

PENGARUH TERAPI MUROTAL ASMAUL HUSNA TERHADAP KUALITAS TIDUR PASIEN PRE OPERASI DENGAN GENERAL ANESTHESIA DI RSU PKU MUHAMMADIYAH GAMPING

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ABSTRAK

Latar Belakang: Tindakan *anesthesia* memungkinkan pasien tertidur dengan tenang dan tidak merasakan sakit saat dilakukan pembedahan. Jenis tindakan *anesthesia* antara lain yaitu *general anesthesia* dan *anesthesia spinal*. *General anesthesia* dapat membuat pasien mengalami kecemasan hingga 20-50% ditandai dengan kegelisahan, takut berlebih, dan gangguan tidur. Gangguan tidur pada pasien pre operasi dapat mempengaruhi tingkat kualitas tidur dan merusak stabilitas tubuh dari fungsi normal. Penatalaksanaan yang bertujuan meningkatkan kualitas tidur salahsatunya dengan terapi murotal *Asmaul Husna*.

Tujuan: Mengetahui pengaruh terapi murotal *Asmaul Husna* terhadap kualitas tidur pasien pre operasi dengan *general anesthesia* di RSU PKU Muhammadiyah Gamping.

Metode: Penelitian ini menggunakan jenis *quasy experimen* dengan rancangan *pretest-posttest with control group design*. Populasi dalam penelitian ini adalah pasien yang menjalani operasi elektif dengan *general anesthesia*. Teknik pengambilan sampel adalah *consecutive sampling* melibatkan 128 responden, terbagi menjadi 64 responden kelompok intervensi dengan terapi murotal *Asmaul Husna* dan 64 responden kelompok kontrol dengan komunikasi terapeutik. Data dianalisis menggunakan uji *wilcoxon* dan uji *mann whitney*. Instrumen penelitian berupa kuesioner *Pittsburgh Sleep Quality Index (PSQI)*. Penelitian ini dilaksanakan pada bulan Maret-April 2022 di RSU PKU Muhammadiyah Gamping.

Hasil: Hasil penelitian membuktikan sebelum mendengarkan terapi murotal *Asmaul Husna* sebagian besar 52 responden (81,2%) pasien pre operasi mengalami kualitas tidur sedang dan sesudah mendengarkan sebagian besar 35 responden (54,7%) pasien pre operasi mengalami kualitas tidur baik.

Kesimpulan: Uji analisis menunjukkan nilai *p-value* $0,000 < 0,005$, sehingga dapat disimpulkan ada pengaruh terapi murotal *Asmaul Husna* terhadap kualitas tidur pasien pre operasi dengan *general anesthesia* di RSU PKU Muhammadiyah Gamping

Kata kunci : *Asmaul Husna*, Kualitas tidur, Pre operasi

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**THE EFFECT OF MUROTTAL ASMAUL HUSNA THERAPY ON SLEEP
QUALITY OF PRE OPERATIONAL PATIENTS WITH GENERAL
ANESTHESIA AT PKU MUHAMMADIYAH RSU GAMPING**

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ABSTRACT

Background: Anesthesia measures allow the patient to sleep peacefully and do not feel pain during surgery. Types of anesthesia include general anesthesia and spinal anesthesia. General anesthesia can make patients experience anxiety up to 20-50% characterized by restlessness, excessive fear, and sleep disturbances. Sleep disturbances in preoperative patients can affect the level of sleep quality and impair the stability of the body's normal function. One of the treatments aimed at improving the quality is Asmaul Husna murotal therapy.

Objective : To determine the effect of Asmaul Husna's murotal therapy on the sleep quality of preoperative patients with general anesthesia at PKU Muhammadiyah Gamping General Hospital.

Methods: This study used a quasi-experimental type with a pretest-posttest design with a control group design. The population in this study were patients who underwent elective surgery under general anesthesia. The sampling technique was consecutive sampling involving 128 respondents, divided into 64 respondents in the intervention group with Asmaul Husna murotal therapy and 64 respondents in the control group with therapeutic communication. Data were analyzed using Wilcoxon test and Mann Whitney test. The research instrument was a Pittsburgh Sleep Quality Index (PSQI) questionnaire. This research was conducted in March-April 2022 at RSU PKU Muhammadiyah Gamping.

Results: The results showed that before listening to Asmaul Husna's murotal therapy most of the 52 respondents (81.2%) preoperative patients experienced moderate sleep quality and after listening to t most of the 35 respondents (54.7%) preoperative patients experienced good sleep quality.

Conclusion: The analysis test showed a p-value of $0.000 < 0.005$, so it can be concluded that there is an effect of Asmaul Husna's murotal therapy on the sleep quality of preoperative patients with general anesthesia at PKU Muhammadiyah Gamping Hospital.

Keywords: Asmaul Husna, Sleep quality, Pre operation