

**PENGARUH TERAPI MUROTTAL AL'QURAN TERHADAP  
PENURUNAN TINGKAT NYERI PERSALINAN KALA I FASE AKTIF  
DI RSUD NYI AGENG SERANG KULON PROGO TAHUN 2023**

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**ABSTRAK**

**Latar Belakang:** Nyeri persalinan yang tidak dikelola dengan baik, dapat menimbulkan kecemasan, kelelahan dan tekanan psikologis yang dapat membahayakan ibu bersalin dan bayinya. Untuk itu perlu adanya alternatif metode pengurang nyeri persalinan, salah satunya yaitu metode non farmakologis Distraksi (Murottal AL\_Qur'an).

**Tujuan:** Mengetahui pengaruh terapi Murottal Al-Qur'an terhadap penurunan nyeri persalinan kala I fase aktif di RSUD Nyi Ageng Serang Kulon Progo tahun 2023.

**Metode:** Penelitian ini merupakan penelitian *Quasi Experiment pre-test post-test control group* dengan *purposive sampling*. Populasi dalam penelitian ini adalah semua ibu bersalin di RSUD Nyi Ageng Serang tahun 2023. Sampel diambil dari 34 ibu bersalin yang dipilih untuk dibagi kedalam kelompok intervensi (n1=17) dan kelompok kontrol (n2=17). Variabel terikat dalam penelitian ini adalah penurunan nyeri persalinan, sedangkan variabel bebasnya adalah terapi Murottal Al-Qur'an. Penurunan nyeri persalinan diukur dengan *numeric rating scale* menurut *Potter & Perry, 2012*. Analisis data menggunakan uji *Kormogrov Spirnov* dengan nilai  $p < 0.000$  ( $\alpha < 0.05$ ).

**Hasil:** Rata-rata penurunan skala nyeri persalinan kala I fase aktif sebelum dan sesudah diberikan terapi Murottal Al-Qur'an pada kelompok intervensi adalah sebesar 1.588 dan standar deviasi 1,004 ( $p=0.000$ ). Sedangkan rata-rata penurunan nyeri persalinan pada kelompok kontrol sebelum dan sesudah pemberian teknik bernafas dengan relaksasi adalah 1.706 dan standar deviasi 0.985 ( $p=0.000$ ).

**Kesimpulan:** Ada pengaruh terapi Murottal Al-Qur'an terhadap penurunan nyeri persalinan kala I fase aktif di RSUD Nyi Ageng Serang tahun 2023.

**Kata Kunci:** terapi murottal Al-Qur'an, nyeri persalinan, teknik bernafas dengan relaksasi

## THE EFFECT OF AL'QURAN MUROTTAL THERAPY ON REDUCING LABOR PAIN LEVELS DURING THE ACTIVE PHASE AT NYI AGENG SERANG KULON PROGO HOSPITAL IN 2023

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### ABSTRACT

**Background:** Labor pains that are not managed properly, can generate anxiety, fatigue and psychological stress that can harm the birthing mother and her baby. For this reason, there is a need for alternative methods of reducing labor pain, one of which is the non-pharmacological method of Distraction (Murottal AL\_Qur'an).

**Objective:** Knowing the effect of Qur'an Murottal therapy on reducing labor pain during the active phase at Nyi Ageng Serang Kulon Progo Hospital in 2023.

**Method:** This study is a Quasi Experiment pre-test post-test control group research with purposive sampling. The population in this study is all maternity mothers at Nyi Ageng Serang Hospital in 2023. Samples were taken from 34 maternity mothers who were selected to be divided into intervention groups (n1=17) and control groups (n2=17). The dependent variable in this study was a decrease in labor pain, while the independent variable was Qur'anic Murottal therapy. The reduction in labor pain is measured by the numeric rating scale according to Potter & Perry, 2012. Data analysis using Kormogrov Spirnov test with p value 0.000 ( $\alpha < 0.05$ ).

**Results:** The mean decrease in labor pain scale during the active phase I before and after Qur'anic Murottal therapy in the intervention group was 1,588 and standard deviation 1,004 ( $p = 0,000$ ). While the average reduction in labor pain in the control group before and after the administration of breathing techniques with relaxation was 1,706 and a standard deviation of 0.985 ( $p = 0.000$ ).

**Conclusion:** There is an effect of Qur'an Murottal therapy on reducing labor pain during the active phase I at Nyi Ageng Serang Hospital in 2023.

**Keywords:** Murottal Al-Qur'an therapy, childbirth pain, relaxation breathing technique.