



Murattal Therapy Reduces the Anxiety of Patients Treated in the Intensive Care Unit of a Hospital

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ABSTRACT

Patients treated in the Intensive Care Unit (ICU) can experience anxiety due to the conditions they experience and the care environment. Untreated anxiety can affect physiological changes or the patient's hemodynamic status, resulting in worsening conditions. Nursing interventions based on Indonesian nursing intervention standards (SIKI) using murattal therapy can be used to overcome patient anxiety. The purpose of this study was to determine the effect of murattal therapy on patient anxiety in the ICU of Aisyiyah Siti Fatimah Hospital Tulangan Sidoarjo. The research method used a Pre-Experiment design with a one group pretest-posttest design. The study population was all patients treated in the ICU. The sampling technique was carried out using the Purposive Sampling technique, obtaining a sample of 48 patients who met the inclusion and exclusion criteria. Data collection used an anxiety level instrument in accordance with the Standar Luaran Keperawatan Indonesia (SLKI). While the murattal therapy intervention is given in accordance with the Indonesian nursing intervention standards (SIKI) which are given in the form of MP3 audio of the letter ar-rahman. The results of the study showed a decrease in anxiety scores by 39 points after being given murattal therapy intervention. The results of the paired T-test obtained a p value of 0.000, this indicates that there is an effect of murratal therapy on the anxiety of patients treated in the ICU. Murattal therapy intervention can be used as a non-pharmacological intervention in overcoming anxiety problems.

Keywords: Murattal Therapy, Anxiety, Ar-rahman, Qur'an

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1. INTRODUCTION

Psychological problems are problems that are often experienced by intensive care (ICU) patients, one of which is anxiety disorders. Anxiety can weaken the patient's condition if not treated, it will

cause the patient's condition to worsen, such as rapid pulse, shortness of breath and headaches or changes in hemodynamic status (Hawari, 2021), Hemodynamics is an indicator used to determine the results of systolic and diastolic blood pressure

measurements, pulse rate, and respiratory rate. Patients who experience anxiety if not treated immediately can worsen the condition of vital signs or hemodynamic status which can then experience decreased consciousness (Woods et al., 2019).

An epidemiological study in the United States showed that the number of patients approximately 3,500 patients require Intensive Care Unit care with a decrease in the Glasgow Coma Score (GCS). Data in Indonesia epidemiological data on ICU patients to date amount to 47% of cases which increase every year (Central Java Health Office, 2020). Data in East Java the prevalence of ICU patients is 32.19%. The results of a preliminary study using interview and observation methods conducted by researchers were 8 people said they were afraid and worried about their health status in addition to the patient having unstable hemodynamics or vital signs on the monitor screen in the ICU Room. while 4 patients said they were resigned to the situation they were experiencing. Anxiety causes hemodynamic changes, namely increased blood pressure, heart rate, respiratory rate, cold sweats, urinary disorders, feeling nauseous (Aziza, 2019).

Hemodynamic instability will cause a decrease in cardiac output. Decreased

cardiac output will result in insufficient oxygen use into the tissue, resulting in hypoxia. One thing that can reduce patient anxiety is by administering Murattal therapy which provides a non-pharmacological adjuvant effect in overcoming hemodynamic instability which has a relaxing effect and can reduce anxiety so that it can stabilize hemodynamics in patients (Sutrisno, 2018). Research conducted by Yeni (2021) The results of the study using the Wilcoxon statistical test obtained a p value of 0.000 ($p < \alpha = 0.05$), so it can be concluded that there is an effect of anxiety levels before and after giving Al-Qur'an murattal therapy on reducing anxiety levels. From the results of this study, it is hoped that all health workers in the ICU will continue to improve their performance and routinely provide Ar-Rahman letter therapy to patients who experience anxiety while being treated in the ICU.

The role of nurses in implementing nursing care for ICU patients with pharmacological or drug therapy. However, it is important for nurses to understand the concepts of spirituality and provide non-pharmacological therapy such as by providing Al-Quran murattal therapy which aims to reduce patient anxiety. Murattal therapy is one of the nursing interventions stated in the Indonesian

nursing intervention standards (SIKI). Murattal therapy is an intervention activity given to patients by listening to or reading the Qur'an to help improve specific changes in the body both physiologically and psychologically (SIKI DPP PPNI Working Group Team, 2018). This study was conducted to determine the effect of implementing Murottal Therapy (Surat Arrahman) on Anxiety in Patients in the ICU Room of Aisyiyah Siti Fatimah Hospital Tulangan Sidoarjo".

2. METHODS

The design used in this study was Pre-Experiment with a one group pretest-posttest approach. The population in this study were all patients treated in the ICU room of Aisyiyah Siti Fatimah Tulangan Sidoarjo Hospital. Samples were taken using the Purposive Sampling technique, obtaining 48 patients who met the criteria, namely having composentis awareness, being able to express anxiety verbalization according to the instrument and Muslim

patients. Data collection used an anxiety level instrument in accordance with the Indonesian nursing outcome standards (SLKI) which had been prepared by the SLKI DPP PPNI working group team (2019) as an instrument for assessing outcomes in nursing care. Murattal therapy interventions used the Indonesian nursing intervention standard guidelines (SIKI) which had been prepared by the SIKI DPP PPNI working group team (2018) as a guideline for nursing care for nurses in Indonesia. The results of the study were further analyzed using the Paired T-Test. This research has also been declared ethically feasible by the Health Research Ethics Committee (KEPK) of Aisyiyah Siti Fatimah Tulangan Sidoarjo Hospital with the number RSASF/10A/KET-KEPK/II-2024, and no research ethics problems were found because murattal therapy is one of the nursing therapies standardized by PPNI and has been proven to be beneficial in stabilizing hemodynamic status.

3. RESULTS

Table 1. Characteristics Respondent Research (n=48). (Continue to page 138)

Characteristics	Frequency	Percentage
Age		
15-34	0	0.0
35-59	41	85.4
>60	7	14.6

Characteristics	Frequency	Percentage
Gender		
Man	28	58.3
Woman	20	41.7
Work		
Not working	12	25.0
Working	36	75.0
Medical Diagnosis		
Coronary Heart Disease	20	41.7
Chronic Obstructive Pulmonary Disease	7	14.6
CVA	5	10.4
Shock	16	33.3
Past medical history		
Diabetes mellitus	19	39.6
Hypertension	19	39.6
CVA	7	14.6
Asthma	3	6.3

Table 1 shows that most of the research respondents who experienced anxiety while being treated in the ICU were late adults, aged 35-59 years. Anxiety was more experienced by male respondents, those who had jobs that made them unable to work because they were

being treated, and respondents with a diagnosis of heart disease. A history of previous illnesses experienced by most respondents such as diabetes mellitus (DM) and hypertension (HT) can also be a source of stressors that cause anxiety in patients treated in the ICU.

Table 2. Statistical Analysis of the Effect of Murattal Therapy on Anxiety of Patients Treated in the ICU Room of Aisyiyah Siti Fatimah Hospital, Tulangan, Sidoarjo (n=48)

Variable	Mean	N	Standard Deviation	p -value
Pre-test anxiety	63.65	48	11.82	0,000
Post-test anxiety	24.90	48	6.20	

Analysis of the difference in anxiety before and after the administration of murattal therapy was carried out using the Paired T-Test because the data distribution of both variables showed a normal data distribution ($p > 0.05$) with a significance value of 0.063 (pre-test) and 0.057 (post-

test). The results of this parametric test indicate that the administration of murattal therapy to patients treated in the ICU can reduce the average anxiety score by 39 points.

4. Discussion

The results of this study showed that respondents who were treated in the ICU had a level of anxiety before the intervention was given, with the following criteria: increased (2%), quite increased (36%), moderate (58%) and quite decreased (4%). The anxiety experienced by the respondents was realistic because the respondents were undergoing treatment in the ICU. The ICU is a patient care room with life-threatening situations that can trigger stress that can have an impact on the patient's health (Sugiyarto et al., 2021). Rochman (2019) put forward several causes of anxiety, namely anxiety that arises due to seeing a danger that threatens him, anxiety because of feeling guilty or guilty, because of doing things that are contrary to beliefs or conscience, anxiety in the form of illness and seen in several forms. This anxiety is caused by something that is unclear and unrelated to anything which is sometimes accompanied by feelings of fear that affect the overall personality of the sufferer.

The results of this study indicate that most respondents (85,4%) in late adulthood (35-59 years) experience anxiety when treated in the ICU. This is in accordance with the results of the study by Herlina et al. (2020) that anxiety can be experienced by all ages, but more often in

adulthood, the older a person is, the more their technical and psychological maturity increases which indicates mental maturity in the sense of being wiser, thinking rationally, controlling emotions and tolerance towards others. So that maturity in thinking, especially lack of experience or stressors, causes individuals to experience anxiety about current conditions. In addition, most respondents who experienced anxiety were male (58.3%) and most respondents worked (75%). This is in accordance with the study of Rusli and Indawati (2023) that men are potentially anxious when being treated because they have to leave work.

The respondents of this study were respondents with a diagnosis of coronary heart disease, chronic obstructive pulmonary disease, stroke and shock, who were fully conscious (composmentis). Most of the respondents were coronary heart disease (41.7%). The results of the study by Najoan and Anderson (2023), in the intermediate cardiac room and the intensive cardiac room, treated more patients with heart disorders who were fully conscious but required intensive care and close observation. In addition, the rotation of patients treated in the room was also fast, which was 3-5 days.

The anxiety level of research respondents decreased after giving

murattal therapy, namely with the following criteria for reducing anxiety levels: experiencing moderate anxiety (10%), moderately decreased (13%) and decreased (77%). This reduction in anxiety can occur because murattal therapy stabilizes hemodynamic status to normal. Murattal therapy works on the brain to produce chemicals called neuropeptides when stimulated by external stimuli from the audio of the Koran. These molecules carry receptors throughout the body as the body provides feedback in the form of happiness, resulting in feelings of calm. Agustin's (2020) study shows that murattal therapy intervention can provide a relaxing effect so that it can reduce anxiety in coronary heart patients. According to Puji Rochmawati (2018), listening to verses from the Qur'an that are recited tartly and correctly will bring peace to the soul. 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 endorphins, increase feelings of relaxation, improve the body's chemical system, thereby reducing blood pressure and slowing breathing, heart rate, pulse and brain wave activity.

Murattal therapy intervention can reduce anxiety in patients treated in the

ICU of Aisyiyah Siti Fatimah Hospital, Sidoarjo, with an average decrease in anxiety scores of 39 points. All respondents experienced a decrease in anxiety scores. The effectiveness of this murattal therapy can be caused because this therapy is given with a method that is in accordance with the Indonesian nursing intervention standards (SIKI) which are compiled as a guideline for nurses. Murattal therapy is an action using the media of the Qur'an (either listening or reading) to help improve specific changes in the body both physiologically and psychologically (SIKI DPP PPNI Working Group Team, 2018). The intervention of murattal therapy carried out includes 1) identifying the need for therapy (respondents were given murattal music of the Ar-Rahman letter using an MP3 player and headset for 15 minutes, which was carried out twice, namely in the morning and evening before the respondents received pharmacological therapy, the volume of the sound was adjusted to the respondent's wishes), 2) providing an explanation of the anxiety problems experienced, as well as the goals and benefits of murattal therapy, 3) arranging a comfortable position and environment for listening, 4) encouraging attention to the recitation of the verses of the Qur'an, 5) playing murattal music according to the needs of therapy, 6)

monitoring changes in signs and symptoms of anxiety during therapy.

The results of this study are in accordance with the results of the study by Asrul (2023), that listening to the murottal of the Al-Quran Surah Ar-Rahman is effective in reducing anxiety in patients. The results of the study by Yuliani et al. (2018) showed that giving murattal therapy for an average of 15 minutes can reduce anxiety. The results of the study by Marlinah and Fajriyah (2022) also showed that murattal therapy given twice a day for a duration of 15 minutes can reduce anxiety more effectively. This study used the type of murattal audio music which is considered very effective in reducing patient anxiety. This is in accordance with the results of the study by Suwanti et al. (2022) that the type of murattal audio music is also more effective than other types of music such as classical music.

In addition, in providing this murattal therapy, patient knowledge of the anxiety problems experienced is also increased which can have an impact on the patient's health condition, as well as the goals and benefits of murattal therapy. This is in accordance with the results of the study that in overcoming anxiety, it is necessary to develop self-awareness (self-awareness) related to the problems experienced by increasing knowledge

about the conditions experienced, so that coping skills can be developed to overcome problems (Chaerunisa et al., 2022). Providing educational therapy can reduce patient anxiety from severe to mild anxiety (Londa and Irman, 2024).

5. CONCLUSIONS

The results of this study indicate that the audio murattal therapy intervention of Surah Ar-Rahman given for 15 minutes twice and using the guidelines in the Indonesian nursing intervention standards (SIKI), can reduce the anxiety of all respondents with an average score of 39 points. There is an effect of giving murattal therapy intervention on the anxiety of patients treated in the ICU of Aisyiyah Siti Fatimah Hospital Tulangan Sidoarjo. This study shows how the implementation of nursing interventions can overcome nursing problems effectively. It is expected that nurses can increase self-efficacy and motivation of nurses in providing nursing care using the 3S approach (SDKI, SLKI and SIKI), and for respondents to get effective and quality nursing services. For further researchers, they can apply and/or compare other interventions in SIKI in overcoming the anxiety problems of patients treated in the ICU.

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AUTHOR CONTRIBUTIONS

Substantial contribution to conception, data collections, and analysis: Siti Rachmah, Nurul Mawaddah, Titin Dwi Jayanti. Writing Manuscript and revisions: Siti Rachmah and Nurul Mawaddah.

CONFLICT OF INTEREST

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

DATA AVAILABILITY STATEMENT

The data are not publicly available due to privacy or ethical restrictions.

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