemodialysis

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**BACKGROUND**

Chronic Kidney Disease (CRD) is a progressive disorder of kidney function and cannot be recovered, where the body is unable to maintain metabolism and fails to maintain fluid and electrolyte balance, it causes glomerular rate less than 6 ml / min / 1.7m. (Pardede, 2012). Patients with chronic kidney disease who gets hemodialysis is very important because hemodialysis is one of the replacement of kidney therapies which is used in patients with decreased kidney function. Patients who is undergoing hemodialysis must undergo 4-5 hours each time, this becomes a physical stressor for the patient because the long hemodialysis process causes boredom and fatigue for the patient, as well as the first action when hemodialysis feels pain when it is injecting blood vessels veins and arteries. Symptoms of stressors which is felt by patients who takes hemodialysis such as increasing blood pressure, increasing pulse rate, sweaty palms and cold feet, and neck, shoulder and back muscle tension. Patient who takes hemodialysis feels anxiety that affects physical weakness which is felt after undergoing hemodialysis such as nausea, vomiting, pain, muscle weakness and edema are some of the clinical manifestations of patients undergoing hemodialysis. Behavioral response due to anxiety which is experienced to the patient who takes hemodialysis is looking nervous, tense, nervous, tremor, fear, confusion, decreased concentration, fast talking, worrying and always alert (Arif & Kumala, 2011).

According to the World Health Organization (WHO), Globally more than 500 million people experience chronic kidney failure (Ratnawati, 2014). For about 1.5 million people have to live a life dependent on dialysis (hemodialysis). Based on the data from basic health research (Risksdas) in 2013 the prevalence of chronic kidney disease in Indonesia was around 7.3%. The prevalence in the age 35-44 years (0.3%), followed by ages 45-54 years (0.4%), and age 55-74 years (0.5%) and highest in the age group > 75 years (0, 6%). Based on the data from the Indonesian nephrological association, there are 25,249 patients with chronic kidney disease in Indonesia, and there are 15,353 patients undergoing hemodialysis. Every year there is an increase of 5-10% of patients with chronic kidney disease (Penrefri, 2011). In East Java, according to data from the East Java Health Office in 2010, it ranged from 1-3 out of 1,000 people suffering from chronic kidney disease (Indraratna, 2012).

It is difficult for someone to accept the fact that he must take hemodialysis for life. Besides the expensive and inconvenient costs, it is because they have to come repeatedly in a week so that it makes uncomfortable life (Alam & Hadibroto, 2007). Patient who takes hemodialysis is also prone to emotional problems such as anxiety related to diet and fluid restrictions, physical limitations, related illnesses, and drug side effects such as nausea, vomiting, pain, muscle weakness and edema, and dependence on dialysis will have an impact on declining quality patient's life (Son et al., 2009). Behavioral response because of anxiety that is experienced in patient who takes hemodialysis is looking nervous, tense, nervous, tremor, fear, confusion, decreased concentration, fast talking, worry and always alert. In providing action nurses may provide non-pharmacological and pharmacological measures for anxiety and stress. The action of non-pharmacological techniques as like relaxation, distraction, breathing techniques, movement and position changes, massage, hydrotherapy, heat and cold therapy, music, guided imagery, acupressure. (Robson, 2013). One of the distraction techniques that can be used to reduce anxiety is by providing *Murottal* Al-Qur'an therapy, because the distraction technique is an action to divert the patient's attention. Hadi, Wahyuni and Purwaningsih stated (2012) that listening to *Murottal* Al-Qur'an is one form of utilizing the Qur'an in the healing process. *Murottal* can be defined as a recorded voice of the Qur'an which is sung by a Qori '(reciter of the Qur'an). Reciting the

verses of the Qur'an that are in doubt can cause calm and have an effect on the healing process. (Kartika, 2015).

Surah Ar-Rahman is known by the name "Arus Al-Qur'an" (bride of the Qur'an). The Prophet SAW said "Everything has a bride and the bride of the Qur'an is a surah Ar-Rahman" (HR. Al-Baihaqi). The relaxing effect of *Murottal* therapy is seen when respondents who are listening to *Murottal* therapy show a positive response including the respondent looking calm while closing his eyes enjoying the *Murottal* Ar-Rahman indicates that the respondent is in a state of relaxation (Wisudawati et al., 2014).

### OBJECTIVE

This study aimed to analyze the effectiveness of Murottal Al-Qur'an therapy by surah Ar-Rahman toward anxiety of Chronic Kidney Disease (CKD) which is being hemodialysis.

### METHODS

This research method used qualitative research design with Quasi Experimental by Pretest-Posttest Design with Control Group. The population was 68, and the sample was 58 people. The research was conducted at Gambiran Hospital Kediri. The research used Quasi Experimental with a control group pretest-posttest design approach with samples using simple random sampling of 58 respondents. Paired sample t-test was used to analyze the data by a value of  $\alpha = 0.05$ .

### RESULTS

The research about "The Effectiveness Of *Murottal* Al-Qur'an Therapy By Surah Ar-Rahman Toward Anxiety Of Chronic Kidney Disease (CKD) which is Being Hemodialysis at Gambiran Hospital" which was held for 30 days, from November 26, 2018 to December 29, 2018. The characteristics table of respondents included:

General Data	Total	Percentage
<b>Gender</b>		
Male	18	62%
Female	11	38%
<b>Ages</b>		
Age 20 – 35	9	31%
Age 51 – 65	20	69%
<b>Last Education</b>		
SD	8	28%
SMP	2	7%
SMA	19	65,5%
<b>Occupation</b>		
Private	10	34%
Entrepreneur	4	14%
Civil Servant	2	7%
No Job	13	45%
<b>History of HD</b>		
> 1 year	24	83%
< 1 year	5	17%

**Kinds of Program**

1x a week	8	28%
2x a week	21	72%

The characteristics of comparison variables of respondents' anxiety which gets incidence of chronic kidney disease undergoing hemodialysis before and after.

Group	<i>Murottal</i> Alquran	
	Pre	Post
No Anxiety	0	21
Light Anxiety	0	5
Medium Anxiety	8	2
Heavy Anxiety	19	0
Anxiety of Panic	2	0
Total	29	29

**Statistic test table**

Based on the results of data collection after a statistical test using Paired Sample T-Test, the average level of anxiety of respondents before administering *Murottal* Al-Qur'an was a scale of 32.7 then dropped to a scale of 23.6. Based on the results of paired sample T-test analysis obtained p-value = 0,000 <a = 0.05 then H0 was rejected and H1 was accepted, which means a decrease in anxiety levels in the occurrence of chronic kidney disease undergoing hemodialysis before and after administering *Murottal* Al-Quran Surah Ar -Rahman was significant.

Treatment Group	Mean	t	p-value
Pre-Anxiety	32.7	8.041	0,000
Post-Anxiety	23.6		

**DISCUSSION**

**Anxiety in the incidence of Chronic Kidney Disease which is getting hemodialysis at Gambiran Hospital Kediri before Given *Murottal* Al-Qur'an surah Ar-Rahman**

Anxiety in the incidence of kidney failure which takes hemodialysis before given *Murottal* Al-Qur'an surah Ar-Rahman is known that there is a mean value of 3.79. By the anxiety level data that is experienced by respondents before performing *Murottal* Al-Qur'an surah Ar-Rahman on moderate anxiety level was 8 respondents (28%), severe anxiety was 19 respondents (65%) and panic anxiety was 2 responses (7% ) from the total of 29 respondents. Anxiety is a feeling of sneaking as if something bad which is going to happen and feel uncomfortable as if there is a threat. As like other physical illnesses, anxiety in patients with terminal stage chronic kidney disease is often considered a natural condition. Terminal Chronic Renal Disease (CRD) causes the patient to undergo hemodialysis. Apart from the disease itself, patient who takes hemodialysis require restrictions on diet and fluids, side effects of drugs such as nausea, vomiting, pain, muscle weakness and edema, limited lifestyle patterns or dependence on life which is quite expensive to cause hemodialysis, resulting in anxiety in the number of patients is increased, so social support for these

sufferers are urgently needed. (Luana, 2012). The anxiety that appears in patients with chronic renal disease is the fear of needles, always asking about the flow of hemodialysis, anxiety about the hemodialysis process, cold sweat, irregular pulse, easy urination, tense and nervous face.

### **Anxiety in the incidence of Chronic Kidney Disease which is getting hemodialysis at Gambiran Hospital Kediri after Given *Murottal* Al-Qur'an surah Ar-Rahman**

In the research that has been carried out for 34 days, after performing *Murottal* Al-Qur'an surah Ar-Rahman therapy with a mild anxiety level was 5 respondents (17%), moderate anxiety was 2 respondents (7%) and no anxiety was 22 responses (76%) from the total of 29 respondents. The researcher believes that it is very important for patients with chronic kidney disease who tend to experience anxiety to take hemodialysis to get another boost in helping to reduce and manage anxiety coping by being given distraction therapy using *Murottal* Al-Qur'an surah Ar-Rahman. The recitation of the surah Ar - Rahman which is part of the Qur'an can reduce stress hormones and activate natural endorphin hormones thus distracting from anxiety and increasing feelings of relaxation.

The side effects of *Murottal* Al-Qur'an therapy are seen when the respondent shows a positive response such as looking calm while closing his eyes enjoying the recitation of the surah Ar-Rahman and praising the name of Allah SWT which indicates the respondent is in a comfortable condition and the level of anxiety that was previously very heavy can decrease when the patient does not feel tense and nervous, meanwhile the patient feels comfortable, the patient does not ask about the hemodialysis process anymore, the patient does not feel cold sweat.

### **Decreasing the anxiety in the event of Chronic Kidney Disease that takes hemodialysis at Gambiran Hospital Kediri by Giving *Murottal* Al - Qur'an Surah Ar – Rahman**

The results conducted on November 26, 2018 to December 29, 2018, obtained data analysis using the Paired Sample T-Test that was the significance value or p value on anxiety of 0,000 with a significance level of 5% or  $\alpha = 0.05$ . Because the significance value or p value  $< \alpha = 0.05$  then  $H_0$  was rejected and  $H_1$  was accepted, which meant there was a decrease in anxiety in the incidence of chronic kidney disease which took hemodialysis by administering *Murottal* Al-Qur'an Surah Ar-Rahman.

The researchers also observed a positive response from patients with chronic kidney failure who underwent hemodialysis for *Murottal* Al-Qur'Aan surah Ar-Rahman during the study. The positive response that arises from the administration of *Murottal* therapy is seen when respondents with chronic kidney disease which takes hemodialysis show positive responses as like looking calm while closing the eyes enjoying the resitation of surah Ar - Rahman and praising the name of Allah SWT while having a hemodialysis process, and it is indicating the respondent is in pleasant conditions and good listening and the anxiety which is previously very severe is able to decrease.

The anxiety is able to decrease when the patient is not nervous, does not feel tense and nervous, the patient feels comfortable, the patient does not ask about the hemodialysis process anymore and the patient does not feel cold sweat. Reducing anxiety by its stimulation can increase the release of endorphins naturally and balance brainwave so that listeners can get a positive response in the form of relaxation or calmness and comfort and affect the decrease in perceived anxiety.

**CONCLUSION**

Most of the respondents are 19 (65.5%) respondents from a total of 29 respondents in the category of severe anxiety about the occurrence of Chronic Kidney Disease who takes hemodialysis before given Al-Qur'an *Murottal* therapy for Ar-Rahman at Gambiran Hospital Kediri. After administering *Murottal* Al-Qur'an surah Ar-Rahman, it is found that almost half of the respondents are 13 (44.8%) respondents from a total of 29 respondents are anxious while in patients with Chronic Kidney Disease with hemodialysis. Statistical test result obtains a decrease in the mean value of anxiety 9.01 Al-Qur'an *Murottal* therapy surah Ar-Rahman at Gambiran Hospital Kediri.

There is an effectiveness of *Murottal* Al-Qur'an Surah Ar-Rahman therapy rather than relaxation therapy distraction to anxiety and stress in patients with Chronic Kidney Disease who takes hemodialysis at Gambiran Hospital Kediri (p-value 0,000 <0.05).

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