

MOTHER'S KNOWLEDGE OF THE USE OF MURROTAL AL QUR'AN THERAPY AS AN EFFORT TO IMPROVE THE QUALITY OF CHILDREN'S SLEEP

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ABSTRAK : PENGETAHUAN IBU TERHADAP PENGGUNAAN TERAPI MURROTAL AL QUR'AN SEBAGAI UPAYA MENINGKATKAN KUALITAS TIDUR ANAK

Latar Belakang : Penelitian mengenai gangguan tidur telah banyak dilakukandi Indonesia. Sekitar 44% anak-anak menderita masalah tidur. Namun, sebagian besar atau lebih dari 72% orang tua tidak percaya bahwa masalah tidur bayinya adalah sebuah masalah. Berdasarkan hasil survei gangguan tidur pada anak usia di bawah 3 tahun yang dilakukan di lima kota: Jakarta, Bandung, Medan, Palembang, dan Batam, 51,3% anak menderita gangguan tidur, dimana 42% diantaranya menderita gangguan tidur. Itulah yang saya temukan. Pasien tidur kurang dari 12 jam per hari, terbangun minimal 3 kali sehari, dan terbangun di malam hari lebih dari 1 jam. Untuk mengatasi gangguan tidur pada bayi dapat menggunakan cara farmakologi dan non farmakologi. Secara farmakologi melalui penggunaan obat-obatan, secara non farmakologi kita tidak mengkonsumsi obat-obatan, melainkan terapi musik yang merupakan salah satu terapi musik Al-Quran, pendekatan ini sangat mendalam.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengetahuan ibu terhadap penggunaan Murotar al-Quran dalam upaya meningkatkan kualitas tidur anak.

Metode: Penelitian ini merupakan penelitian non-eksperimental dengan desain penelitian deskriptif. Sampel penelitian ini adalah ibu-ibu yang mempunyai anak dibawah usia 5 tahun antara usia 1 sampai dengan 5 tahun.

Hasil: Hasil penelitian menunjukkan bahwa sebagian ibu mempunyai pengetahuan yang baik terhadap penggunaan Murotar Al Quran untuk meningkatkan kualitas tidur anak. Ibu yang berpengatahuan baik dalam penggunaan MurrotalAl Qu'an sebesar 78,4%.

Kesimpulan dan saran : Terapi Murottal Al-Quran menunjukkan bahwa terapi ini menurunkan hormon stres, mengaktifkan hormon alami *Endorphin*, memperbaiki sistem kimia tubuh dan mempengaruhi aktivitas gelombang otak, serta mengurangi rasa cemas. Diharapkan untuk ibu-ibu yang memiliki anak usia balita dapat menerapkan penggunaan Murottal Al Qur'an sebagai terapi non farmakologi dalam meningkatkan kualitas tidur.

Kata Kunci : Pengetahuan, Terapi Murrotal Al Quran, Kualitas Tidur

ABSTRACT

Background research on sleep disorders has been widely carried out in Indonesia. About 44% of children suffer from sleep problems. However, most or more than 72% of parents do not believe that their baby's sleep problems are a problem. Based on the results of a survey on sleep disorders in children under 3 years of age conducted in five cities: Jakarta, Bandung, Medan, Palembang and Batam, 51.3% of children suffered from sleep disorders, of which 42% suffered from sleep disorders. That's what I found. The patient sleeps less than 12 hours per day, wakes up at least 3 times a day, and wakes up more than 1 hour at night. To overcome sleep disorders in babies, you can use pharmacological and non-pharmacological methods. Pharmacologically through the use of drugs, non-pharmacologically we do not consume drugs, but music therapy which is one of the Al-Quran music therapies, this approach is very in-depth.

This study aims to determine mothers' knowledge about the use of Murotar al-Quran in an effort to improve children's sleep quality.

Research Method :This research is non-experimental research with a descriptive research design. The sample for this study was mothers who had children under the age of 5 between the ages of 1 and 5 years.

Result: The results of the study showed that some mothers had good knowledge about using Murotar Al Quran to improve the quality of their children's sleep. Mothers who have good knowledge in using Murrotal Al Qu'an is 78.4%.

Conclusions and Suggestions: Murottal Al-Quran therapy shows that this therapy reduces stress hormones, activates the natural hormone *Endorphin*, improves the body's chemical system and influences brain wave activity,

and reduces feelings of anxiety. It is hoped that mothers who have children under five can apply the use of Murootal Al Qur'an as a non-pharmacological therapy to improve sleep quality.

Keywords : Knowledge, Murrotal Al Quran Therapy, Sleep Quality

INTRODUCTION

Growth is a change that occurs in every human being, especially related to their physical appearance. (Fatmawati, 2023) The quality of a child can be determined through the growth and development process which is an interaction between genetic and environmental factors. Growth in physical size will be accompanied by an increase in the child's developmental abilities. (Soetjningsih, 2012) Genetic or hereditary factors are factors related to the father's and mother's genes, while environmental factors include the biological, physical, psychological and social environment. (Dewi, R.C., Oktiawati, A., & Saputri, 2015) Growth and development occurs rapidly in the early years, namely from the age of 0 months to the age of 5 years. This stage is also often referred to as the "Golden Age" stage. (Mansur, 2019) Golden Age is a stage where it is very important to pay close attention to children's growth and development so that abnormalities can be detected as early as possible. (Marmi, 2015) The growth process in children is influenced by various factors, including preconception, prenatal, natal and postnatal factors. One of the postnatal factors is hormonal disorders. (Selina et al., 2021) Hormonal disorders can be caused by sleep disorders which can interfere with the synthesis and function of growth hormone. This sleep activity is regulated and controlled by two systems in the brain stem, namely the Reticular Activating System (RAS) and the Bulbar Synchronizing Region (BSR). (Widhiyanti et al., 2017)

Sleep is part of the healing, recovery, and physiological process and alternates with long periods of wakefulness. Half of a child's sleep time is spent in active sleep or REM (Rapid Eye Movement) sleep. (Mubarak et al., 2015) Child experts show that active sleep is important for building children's brain circuits. In fact, a child's brain is more active when he is sleeping than when he is awake. (Blackmer, A. B., & Feinstein, 2016) Children need enough sleep to develop their muscles, arms and legs, and skeletal structure. It is important for children to get a good night's sleep in a comfortable bed. (Potter & Perry, 2005) After 3 months of age, babies begin to follow the sleep rhythm of adults. Babies aged 3-6 months tend to sleep up to 16 hours a day out of 24 hours. (Kate, 2007)

Sleep is a regular and repetitive state without realizing it, resulting in a reduced response to stimuli to obtain calm after tired activities. (Widhiyanti et al., 2017) Sleep quality can be described by looking at the length of time you sleep, sound sleep during sleep and feeling fresh when you wake up and sleep quality. Sleep quality disorders often occur in toddlers (Blackmer, A. B., & Feinstein, 2016). This problem has a negative impact on children's physical and cognitive development, especially as an indicator of their health development and thinking skills in adulthood. Good quality sleep ensures early brain development. (Yulifah et al, 2011) Sleep problems can interfere with the baby's growth, cause vulnerable immune function, and disrupt the regulation of the endocrine system. (Putra, 2011)

To overcome sleep disorders in babies, you can use pharmacological and non-pharmacological methods. Pharmacologically through the use of drugs, non-pharmacologically we do not consume drugs, but we can through baby massage therapy. (Ni Gusti Ayu Pramita Aswitami, 2019) Another way is music therapy, which is one of the very in-depth music therapies mentioned in the Koran. (Etik Dwi Wulandari, 2015) Music therapy is therapy that uses appropriate methods to harmonize melody, rhythm and sound. This therapy is felt by our hearing organs and transmitted to the middle part of the brain called the limbic system, which controls emotions. One form of music therapy is listening to Murottal Surah Al-Qur'an. (Cholil, 2014)

Habitual sleep patterns also play as important a role as total sleep time. Babies and children tend to sleep many times in a 24 hour period. (Noviana et al., 2020) However, as they grow into school age and adulthood, they tend to sleep longer, get less sunlight, and sleep all night. (Robotham, 2011) The level of development of normal sleep patterns is the amount of sleep needed at the age of 3-5 years, around 11-13 hours a day.

There are quite a lot of research results that have been conducted in Indonesia related to sleep disorders. Children who experience sleep problems are around 44%. However, almost or even more than 72% of parents do not consider sleep disturbances in babies as a problem. According to the results of research on sleep disorders under the age of three, which was conducted in five cities, namely Jakarta, Bandung, Medan, Palembang and Batam, data

showed that 51.3% of children experienced sleep disorders, 42% of them slept less than 12 hours a night, waking up at night more than three times a day and long awakenings at night for more than an hour. The prevalence of sleep disorders in children aged 2-4 years in Beijing, China is 23.5%. (Pediatrics, 2006)

One solution that can be done to help sleep quality is by providing Murrotal Al-Quran therapy. (Pratiwi et al., 2015) Al-Qur'an therapy through murottal is part of spiritual therapy which has a positive impact on the body with a fairly simple process, namely "Al-Qur'an verses" are heard for a certain duration according to needs. and desires that can influence the function of brain cells so that they produce endorphin hormones that trigger positive feelings. (Aprilini et al., 2019)

Murrotal Al-Quran therapy has a relaxing effect and can reduce anxiety and improve sleep quality in children aged 3 to 5 years due to physical and psychological factors that are common in young children. By providing Murrotal Al-Quran therapy, young children's needs for quality sleep will be met. After Murrotal Al-Quran therapy, the baby will feel relaxed and his anxiety will be reduced, so that the baby's need for quality sleep will be met. (Fatimah, F. S., & Noor, 2015)

Based on the description above and seeing that the prevalence of sleep disorders in children is still high, based on this description. So the researcher aims to determine mothers' knowledge about the use of murrotal Al-Qur'an as an effort to improve sleep quality in children.

RESEARCH METHODS

This research is a non-experimental research with a descriptive research design, and there is no special data analysis for data processing to determine the mother's knowledge of the use of murrotal Al-Qur'an as an effort to improve the quality of sleep in children. The instrument in this research used a questionnaire, to see the quality of toddlers' sleep. The variable in this research is the mother's level of knowledge regarding the use of murrotal Al-Qur'an as an effort to improve sleep quality in toddlers. The population in this study were mothers who had toddlers aged 1 to 5 years in Jempong Baru Village, Mataram City.

RESEARCH RESULTS

Table 1
Distribution of mothers' knowledge regarding the use of murrotal Al-Qur'an as an effort to improve sleep quality in children

Mother knowledge	(N)	(%)
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Good	87	78,4 %
Enough	15	13,5 %
Not Enough	9	8,1%

Based on the table above, most mothers have good knowledge, 78.4%, 13.5% have sufficient knowledge and 8.1% have insufficient knowledge.

DISCUSSIONS

The results of the research are that the majority of mothers have good knowledge of the use of murrotal Al-Qur'an as an effort to improve the quality of sleep in children. This is supported because today's mothers really understand how to use gadgets. Through gadgets, namely cell phones, using murrotal Al Qur'an is very easy to apply in everyday life, one of which is to listen to the holy verses of the Al Qur'an.

Murrotal is a type of music that can have a positive impact on listeners. (Al Atsary, 2017) Murrotal Al-Quran therapy is also a healing and relaxation therapy. This has been proven by various studies, and Murrotal is a genre of music that has a positive effect on listening, calming the mind and reducing stress in reflexive nervous tension. (Aprilini et al., 2019)

Murrotal Al-Qur'an therapy will carry sound waves and encourage the brain to produce chemicals called neuropeptides when it is listened to. These molecules will affect the receptors in the body so that the body feels comfortable and relaxed. This will cause the pulse and heart rate to decrease. (AlKaheel, 2012) Sleep has an impact on psychological development. emotion, cognition, consolidation of experience and intelligence. Therefore, children need sleep according to their age to attract the attention of the family so that the child can achieve optimal growth and development in the future.

The results of other similar research were carried out by Citra (Citra et al., 2020), namely regarding the effect of Al-Quran murrotal therapy on the sleep quality of toddlers in Meteseh Village, Semarang City. The research results showed that there was a significant influence on the sleep quality of toddlers after murrotal therapy was carried out. Al-Quran, with research results p value of 0.000. Other research shows that there is an influence of murrotal Al-Quran on the sleep quality of toddlers 1-2 years old. (Ani Laila, 2022) So that the implementation of murrotal Al-Quran therapy which is carried out has a real impact on toddlers in meeting their sleep needs. (Saputra L, 2013)

Sleep quality refers to the specific quality or physiological state achieved during sleep, which has

a restorative effect on the body processes that occur during wakefulness. If your sleep quality is poor, it means there is a problem with your physiology or body function. For example, when you wake up, your brain cells will return to normal. (Saputra L, 2013)

There are three elements to know that a child is getting enough sleep, including the duration of sleep, continuity, which means sleeping continuously without waking up due to sleep disturbances, and finally, sleep quality, namely sleeping soundly and when you wake up, the body is fresher. (Suseno et al., 2020) Researchers at Carnegie Mellon University and the University of Pennsylvania have found that the amount and quality of a child's sleep can be influenced by their circumstances. Children who get enough sleep are characterized by falling asleep easily at night, not having difficulty waking up, and not needing more sleep than is necessary for their development. (Citra et al., 2020)

Various studies regarding the benefits of Murottal Al-Quran therapy show that this therapy reduces stress hormones, activates the natural hormone Endorphin, improves the body's chemical system and influences brain wave activity, and reduces feelings of anxiety. immunity. (Suwanto, Basri, A. H., & Umalekhoa, 2016)

This endorphin hormone reacts as morphine, which can provide a feeling of calm, comfort and relaxation. (Haruyama S, 2011) This strength increases as the patient's physiological response decreases before surgery, as evidenced by a decrease in pulse rate, blood pressure and breathing. (Pratiwi L., 2015)

Experts say sleep has a positive effect on your little one's development. This activity is a way for the child's brain to grow and develop further, so that he or she is intelligent, sensible and has a clear mind. Growth hormone repairs and renews all cells in the body, from skin cells, blood cells to brain nerve cells. This cell renewal process takes place when your little one is asleep from the time he wakes up.

CONCLUSION

Berdasarkan hasil penelitian bahwa pengetahuan ibu dalam penggunaan murottal Al-qur'an sebagai upaya meningkatkan kualitas tidur pada anak sebagian besar adalah kategori baik 78,4%, kategori cukup 13,5% dan kategori kurang 8,1%.

SUGGESTION

It is hoped that mothers who have children under five can apply the use of Murottal Al Qur'an as a non-pharmacological therapy to improve sleep quality.

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