

# THE EFFECT OF SURAH AR-RAHMAN MUROTTAL THERAPY ON PREOPERATIVE ANXIETY OF *SECTIO CAESAREA* USING SPINAL ANESTHESIA IN BANDUNG CITY HOSPITAL

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## ABSTRACT

**Background:** Preoperative anxiety is a serious problem, because it has the potential to affect all aspects of anesthesia, such as preoperative visits, induction, perioperative and recovery periods. Therefore, preoperative anxiety must be treated immediately, one of which is nonpharmacology, namely distraction and relaxation therapy. One of the distractions that can be used is surah Ar-Rahman murottal therapy which can help immunity and endurance as a psychosocial resource when dealing with anxiety.

**Purpose:** Knowing the effect of murottal therapy surah Ar-Rahman on preoperative anxiety of *sectio caesarea* with spinal anesthesia.

**Method:** This study uses a quasi-experimental type with a pre-test and post-test design with a control group. The number of respondents is 84 people selected by using purposive sampling. The instrument uses a modification of the Amsterdam Preoperative Anxiety and Information Scale (APAIS) which has been tested for validity 0.91. Data analysis used Wilcoxon test and Mann Whitney test.

**Result:** Before being given surah Ar-Rahman murottal therapy, most of the respondents experienced moderate anxiety and after being given surah Ar-Rahman murottal therapy, some respondents experienced mild anxiety. The results of the Mann Whitney test have a p-value of 0.000, so the p-value is <0.05.

**Conclusion:** There is an effect of murottal therapy surah Ar-Rahman on preoperative anxiety of *sectio caesarea* with spinal anesthesia.

Keywords: **Anxiety, Murottal Surah Ar-Rahman, Pre Operation Sectio Caesarea, Spinal Anesthesia.**

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# PENGARUH TERAPI MUROTTAL SURAH AR-RAHMAN TERHADAP KECEMASAN PRE OPERASI *SECTIO CAESAREA* DENGAN SPINAL ANESTESI DI RSUD KOTA BANDUNG

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## ABSTRAK

**Latar Belakang:** Kecemasan pre operasi menjadi salah satu permasalahan yang cukup serius, karena memiliki potensi untuk mempengaruhi semua aspek anestesi seperti kunjungan pre operasi, induksi, perioperative, dan periode pemulihan. Oleh karena itu kecemasan pre operasi harus segera ditangani, salah satunya dengan nonfarmakologi yaitu terapi distraksi dan relaksasi. Distraksi yang dapat digunakan salah satunya adalah terapi murottal surah Ar-Rahman yang dapat membantu kekebalan daya tahan sebagai sumber psikososial Ketika berhadapan dengan kecemasan.

**Tujuan:** Mengetahui pengaruh terapi murottal surah Ar-Rahman terhadap kecemasan pre operasi *sectio caesarea* dengan spinal anestesi.

**Metode:** Penelitian ini menggunakan jenis *quasi eksperimental* dengan *desain pre test and post test with control group*. Jumlah responden 84 orang yang dipilih dengan menggunakan *purposive sampling*. Instrumen menggunakan modifikasi *Amsterdam Preoperative Anxiety and Information Scale (APAIS)* yang telah diuji validitas 0,91. Analisa data menggunakan uji *Wilcoxon* dan uji *Mann Whitney*.

**Hasil:** Sebelum diberikan terapi murottal surah Ar-Rahman sebagian besar responden mengalami kecemasan sedang dan setelah diberikan terapi murottal surah Ar-Rahman sebagian responden mengalami kecemasan ringan. Hasil uji *Mann Whitney* nilai *p-value* 0,000 maka nilai *p-value* < 0,05.

**Kesimpulan:** Ada pengaruh terapi murottal surah Ar-Rahman terhadap kecemasan pre operasi *sectio caesarea* dengan spinal anestesi.

**Kata Kunci:** Kecemasan, Murottal Surah Ar-Rahman, Pre Operasi *Sectio Caesarea*, Spinal Anestesi .

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