

Original Research Paper

The effect of murrattal recitation of Qur'an Muri-Q to anxiety of pregnant in the third trimester

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Abstract

Anxiety gets worse when pregnant women experience fear of childbirth. To overcome this problem, murattal recitation of Qur'an is played, because it is effective in increasing calm. The purpose of the study was to analyze the effectiveness of the Murattal recitation of Qur'an Muri-Q method on the anxiety of pregnant women in the third trimester. The pre-experimental research design with an approach one group pretest posttest design. The research population was all 32 pregnant women, the sample size using the Slovin formula was 29.6 rounded up to 30 pregnant women, with the criteria that pregnant women did not experience hearing loss and were willing to be respondents, in PBM Meiyuni. The research instrument used the Zhung Self Rating Scale (ZCAS). The results of the study before being given the Murattal recitation of Qur'an with the Muri-Q method, almost all of the anxiety of pregnant women was mild (93%), after being given the Murattal recitation of Qur'an of the Muri-Q method, all of the anxiety of pregnant women was mild (100%) and based on statistical tests showed = 0,00 ($p < \alpha$) which meant that Murattal recitation of Qur'an is effective in reducing the anxiety of pregnant women in the third trimester before delivery.

Keywords: anxiety; Murattal recitation of Qur'an; pregnancy

1. Introduction

Pregnant women who experience anxiety since the beginning of pregnancy is a condition that cannot be avoided during pregnancy due to physical and psychological changes. This happens because there is an increase in hormones that affect the growth and development of the fetus until it is born (Siallagan and Lestari, 2018).

Anxiety of facing labor is felt by all pregnant women, especially primigravida mothers, especially primigravida pregnant women at risky age will feel more anxious because there can be disturbances in the fetus and abnormalities. Research in the area of Lubuk Buaya Public Health Center Padang discussing about the age at risk had a correlation with anxiety of pregnant women from 64 respondents obtained 12 respondents (18.8%) experienced severe anxiety and this was a fairly high result (Handayani, 2014).

The level of anxiety of pregnant women increases when pregnant women are afraid of changes in their bodies that are not in accordance with their expectations (body image), fetal health (fear of defects or abnormalities in the fetus to be born) and the mental readiness of pregnant women in facing childbirth in the future. Decree of the Minister of Health of the Republic of Indonesia, 2019 (KEMENKES RI, 2019).

Anxiety and fear of childbirth increases due to pain, injuries from childbirth, the health of the unborn baby, preparation for becoming a mother and the relationships with family later. The experience

of childbirth will make pregnant women begin to think that the incident is a superior problem, so that the discomfort and fear of pregnant women will increase as they approach delivery (Siallagan and Lestari, 2018).

There were 2 studies that showed to provide peace for pregnant women which could use the Murattal Qur'an. Murattal Qur'an can stimulate the unconscious nervous system which has a different effect from the conscious nervous system, so that there is a balance between the two autonomic nervous systems (Elzaki J, 2014; Yahya, 2019).

Recently, music is used in many areas, such as intensive care, dementia, anxiety management and outpatient surgery, to reduce stress (Yuliani et.al, 2018). It is very important to detect and help deal with symptoms of anxiety and depression in pregnant women. Many women do not want pharmacological intervention at this time, and those with less severe symptoms may not be appropriate. Therefore, there is a need to find non-pharmacological intervention methods. Psychological therapies such as cognitive behavioral therapy or interpersonal therapy can benefit many women. Several studies had shown that listening to music could change mood and anxiety. A study with pregnant women who listened to music before amniocentesis showed that listening to music reduced anxiety levels, while a treatment involving pregnant women singing lullabies during pregnancy was found to aid emotional expression (Budiyarti and Makiah, 2018). Murattal recitation of Qur'an is an alternative treatment that has no side effects and has many benefits in reducing the anxiety of pregnant women in the third trimester before delivery, therefore we are interested in proving the effect of Murattal recitation of Qur'an with the Muri-Q method on the anxiety of pregnant women. The purpose of the study was to determine the anxiety of pregnant women before being given the Murattal Qur'an Muri-Q method, to determine the anxiety of pregnant women after being given the Murattal Qur'an Muri-Q method and to analyze the effectiveness of the Murattal Qur'an with the Muri-Q method on reducing the anxiety level of pregnant women in the first trimester 3 before delivery.

2. Research Methods

This research used experiments namely pre-experiment with one group pretest posttest design approach. Murattal recitation of Qur'an using Muri-Q method which was heard to pregnant women with parameters of duration (listening time: 10 minutes, 15 minutes and 20 minutes) and frequency (The number of listening: 3x/day, 2x/day and 1x/day) had been adjusted to the research SOP, while for the level of anxiety of pregnant women in the third trimester, the parameters were mild, moderate and severe (20-44 mild anxiety, 45-59 moderate anxiety and 60-74 severe anxiety) based on the Zhung Self Rating Scale (ZCAS) questionnaire (Xinning Chen,, Weihong Hu, Yao hu, 2020). The population was all pregnant women in the third trimester as many as 32 pregnant women. The sample size was calculated using the slovin formula so that a sample of 29.6 or 30 pregnant women was obtained with the criteria for gestational age 37 weeks, had no hearing problems and were willing to be research respondents. Research place at PBM Meiyuni. Before listening to murattal recitation of Al-Qur'an, pregnant women were measured their anxiety level with the Zhung Self Rating Scale (ZCAS), then after 2 weeks the anxiety level of pregnant women was measured again with (ZCAS). The data obtained then carried out the data processing process, namely editing, scoring, coding and tabulating. Univariate data analysis with frequency distribution table and bivariety using Wilcoxon statistic test because the data was not normally distributed with α 0.05.

3. Result and Discussion

3.1. Result

General data:

Characteristics of pregnant women by age and Gravida

Table 1. Frequency distribution of characteristics of pregnant women by age and gravida

Characteristics	Frequency (n)	Percentage (%)
Age		
< 20 years	0	0
20– 35 years	27	90
> 35 years old	3	10
Total	30	100
Gravida		
Primi	17	56.7
Multi	11	36.7
Grande	2	6.6
Total	30	100

Source: primary data 2021

Based on table 1, more than half of pregnant women were aged 20-35 years, namely 27 mothers (90%) and more than half of them are pregnant for the first time, namely 17 mothers (56.7%).

Special Data:

3.1.1. Duration and Frequency of Listening to Murattal recitation of Al-Qur'an Muri-Q method

Table 2. Frequency distribution of the duration and frequency of murattal recitation of al-Qur'an

Characteristics	Frequency (n)	Percentage (%)
Duration		
5 minutes	0	0.00
6 – 10 minutes	15	50.00
11 – 15 minutes	8	26.67
16 – 20 minutes	7	23.33
Total	30	100
Frequency		
1	9	30
2	13	43.3
3	8	26.7
Total	30	100

Source: Primary data 2021

Based on table 2, the duration of listening to Murattal recitation of Al-Qur'an was half of them for 6-10 minutes, namely 15 mothers (50%) and the frequency of listening to Murattal recitation of Qur'an was almost half twice a day, namely as many as 13 mothers (43.3%).

3.1.2. The level of anxiety of pregnant women before being given Murattal recitation of Qur'an Muri-Q method

Table 3. Frequency distribution of anxiety levels of pregnant women before being given Murattal recitation of Qur'an with the Muri-Q method

No. Respondent	Pretest	Criteria
1	34	mild
2	35	mild
3	27	mild
4	37	mild
5	40	mild
6	42	mild
7	34	mild
8	24	mild
9	43	mild
10	39	mild
11	43	mild
12	40	mild
13	25	mild
14	46	medium
15	25	mild
16	23	mild
17	32	mild
18	29	mild
19	35	mild
20	28	mild
21	27	mild
22	37	mild
23	40	mild
24	43	mild
25	39	mild
26	43	mild
27	46	medium
28	34	mild
29	29	mild
30	28	mild

source: primary data 2021

Based on the table above, almost all of the anxiety levels of pregnant women before being given Murattal recitation of Qur'an with the Muri-Q method were 28 pregnant women (93.3%).

3.1.3. The level of anxiety of pregnant women after being given Murattal recitation of Qur'an Muri-Q method

Table 4. Frequency distribution of anxiety levels of pregnant women after being given Murattal recitation of Qur'an Muri-Q method

No. Respondent	Posttest	Criteria
1	21	mild
2	31	mild
3	25	mild
4	29	mild
5	29	mild
6	23	mild
7	32	mild
8	25	mild
9	25	mild
10	37	mild
11	29	mild
12	35	mild
13	21	mild
14	22	mild
15	21	mild
16	23	mild
17	23	mild
18	24	mild
19	25	mild
20	20	mild
21	25	mild
22	29	mild
23	29	mild
24	25	mild
25	37	mild
26	29	mild
27	22	mild
28	32	mild
29	24	mild
30	20	mild

source: primary data 2021

Based on table 3 The anxiety of pregnant women after being given Murattal recitation of Qur'an with the Muri-Q method was all mild anxiety, namely 30 pregnant women (100%).

3.1.4. Differences in anxiety of pregnant women in the third trimester pretest and posttest given Murattal recitation of Qur'an Muri-Q method

Table 3. Distribution of differences in anxiety levels of pregnant women in the 3rd trimester pretest and posttest given the Murattal recitation of Qur'an Muri-Q method

No. Respondent	Pretest	Posttest	Difference
1	34	21	13
2	35	31	4
3	27	25	2
4	37	29	8
5	40	29	11
6	42	23	19
7	34	32	2
8	24	25	1
9	43	25	18
10	39	37	2
11	43	29	14
12	40	35	5
13	25	21	4
14	46	22	24
15	25	21	4
16	23	23	0
17	32	23	9
18	29	24	5
19	35	25	10
20	28	20	8
21	27	25	2
22	37	29	8
23	40	29	11
24	43	25	18
25	39	37	2
26	43	29	14
27	46	22	24
28	34	32	2
29	29	24	5
30	28	20	8
Average	34.9	26.4	8.57
Normality test	0.099	0.023	
Wilcoxon test	0.000		

Source: Primary Data 2021

Based on the normality test, the pretest showed = 0.099 and the posttest = 0.023 so that the posttest was not normally distributed. Based on the different test of mean anxiety of pregnant women pretest and posttest treated with Wilcoxon test. The results of the statistical test showed = 0.000 so that H_1 was accepted, which means that the Murattal recitation of Qur'an with the Muri-Q method was effective in reducing the anxiety of pregnant women in the third trimester before delivery.

3.2. Discussion

3.2.1. Anxiety of pregnant women before being given Murattal recitation of Qur'an Muri-Q method

The results of the research on the anxiety of pregnant women in the third trimester of the pretest listening to the Murattal recitation of Qur'an were more than half of them with mild anxiety (93.3%) with an average of 34.9. This anxiety of pregnant women arose because the mother felt anxious about the delivery later, the pain that would arise later and how the baby would be. Anxiety is an uncomfortable and unpleasant thing that appears with anxiety, fear and anxiety that often occurs in pregnant women with unequal scores (RL, Atkinson, ect. 2010; Sadock BJ, Sadock VA 2015).

Several factors affect the level of anxiety of pregnant women, one of which is mother's age. General data are more than half of mothers aged 20-35 years. Age indicates healthy reproductive maturity and for psychological health it can be said as an age that is able to regulate emotions so that it can affect the anxiety of pregnant women. A woman's age is related to reproductive function, reproductive maturity can be categorized as healthy if she is 20-35 years old, at that age the function of the reproductive system is right so there is little chance of experiencing complications in pregnancy (Manuaba, 2015). Age also affects the psychological state of the mother, the older the age, the more mature the psychology and able to face and find solutions to various mental problems. Mothers aged 20-35 years have entered the early adulthood period, who are physically ready to get pregnant because their reproductive organs are functioning optimally (Yunus et al., 2019).

In addition to age, there are other factors that can affect the anxiety of pregnant women, one of which is the experience of giving birth (parity). In general data more than half are primigravida. The absence of experience makes a pregnant woman feel afraid and insecure and feel unable to undergo the delivery process later. Usually primigravida do not have memory about pregnancy or childbirth, causing anxiety and fear, but there are primigravida who are very curious about their pregnancy health so they seek information about pregnancy and childbirth through mass media and health workers (Sianipar, 2018). Gravida (pregnancy) can affect women in facing childbirth, in general, primigravida women experience a higher level of anxiety than multigravida mothers, this is because mothers do not have experience in pregnancy and childbirth. In the first pregnancy, most mothers do not have knowledge of how to cope with discomfort during pregnancy until delivery, so there are differences in the anxiety of multigravida pregnant women who have experienced previous labor and primigravida in dealing with labor (Shodiqoh ER, 2015).

3.2.2. Anxiety of pregnant women after being given Murattal recitation of Qur'an Muri-Q method

The results of the study on the anxiety level of pregnant women in the third trimester (100%) before giving birth were all mild anxiety with an average of 26.4, there was a decrease in the anxiety level of pregnant women in the final trimester before giving birth after listening to the Murattal recitation of Qur'an with the Muri-Q method at an average value. average. Al kahel (2012) wrote that listening to the Qur'an recitation will have a relaxing effect, in the form of a decreased heart rate, arterial blood vessels and therapy when heard in humans will bring sound waves and encourage the brain to produce compounds called neuropeptides. This molecule will affect the receptors in the pregnant woman's body so that she feels calm (Haruyama S 2014; Al kahel AD 2012; Wahida, N 2015).

3.2.3. The effect of giving Murattal recitation of Qur'an with the Muri-Q method on the anxiety of pregnant women in the third trimester

Based on the results of statistical tests showed $< \alpha$, which means that there was no similarity in the level of anxiety of pregnant women in the last three months before giving birth, the pretest and posttest were given the Murattal recitation of Qur'an with the Muri-Q method.

The level of anxiety did not decrease, but if seen from the Zung self score, it appeared that it decreased after listening to the Murattal recitation of Qur'an. Murattal recitation of Qur'an has benefits for the psychology of pregnant women, makes pregnant women closer to Allah SWT, thus making pregnant women feel more calm, resigned and surrendered. Murattal recitation of Qur'an Muri-Q method can be interpreted as a recording of the reading of the Qur'an recited by Qori'. The recitation of Al-Qur'an is a form of Murattal recitation of Qur'an that has a positive influence on those who listen (Fatimah, 2015; Hendriana, 2019; Ikhsan, 2020; SR & Kamaruddin, 2019). Mudiana's research (2013) at Kartadi Hospital Semarang resulted that after being given murattal recitation of Al-qur'an therapy most of the anxiety was mild, namely the value of $= 0.001$ which means H1 is accepted: Murattal therapy can have an effect on anxiety levels (Hajiri et al., 2019; Indriyati et al., 2021; Leary, 2014; Nwebube et al., 2017). In another study, pregnant women who listened to the Murattal recitation of Al-qur'an experienced a decrease in anxiety levels. Listening to the recitation of Qur'an can change the psychological condition of pregnant women. Murattal recitation of Al-Qur'an contains elements of concentration of mind, self-suggestion and relaxation that can give a sense of peace and comfort in the body. This gives a positive emotional response that affects positive thinking (Riskiana Ayu Safitri, 2020; Sholiha & Jannah, 2021; Yuliani et al., 2018) and other studies also had the same results, namely the value of $= 0.003$, which means that the Murattal recitation of Al-Qur'an affects the anxiety of pregnant women in the first trimester of 3 at the Pekauman Health Center (Budiyarti & Makiah, 2018; Kartini et al., 2017; Maki et al., 2018; Mulastin & ., 2019; Tobing et al., 2019).

4. Conclusion

The anxiety of pregnant women in the 3rd trimester pretest given the Murattal recitation of Qur'an Muri-Q method was almost entirely mild anxiety. Anxiety of posttest 3rd trimester pregnant women given Murattal recitation of Qur'an Muri-Q method was all mild anxiety. Giving Murattal recitation of Qur'an Muri-Q method is effective in reducing the anxiety of pregnant women in the third trimester. Murattal recitation of Qur'an most effective is given on the duration, while the frequency of listening to the Murattal recitation of Qur'an the Muri-Q method has no effect or is less effective, because no matter how many times pregnant women listening to the Murattal recitation of Qur'an based on the statistical frequency test had no effect.

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