



DIFFERENCES IN STRESS SCORES AFTER BEING GIVEN MUROTTAL THERAPY QS AL-ANBIYA 83 – 112 IN HYPERTENSION SUFFERERS

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ABSTRACT	Keywords
<p>The increasing incidence of hypertension with various accompanying complications is caused by several factors, including excessive sympathetic nerve activity, obesity, food, unhealthy lifestyles, hereditary factors, and stress. The many impacts caused by stress that are not handled immediately require someone to be able to carry out stress management. Non-pharmacological therapy through stress management in cases of hypertension has been widely developed and applied, such as providing yoga relaxation therapy, massage therapy, meditation, and murottal therapy. Murottal therapy has a relaxing effect and improves body cells and creates a sense of comfort in the soul, thereby reducing stress. The purpose of this study was to determine the difference in stress scores in hypertension sufferers after being given murottal therapy QS Al-Anbiya 83–112. The study used a pre-experimental design with a One-group pre-posttest design which was carried out on 2nd-8th October 2023. The population of this research is 30 of patient with hypertention was spreading at Nglaban Hamlet, Nglaban Village, Loceret District, Nganjuk Regency. A sample of 22 respondents with purposive sampling technique. Measurement of stress levels before and after being given murottal QS Al-Anbiya 83–112 with Perceive Stress Scale (PSS). Murottal QS Al-Anbiya 83–112 gived for 9 minutes once a day for seven days. Data analysis used the paired t-test. The results of statistic with Pairet t-test p value of 0.000 so that there was a difference in stress scores before and after being given QS Al-Anbiya 83-112 murotal therapy, with an difference mean 6.864. Murottal QS Al-Anbiya 83–112 can be applied as an alternative solution in overcoming the stress levels of hypertension sufferers.</p>	<p>Murottal, QS Al-Anbiya 83-112, Stress Scores, Hypertension</p>

INTRODUCTION

The prevalence of hypertension cases in Indonesia is 63,309,620 people, while the death rate due to hypertension is 427,218 deaths. Hypertension occurs in the age group 31-44 years (31.6%), age 45-54 years (45.3%), age 55-64 years (55.2%) (RI, 2018). Meanwhile, according to data from the Nganjuk District Health Service in 2022, there were 46,752 people suffering from

hypertension and referral cases of hypertension were 2,920 people in the Loceret Health Center working area.

Hypertension is a disease that needs special attention because the incidence rate is high and it is a silent killer (Pamiarso, 2011). A person only feels the serious impact of hypertension when there is a disturbance in their organ system, such as heart function, kidney function, or stroke,

even stroke. Hypertension can also cause death due to the long-term effects of complications (Smeltzer, 2013). The increasing incidence of hypertension and the various complications that accompany it are caused by several factors, including excessive sympathetic nerve activity, obesity, food, unhealthy lifestyles, hereditary factors, and stress (Yusuf, 2017). One of the causes of hypertension that is currently difficult to control is stress. Stress can be experienced by a person due to various causes. Individual stressors arise due to job demands, economic factors, lack of sleep, household problems, or personal characteristics (Kumala, 2017). Various problems experienced by a person can also cause stress. A person who experiences hypertension generally experiences stress in the form of emotional or psychological stress. Psychological or emotional stress is stress caused by disturbances in emotional situations (Kushariyadi, 2011). Stress is the inability to face extraordinary demands that are felt to be threatening both from within and from outside the individual (Anggraeni, 2014). Stress is important in relation to hypertension because stress can stimulate the sympathetic nervous system and increasing the work of the heart and vasoconstriction of arterioles so that it can increase blood pressure. Uncontrolled stress can cause several impacts, including increased blood pressure, impaired social function, and various other diseases (Andria, 2013).

The many impacts caused by stress that are not handled immediately require someone to be able to carry out stress management. Stress management is a form of non-pharmacological hypertension therapy to complement the provision of pharmacological therapy through antihypertensive drugs (Potter & Perry, 2005). Non-pharmacological therapy through stress management in cases of hypertension has been widely developed and applied, such as providing yoga relaxation therapy, massage therapy, meditation, and dhikr relaxation therapy (Gemilang, 2013).

One of the stress management that can be taught by family nurses is relaxation therapy. Relaxation is often done because it

has been proven to be effective in reducing tension and anxiety. The relaxation response can inhibit the autonomic nervous system and increase parasympathetic activity. Relaxation techniques can be combined with spiritual elements for optimal results. One effort to reduce stress is by reading the Koran. Reading the Koran promotes relaxation in the soul and body which is proven to foster a sense of peace and calming (Siswoyo, Setyowati, & A'la, 2017).

Reading the Al-Qur'an has a relaxing effect and improves body cells and creates a feeling of comfort in the soul, thereby reducing stress (Diki, 2018). The letters in the Al-Qur'an that can be used as murottal therapy is the letter Al - Anbiyaa. Al-Anbiyaa murottal therapy for 9 minutes, once a day for 7 days, physiologically, a state of relaxation is characterized by a decrease in epinephrine and non-epinephrine levels in the blood, a decrease in stress hormones, a decrease in heart rate (up to 24 times per minute), decreased respiratory frequency (up to 4-6 times per minute), decreased muscle tension, reduced pain, decreased metabolism, vasodilation and increased temperature in the extremities (Wirakhmi & Hikmanti, 2016).

Surah Al-Anbiya, one of the last suras revealed in the Mecca period, has 112 verses. This letter is called Al - Anbiyaa, because this letter tells the stories of several prophets. Verses 83 to 112 are letters that explain one of the prayers of the Prophet Ayyub when he was seriously tested by years of illness. Al-Anbiya verse 83 is often used as a prayer asking for healing from illness. All the verses have the character of short verses so they are comfortable to listen to and can have a relaxing effect so that the body's muscles relax and reduce pain for even lay listeners. Murottal Al-Qur'an Surah Al-Anbiya music therapy works on the brain where when stimulated by stimulation from murottal therapy the brain will produce chemicals called neuropeptides. This molecule will attach to the receptors and provide feedback in the form of pleasure and

comfort (Risnawati & Hafid, 2017). The function of human hearing is the reception of auditory stimuli or sounds. Auditory stimulation in the form of sound is received by the ear, causing it to vibrate. These vibrations will be transmitted to the auditory ossicles which are linked to each other (Bahrir & Komariah, 2020).

METHOD

This research was carried out on 2th-8th October 2023 in the Nglaban Hamlet, Nglaban Village, Loceret District, Nganjuk Regency. The population of this research is 30 of patient with hypertension was spreading at Nglaban Hamlet, Nglaban Village, Loceret District, Nganjuk Regency a sample of 22 respondents with purposive sampling technique. Before becoming respondents, all hypertension sufferers had their stress scores measured using the perceived stress scale (PSS) as an initial screening. Hypertension sufferers who have a stress score > 7 will be used as potential respondents. The inclusion criteria in this study were hypertension sufferers who at screening had a stress score of >7, Moslem, and did not have hearing impairment.

This study used a pre-experimental design with a one-group pre-posttest design. Respondents were given Murottal QS Al-Anbiya 83-112 for 9 minutes once a day for seven days.

Measurement of stress scores with a questionnaire. The research instrument for measuring stress scores used the Perceive Stress Scale (PSS). Perceive Stress Scale (PSS) was given during initial screening and after seven days Murottal QS Al-Anbiya therapy. The Perceive Stress Scale (PSS) has high validity and reliability for measuring stress scores in adolescents, adults and the elderly namely 0.82. Data analysis using SPSS 21 with Wilcoxon sign rank.

This study ethics uses informed consent, autonomy, confidentiality, beneficent, non-maleficent, justice and fidelity.

RESULTS

Table 1. The Stress Scores Pre and Post Murottal QS Al-Anbiya 83-112 (n=22)

Stress Scores	n	Mean	SD	Min	Max	p-Value
Pre	22	21,68	5,375	13	31	0,000
Post		14,82	5,491	7	25	
Pre-Post		6,864	0,563	5,692	8,035	

Based on table 1, stress score before being given murottal therapy Murottal QS Al-Anbiya 83-112 mean 21.68; minimum 13 and maximum 31, then after being given Murottal QS Al-Anbiya 83-112 murottal therapy the average stress score was 14.82; The minimum is 7 and the maximum is 25. The results of statistic with Paired t-test p value of 0.000 so that there was a difference in stress scores before and after being given QS Al-Anbiya 83-112 murottal therapy, with a difference mean 6.864.

DISCUSSION

The chanting of the verses of the Qur'an physically contains human elements which are healing instruments and tools that are most easily accessible. Sound can reduce stress hormones, activate natural endophrin hormones, increase feelings of relaxation, improve the body's chemical system thereby lowering blood pressure and slowing breathing, heart rate, pulse and brain wave activity (Suryono, Akbar, Nugraha, & Armiyati, 2020). The influence of Al-Quran murottal therapy has an influence on respondents' anxiety levels. In this study, respondents who were given Al-Quran murottal therapy had lower levels of anxiety than patients who were not given therapy (Bahrir & Komariah, 2020).

Surah Al-Anbiya, one of the last suras revealed in the Mecca period, has 112 verses. This letter is called Al - Anbiyaa, because this letter tells the stories of several prophets. Verses 83 to 112 are letters that explain one of the prayers of the Prophet Ayyub when he was seriously tested by

years of illness. Al-Anbiya verse 83 is often used as a prayer asking for healing from illness. All the verses have the character of short verses so they are comfortable to listen to and can have a relaxing effect so that the body's muscles relax and reduce pain for even lay listeners. Murottal Al-Qur'an Surah Al-Anbiya music therapy works on the brain where when stimulated by stimulation from murottal therapy the brain will produce chemicals called neuropeptides. This molecule will attach to the receptors and provide feedback in the form of pleasure and comfort (Risnawati & Hafid, 2017). The function of human hearing is the reception of auditory stimuli or sounds. Auditory stimulation in the form of sound is received by the ear, causing it to vibrate. These vibrations will be transmitted to the auditory ossicles which are linked to each other (Siswoyo, Setyowati, & A'la, 2017).

Physical stimulation is converted by the difference between potassium ions and sodium ions into an electrical current that travels through nervus VIII to the brain, specifically in the hearing area. After experiencing changes in the action potential produced by the auditory nerve, the propagation of the action potential to the auditory cortex is received by the temporal lobe of the brain to perceive sound. The thalamus as an impulse transmitter will transmit stimuli to the amygdala (where emotional memories are stored) which is an important part of the limbic system³ (which influences emotions and behavior) (Bahrir & Komariah, 2020) .

One of the letters in the Al-Qur'an that can be used as murottal therapy is the letter Al - Anbiyaa. Physiologically, a state of relaxation is characterized by a decrease in epinephrine and non-epinephrine levels in the blood, a decrease in heart rate (up to 24 times per minute), a decrease in respiratory rate (up to 4-6 times per minute), a decrease in muscle tension, reduced pain, and a

decrease in metabolism. decreased, vasodilation and increased temperature in the extremities (Wirakhmi & Hikmanti, 2016).

Murottal therapy is a therapy for reading the holy verses of the Al-Qur'an which, when read, will provide a positive response to a person's body. Murottal is the sound or chanting of verses from the Koran which, when heard, can reduce stress hormones, activate natural endorphin hormones, increase feelings of relaxation and distract from fear, reduce pain, anxiety and tension, improve chemical and hemodynamic systems. the body thereby lowering blood pressure and slowing breathing, heart rate, pulse and brain wave activity so that it will create a feeling of comfort (Novianti, 2012). Al-Quran reading therapy there are changes in electrical currents in the muscles, changes in blood circulation, changes in heart rate and blood levels in the skin. These changes indicate a decrease in reflective nerve tension which results in vasodilation and an increase in blood levels in the skin, accompanied by a decrease in heart rate. Providing Al-Quran reading therapy has been proven to activate body cells by converting sound vibrations into waves that are captured by the body, reducing stimulation of pain receptors so that the brain releases endogenous natural opioids. This opioid is a permanent blockade of pain nociceptors (Rilla, Ropi, & Sriati, 2019). One of the letters in the Al-Qur'an that can be used as murottal therapy is the letter Al - Anbiyaa. Physiologically, a state of relaxation is characterized by a decrease in epinephrine and non-epinephrine levels in the blood, a decrease in heart rate (up to 24 times per minute), a decrease in breathing frequency (up to 4-6 times per minute), a decrease in muscle tension, reduced pain, and a decrease in metabolism. decreased, vasodilation and increased temperature in

the extremities (Wirakhmi & Hikmanti, 2016).

CONCLUSIONS

Murottal QS Al-Anbiya 83–112 can be applied as an alternative solution in overcoming the stress levels of hypertension sufferers.

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