

The Effect Of Surah Waqiah Murotal Therapy On Anxiety Reduction In The Exit Exam Competency Test

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ABSTRACT

Competency tests often make students vulnerable to experiencing anxiety, especially during the current Covid-19 pandemic. The coping mechanism used by students greatly determines the success of students in facing competency tests. Data for passing the national nurse competency test in the last 2 years 2020-2021 averaged only 79.67% passing which is still far from expectations. Murottal Al-Qur'an has a relaxing effect, reduces stress and anxiety. The purpose of this research is to prove the effect of waqiah letter murottal therapy in managing emotions when facing the nurse's exit exam competency test. Research design used a quasy-experiment pre and post-test design with 2 intervention and control groups with a sample of 58 people. Respondents' stress levels were measured quantitatively using research instruments before and after the recitation intervention using the DASS scale with paried t-test analysis. Based on data analysis, it is known that the p-value is 0.001 or p-value <0.05, which means that there is an effect of waqiah recitation therapy on reducing stress in students who will carry out the nurse competency test, so that this therapy can be used for students who will undergo a nurse test.

INTRODUCTION

Murottal is one of the chants that has a positive relationship with the listener, both physically and psychologically.(Syukur, 2012) Murottal is a voice recording of the Al-Qur'an sung by a reciter or reader of the Qur'an. Murottal can also be interpreted as reciting the holy verses of the Al-Qur'an which are recorded and played at a slow and harmonious tempo. (Amelia et al., 2022) Reading the Al-Qur'an in the murottal way has a constant, regular rhythm and no sudden changes. The tempo of murottal Al-Quran is between 60-70 bpm/minute, and

has a low tone so it has a relaxing effect, reduces stress and anxiety.(Sandra et al., 2021)

Competency test is one of the academic pressures that must be passed by students in the final semester. The process experienced by students in facing competency tests makes students vulnerable to experiencing stress, especially during the current Covid-19 pandemic. The coping mechanism used by students greatly determines the success of students in facing competency tests. (Hena Yasmin et al., 2020)

At present the exit exam competency test method is a requirement for graduation from tertiary institutions, besides that it is also required to attend graduation, get a diploma and get a Registration Certificate (STR). Every health worker is required to have an STR. Health workers who have STR can be interpreted as having the competencies required for health workers and can be used for health service activities. One of the health workers who took the exit exam competency test was a student majoring in nursing. Graduates of nursing study program students will work in health service institutions such as hospitals and other public health service institutions. (AIPViKi, 2021)

The results of distributing the questionnaire to 12 students showed that 4 people felt afraid, 2 people felt anxious or worried, 2 people felt nervous or nervous about the exit exam competency test. Others answered nervous, stressed and happy. The conclusion was that 11 of them gave a response in the form of negative feelings or emotions related to the exit exam competency test. (Amelia et al., 2022)

The dominant emotions they feel are anxiety, worry, and fear. The conclusion of the preliminary study results is that although currently there is a high chance of passing the exit exam competency test, it turns out that some of them are not ready or are not ready and feel negative emotions facing the competency test. The data found is that they feel more negative emotions in the form of anxiety, worry and fear. These negative emotions can indicate a distress reaction.

This is also evidenced by the passing data for the national nurse competency test

from 2020 to 2021, with an average of only 79.67% passing. (AIPViKi, 2021)

Therefore, the authors seek to conduct research to overcome the stress experienced by nurses in facing the exit exam competency test, so that researchers feel the need to prove the effect of waqiah letter murottal therapy in managing emotions in students facing the nurse exit exam competency test. It is hoped that the results of this study will become one of the references for overcoming and managing the stress experienced by students in facing the nurse's exit exam competency test.

METHOD

The research design is a quasy experiment with a pretest–posttest 2 group design. The population in this study were students who would take the national nurse competency test. The population in this study amounted to 58 people using total sampling technique. population were divided into 2 groups where the first group was given treatment by listening to murottal waqiah letters for 15 minutes, the intervention was given 3 times with a distance of 1 day between giving therapy. Group 2 only measured the stress scale without being given murottal waqiah listening treatment. Measurement of stress levels using the Depression Anxiety Stress Scales (DASS). The data analysis that the researchers used was the Paired T-test to see the effect of murottal waqiah therapy on reducing stress in students who were facing the exit exam nurse competency test.

RESULTS

The characteristics of the homogeneity of the participants in the intervention group and the control group in

this study showed a p-value > 0.05, indicating no statistically significant difference between the two groups. Table 1 shows that the majority of participants in both groups were women (74 %).

Table 1. Characteristics of participants in the control and intervention groups (n = 58)

Characteristic	Group				P
	Intervention (n=29)		Control (n=29)		
	f	%	f	%	
Gender					
Male	7	24	8	28	0.366*
Female	22	76	21	72	

*Chi-square test

Table 2 shows the results of the paired t-test in the intervention group obtained a t-count value of 15.2 and p = 0.001 which is less than the value of 0.05, meaning that there is a difference in stress before and after the intervention with waqiah recitations. Based on the average value before and after the intervention, there was a significant difference in the mean value of 12. This explains that giving the waqiah recitation intervention significantly reduced stress in the intervention group. The results of the control group obtained t = -1.2 and p = 0.233 which is greater than the value of 0.05, which means that there is no difference in the average score between the pre-test and post-test in the control group.

Table 2. Differences in stress before and after the intervention

Group	Pre-test Mean (SD)	Post-test Mean (SD)	Mean Difference	t	p
*Intervention	26.6 (3.9)	14.6 (3.1)	12	15.2	0.001
**Control	27.1 (3.5)	27.7 (4.5)	-0.6	-1.2	0.233

* Paired t-test (IBM SPSS Statistics 24)

** Paired t-test (IBM SPSS Statistics 24)

Table 3 shows the results of the independent t-test on differences in stress

scales between the intervention and control groups. The data shows a t-test value of -14.1 and a p-value of 0.001, less than the value (0.05), meaning that there is a significant effect of giving waqiah recitation interventions on reducing stress.

Table 3. Differences in post-intervention stress

Group	Intervention Groups (post-test)		Control Groups (post-test)		t	p
	Mea n	SD	Mea n	SD		
*Differences	14.6	3.1	27.7	4.5	-14.1	0.001

*Independent t-test (IBM SPSS Statistics 24)

DISCUSSION

Al-Quran therapy is carried out when the body is relaxed and the mind is concentrated. Then listen to the chanting of the holy verses of the Al-Qur'an quietly. Physiological changes occur when listening to verses of the Al-Qur'an, such as peace of mind, decreased sadness, depression and anxiety, (Herawati & Kamisah, 2019) will produce a positive effect on mental health status when someone listens quietly murottal Al-Quran. (Rosyanti et al., 2022)

Listening to the recitation of the Al-Qur'an will always remind Allah ta'ala so that there is surrender and submission to Allah. (Nazmi & al Amin, 2021) The effect of listening to the verses of the Al-Qur'an is connected with the theories of endogenous opiates. Stimulation of stimuli from listening to verses of the Al-Qur'an causes the release of endogenous opiates. Peripheral sensory nerve endings are sites of opiate receptors. Endorphins and enkephalins, which are morphine substances, are rested by the central nervous system which is determined by the spinal cord and brain where the opiate receptors are located. (Juliante et al., 2014)

Listening to the murottal Al-Quran is one way to reduce stress. (Apriyeni & Patricia, 2021) Murottal is a type of music that has a positive relationship with its listeners and is useful for dealing with stress. Overall music can relate physically and psychologically. (Agustin, 2020) The sound of murottal Al-Quran relieves stress and improves resistance to stress, creates calm and comfort, increases relaxation, reduces insomnia, increases immunity, and increases spiritual intelligence. (Rilla et al., 2014)

Al-Qur'an stimulation is dominated by delta waves that appear in the frontal area as a general and central intellectual function as a control center for movements performed on both the right and left sides of the brain. So that the stimulation of the Al-Quran can provide peace, tranquility and comfort. The benefits of murottal (listening to the recitation of verses of the Qur'an) include: getting peace of mind, the recitation of the Al-Qur'an physically contains elements of the human voice, is a very amazing healing tool. (Hamdani & Anggorowati, 2019; Imamah & Hamdani, 2022) Sound can reduce stress hormones, activate natural endorphins, increase feelings of relaxation, and distract from fear, tension, improve the body's chemical systems so that it lowers blood pressure and slows breathing, heart rate, pulse, and brain wave activity. (Bahrir & Komariah, 2020; Permatasari et al., 2022)

Endorphin hormones are very important in reducing stress levels, this is reinforced by the research results of (Pratiwi et al., 2016) with the results of the study it was found that murrotal al-Qur'an is proven to have a calming and relaxing effect because it will provide a positive perceptual response which can then

stimulate the hypothalamus to secrete hormones Endorphins are hormones that make a person feel happy so they can reduce stress.

According to the researcher's assumption, listening to the murottal al-Quran for Muslim nurses can draw closer to God so that nurses become calm when facing the nurse's exit exam competency test and are able to increase focus so that it effectively reduces stress and anxiety for nursing students.

CONCLUSIONS AND RECOMMENDATION

Based on the results of the study, it was found that there was an effect of murottal surah waqiah therapy on reducing stress levels in nursing students who were facing the exit exam competency test. Because of this, this surah al-waaqiah murottal therapy is very useful for reducing stress in students who will take the national nurse competency test so that it is hoped that students who will take the national competency test can listen to surah al-waaqiah murottal to help reduce stress levels.

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