

EFFECT OF USE OF AROMATHERAPY AND MUROTAL THERAPY  
IN MOTHER'S PARTING WITH ANXIETY

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**ABSTRAK: PENGARUH PENGGUNAAN AROMATERAPI DAN TERAPI MUROTAL PADA IBU BERSALIN DENGAN KECEMASAN**

Latar Belakang: Kecemasan adalah perasaan takut yang tidak jelas dan tidak didukung oleh situasi. Individu yang merasa cemas akan merasa tidak nyaman atau takut, namun tidak mengetahui alasan kondisi tersebut terjadi. Kecemasan tidak memiliki stimulus yang jelas yang dapat diidentifikasi. Terapi murottal dapat mempercepat penyembuhan dan mengurangi kecemasan, mendengarkan ayat suci Al-Quran memiliki pengaruh yang signifikan dalam menurunkan ketegangan urat saraf reflektif. aroma yang di rekomendasikan dalam memediasi kecemasan adalah aromatherapy berbasis minyak esensial lemon (Citrus limon)

Tujuan: Mengetahui Faktor Yang Mempengaruhi Efektivitas Terapi Murottal Terhadap Tingkat Kecemasan Ibu Bersalin

Metode: Jenis penelitian ini menggunakan jenis penelitian kualitatif, dengan pendekatan coss sectional. Sampel dalam penelitian ini adalah ibu bersalin kala I berjumlah 30 orang. Penelitian ini menggunakan anaisis data chi square

Hasil: Berdasarkan distribusi frekuensi pengaruh penggunaan aromaterapi dan terapi murrotal pada ibu bersalin dengan kecemasan menunjukkan bahwa terdapat pengaruh penggunaan aromaterapi dan terapi murrotal terhadap ibu melahirkan dengan kecemasan

Kesimpulan: Berdasarkan hasil penelitian, factor yang mempengaruhi terapi *murottal* terhadap tingkat kecemasan ibu menjelang persalinan mempunyai efektifitas.

Saran: Terapi Murottal mempunyai efektifitas yang baik, harapannya terapi ini dapat meringankan dan menjadi solusi kecemasan yang dialami ibu baik pada masa kehamilan, persalinan, maupun nifas.

Kata Kunci: Kecemasan, Murottal Al-qur'an, Aromateraphi

**ABSTRACT**

Background: Anxiety is a feeling of fear that is unclear and not supported by the situation. Individuals who feel anxious will feel uncomfortable or afraid, but do not know the reason why this condition occurs. Anxiety has no clear, identifiable stimulus. Murottal therapy can speed up healing and reduce anxiety, listening to the holy verses of the Al-qur'an has a significant influence in reducing tension in the reflective nerves. The recommended aroma for mediating anxiety is aromatherapy based on lemon essential oil (Citrus limon)

Objective: To determine the effectiveness of Murottal therapy on the level of anxiety of women giving birth

Method: This type of research uses qualitative research, with a cross-sectional approach. The sample in this study was 30 mothers in the first stage of labor. This research uses chi square data analysis

Results: Based on the frequency distribution of the influence of the use of aromatherapy and murrotal therapy on mothers giving birth with anxiety, it shows that there is an influence of the use of aromatherapy and murrotal therapy on mothers giving birth with anxiety. Conclusion: Based on the research results, murottal therapy on maternal anxiety levels before giving birth is effective.

Suggestion: Murottal therapy has good effectiveness, it is hoped that this therapy can relieve and be a solution to the anxiety experienced by mothers during pregnancy, childbirth and postpartum.

Keywords: Anxiety, Murottal Al-Qur'an, Aromateraphy

**INTRODUCTION**

The success of the efforts made for maternal health can be seen, among other things, from the

indicator of the Maternal Mortality Rate (MMR). MMR is the number of maternal deaths during pregnancy, labor and delivery caused by pregnancy, childbirth

and postpartum or its treatment but not due to other causes such as accidents or falls per 100,000 live births. The results of the 2017 Indonesian Demographic and Health Survey show that the Maternal Mortality Rate in Indonesia is still quite high, namely 305 per 100,000 live births. (Kementerian Kesehatan RI 2018)

Based on data in the 2020 West Nusa Tenggara Province Health Profile, the main causes of maternal death in West Nusa Tenggara Province are bleeding (38 cases) and hypertension in pregnancy (31 cases) (Profil kesehatan NTB n.d.)

The results of the analysis show that listening to the murottal reading of the Qur'an via audio is an alternative that can calm and remind oneself, especially the special meaning of surah Ar-Rahman, namely the substance that gives blessings, Allah's blessings are without limits, one of which is the blessing of health so that From the results of this research, H1 was accepted which means "Audio Murottal Al-Qur'an Surah Ar-Rahman has an effect on the anxiety level of pre-operative patients in the Gili Trawangan Inpatient Room, NTB Provincial Hospital" (Nikmah, Ilham, and Supriatna 2022)

Anxiety is an emotional response to an assessment made on an individual which has a subjective nature, the anxiety felt by the patient is caused by various factors. Spiritual support is really needed in handling anxiety for each person or client according to their needs. Spiritual support has an influence in minimizing the occurrence of anxiety. According to research results, the influence of spiritual support is also able to reduce anxiety. (Wulandari and Rahmawati 2022)

Anxiety is a person's mental condition which is full of worry and fear about what may or may not happen. This condition is one of the maternal psychological disorders that occurs, including in pregnant women who are at high risk. Pregnant women will feel increasingly worried about their health and condition, mothers will feel afraid that the baby will be born at any time not in normal conditions and something will happen to the baby, they have also experienced a history of miscarriage so they will continue to experience feelings of fear of losing the baby and something happening to the pregnancy. (Nur Wasillah Ardilah, Widanarti Setyaningsih, and Sari Narulita 2019)

Apart from having an impact on the birthing process, anxiety in pregnant women can also affect the child's growth and development. Anxiety that occurs, especially in the third trimester, can result in decreased birth weight and increased HHA (Hypothalamic-Pituitary-Adrenal) activity which causes changes in steroid hormone production,

impaired social behavior and fertility rates in adulthood. In addition, anxiety during pregnancy is related to emotional problems, hyperactivity disorders, decentralization and impaired cognitive development in children (Shahhosseini et al. 2015)

In Indonesia, there are 107,000 (28.7%) pregnant women who experience anxiety when dealing with pregnancy. Anxiety in pregnant women can arise, especially in the third trimester of pregnancy until the time of delivery, during this period pregnant women feel anxious about various things such as whether the baby is born normally or not, the pain that will be felt, and so on (Usman, Kundre, and Onibala 2016)

Anxiety will have a negative impact on pregnant women from the time of pregnancy onwards childbirth, such as an anxious fetus that inhibits its growth, weakens uterine muscle contractions, etc. This impact can harm the mother and fetus. (Novitasari 2013)

Terapi murottal Al-quran dapat menurunkan kecemasan pada pasien pra operasi. Mendengarkan bacaan murottal Al-Qur'an melalui audio merupakan salah satu alternatif yang dapat menjadi penenang dan pengingat diri dalam menurunkan tingkat kecemasan. (Asrul 2023)

Almost all low risk pregnancies experienced mild levels of anxiety (88.9%), almost all high risk pregnancies (86.7%) experienced moderate levels of anxiety, while almost all very high risk pregnancies (66.7%) experienced severe levels of anxiety. The higher the pregnancy risk factors for pregnant women, the higher the mother's anxiety level. Research shows that the majority of pregnant women experience moderate anxiety due to the relationship between age, parity and traumatic experiences with the mother's anxiety level. It is normal for multigravida mothers to experience anxiety, where anxiety is anxiety about the image of the pain they suffered during childbirth. Especially for mothers who have experienced high-risk pregnancies, their anxiety levels will definitely increase. Where this pregnancy has a high risk both during pregnancy and during the birth process. There are also mothers who have experienced traumatic experiences and traumatic experiences have been proven to influence pregnant women's anxiety when facing childbirth (Saputri and Yudianti 2020)

According to research conducted by Melda Agustin, 2023, results found that there was an influence on postpartum mothers' anxiety levels before and after giving lemon aromatherapy (citrus limon). (Rahayu 2023)

Researchers found that Al-Quran murottal therapy can reduce anxiety in pre-operative patients,

this is in line with the theory which states that physically reading the Koran contains elements of the human voice, and the human voice is an extraordinary healing tool. Sound helps reduce stress hormones, activates natural endorphins, and creates a feeling of relaxation. It improves, focuses attention away from anxiety and tension, improves the body's chemical system to lower blood pressure, slows breathing, heart rate, pulse and brain wave activity. This deeper or slower breathing rate is great for calming the mind, controlling emotions, thinking deeper, and increasing metabolism. (Anggraini and Kanora 2019)

Murottal therapy, based on the results of several studies, including this study, has effective results in reducing anxiety levels in the third trimester of pregnancy for pregnant women. Third trimester pregnant women are advised to health service institutions to provide alternative therapy such as murottal therapy to help reduce the anxiety faced by pregnant and giving birth women. (Deswita 2013)

The results of the research carried out showed the effect of giving Murottal Al-Qur'an therapy to pre-operative Sectio Caesaria patients in reducing anxiety levels as evidenced by the results of statistical tests. The influence of the research results is proof that the anxiety experienced can be a solution and treatment for dealing with anxiety (Sulaiman and Amrullah 2019)

Social support and religiosity show significant results that influence the anxiety of people who live alone during the Covid-19 pandemic. Social support and religiosity can overcome anxiety in facing a pandemic. The results of this research make everyone able to survive and feel better and able to overcome the anxiety they experience. (Karim and Yoenanto 2021)

Murottal Al-Qur'an therapy can be recommended as an alternative therapy for students in overcoming anxiety in facing laboratory skills exams. This practice is considered effective in reducing and treating anxiety in preparation for carrying out laboratory skills exams in the world of education. (Rusdi, Hasneli, and Wahyuni 2020)

Murottal Al-Qur'an therapy has been proven to be effective in reducing anxiety in patients who experience anxiety. This can be seen from the client's condition where after being given Al-Qur'an murottal therapy the client appears calmer. Al-Qur'an murottal therapy can be used as a complementary therapy, to further improve the quality of services provided to patients who experience anxiety by providing therapy. murottal Al-Qur'an. (Sisy Rizkia Putri 2020)

The results showed that apart from psychotherapy, Islamic psychotherapy has also

begun to be used to reduce individual anxiety levels. Listening to Murottal Al-Qur'an is believed to be able to penetrate into the conscious mind and make feelings calmer. (Nugraha 2020)

Listening to the reading of the Al-Qur'an is a type of religious therapy, and one Distraction techniques used to overcome anxiety. Murottal al-Qur'an is musical instrument section. harmonization in the beautiful murottal of the Al-Qur'an will enter the ears and responded to by the right and left sides of the brain which will have an impact in the form of comfort and changes in taste are expected by listening to the reading of the Al-Qur'an causes a relaxation response in those who read it and those who listen to it. It can be concluded that Murottal Al-Qur'an therapy can be effectively applied to patients. (Putra, Dewy, and Junaidi 2021)

Anxiety - anxiety experienced by humans, especially pregnant women and mothers approaching childbirth, can actually find a solution to reduce the level of anxiety, this can be through therapeutic media, whether humor therapy, prayer therapy and also dzikir therapy. With this therapy, pregnant women can minimize and manage anxiety. (Rahman 2020)

Application of murottal therapy to preoperative patients to reduce anxiety. The results obtained were a decrease in anxiety levels. Implementation conclusion, Murottal therapy for preoperative patients can reduce anxiety levels, from moderate anxiety to mild anxiety to no anxiety. Murottal therapy for pre-operative Muslim patients uses verses from the Koran, namely Al-Fatihah, Ar-Rahman, Al-Ikhlas, Al-Falaq, and An-Naas, read by Muzammil Hasballah using an MP3 player and earphones. (Hapsari, Widyastuti, and Wardani 2019)

One effort to reduce the anxiety level of students who are writing their thesis is listening to Murottal Al-Quran.

To find out the effect of listening to Al-Quran murottals on the level of anxiety in writing a thesis in final year students. There is a significant effect of listening to the influence of complementary therapy by listening to murottal Al-Quran on anxiety levels in final year students who are writing their theses during the Covid-19 pandemic situation. (Karimah and Maulana 2023)

## RESEARCH METHODS

Method, Time and Place The type of research design used is quantitative research. This research uses a cross sectional approach, so this research will use a sample of 30

person. Power collection is carried out using an observation sheet. listening to murottal Al-Qur'an

and given aromatherapy in the intervention and control groups

The research was carried out in December-February 2024 at the Ampenan Mataram Community Health Center.

The subjects of this research were 30 mothers during the first stage of labor in the latent phase

The instrument used in this research was the recording of Ar-Rahman verses 1-10 to the mother before giving birth in the latent phase.

Data collection techniques, types and methods of data collection. This was done by listening to the Ar-Rahman letter verses 1-10 to

mothers before giving birth. 17 mothers in the intervention group and 13 were not given murrotal therapy. Likewise, lemon oil diffuser aromatherapy was given to the intervention group and the control group for 30 minutes

## RESEARCH RESULTS

Based on table 1, it shows that 14 people (46.6%) were in the control group who used aroma therapy and murrotal therapy, while 16 people (53.4%) were in the control group. The results of this study showed that more intervention groups were given both therapies.

**Tabel 1**

**Distribution of frequency of use of aromatherapy and murrotal therapy among mothers giving birth**

The use of aromatherapy and murrotal therapy in pregnant women	F (Frekuensi)	%
Not Given	14	46,6
Given	16	53,4

**Tabel 2**

**Distribution of frequency of Anxiety in Maternity Mothers**

Anxiety in Maternity Mothers	F (Frekuensi)	%
Heavy	0	0
Medium	6	20
Slight	11	36,7
Not Anxious	13	43,3

Based on table 2, it shows that 6 pregnant mothers were moderately anxious (20%), 11 people were mildly anxious (36.7%), and 13 mothers were not anxious (43.4%). These results show that the lowest number of mothers who experience moderate anxiety is 6, namely 20% during childbirth

**Table 3**

**Effect of using aromatherapy and murrotal therapy on women giving birth with anxiety**

The use of aromatherapy and murrotal therapy in pregnant women	Anxiety in Maternity Mothers						Total	p value
	Medium		Slight		Not Anxious			
	N	%	N	%	N	%		
Not Given	4	30,5	6	46,2	3	21,3	100	0,043
Given	2	11,8	5	29,4	10	58,8	100	

Based on table 3, it shows that the presentation of mothers in labor who experienced moderate anxiety and did not use aroma therapy and murrotal therapy was higher compared to the intervention group of mothers who experienced moderate anxiety and used aroma therapy and murrotal therapy. This result is in accordance with the chi square test at  $\alpha = 0.05$ , obtained p value = 0.043 so hypothesis 0 is rejected. From these results it can be concluded that there is an influence of the use of aromatherapy and murrotal therapy on women giving birth with anxiety at the Ampenan Community Health Center, Mataram District, West Nusa Tenggara.

## DISCUSSION

The results and discussion show that Islamic Psychotherapy is considered capable of being used as a very effective therapy for mental disorders in a client. The aim of psychotherapy itself is to improve the quality of human life both physically and psychologically, so that it can reduce high levels of anxiety to have a feeling of calm with the presence of God as the provider of healing. The therapy carried out is divided into several types of therapy, including worship-based therapy and moral-based therapy. Worship-based therapy includes dzikir, prayer, reading/understanding the Al-Qur'an, prayer,

fasting, zakat, and haji. Moral-based therapy is sincerity, pleasure, gratitude, qanaah, patience, forgiveness, husnuzon, tawakal, muhasabah, and contemplation. (Sumarni 2020)

Giving Lavender Aromatherapy to when Mrs "N" came with an opening of 4 cm with an initial pain score of 8 (severe pain), after given lavender aromatherapy during the labor process, the results were obtained pain score measurement with an average of 5 (mild pain), there was a decrease in the average pain measured by the NRS scale. Giving lavender aromatherapy to Mrs "N" was useful in reducing the feeling pain in the first stage of labor (Ria gustirini, Lilis Susanti, and Rezah Andriani 2023)

The results of the research show that systematic desensitization therapy with dhikr relaxation can reduce physical and psychological symptoms of anxiety resulting in a change in the subject's level of phobia, from severe phobia to moderate phobia and mild phobia. (Fitriani and Supradewi 2019)

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There is a significant effect of this treatment to reduce the level of anxiety in patients before surgery. Based on research results, it is recommended to use this type of treatment in an effort to reduce preoperative patient anxiety. Looking at the effects, we can conclude that it can reduce and be a solution in reducing anxiety in patients. (Hariyanto 2018)

Application of murottal therapy to preoperative patients to reduce anxiety, The results obtained were a decrease in anxiety levels. Implementation conclusion. Murottal therapy for preoperative patients can reduce anxiety levels, from moderate anxiety to mild anxiety to no anxiety. (Hapsari, Widyastuti, and Wardani 2019)

Research before the Q.s Ar-Rahman murottal therapy was carried out showed that 28 respondents (50.0%) were seriously anxious. There were 28 people (50.0%) who were very anxious and the results of the research after intervention or treatment using Q.s Ar-Rahman murottal audio therapy were 16 people (28.6%) who were moderately anxious. 35 people (62.5%) were seriously worried. Meanwhile, there were 5 people (8.9%) with very severe anxiety. It can be concluded that there is a difference in the anxiety of respondents before and after being given Q.s Ar-Rahman audio therapy. (Abdul and Yogik 2018)

Murottal therapy has an effect on reducing the pain scale in respondents. In this way, non-

pharmacological therapy such as murottal therapy can be applied because it has been proven to be able to reduce the pain that arises after the analgesic effect decreases and provides facilities and facilities that support the implementation of this therapy (Rantiyana, Florencia, and Suratun 2018)

This research is to find out Is there an effect of providing murottal Al-Qur'an therapy on the level Anxiety of hemodialysis patients at home. The study population was all patients undergoing hemodialysis at home numbering 43, and research sample as many as 30 respondents, research using the Hamilton Rating Scale for Anxiety (HRS-A). Analysis of result data. The research used the Independent t-test and Paired t-test. Conclusion. In this research, there is an influence of providing murottal Al-Qur'an therapy on the anxiety level of hemodialysis patients in hospitals. (Zahrofi 2018)

Abortion often occurs in pregnant women and brings many psychological changes, one of which is stress. In an effort to reduce stress levels in abortion patients, research was carried out by listening to murottal Al-Qur'an surah Ar-Rahman for 30 minutes. This research aims to determine the effect of murottal Al-Quran on stress levels in abortion patients. There is an influence of Al-Qur'an murottal therapy on stress levels in abortion patients. This means that providing murottal Al-Qur'an therapy is effective in reducing stress levels especially in abortion patients. (Hariyanto 2018)

Application of murottal therapy to preoperative patients to reduce anxiety. The results obtained were a decrease in anxiety levels. Implementation conclusion, Murottal therapy for preoperative patients can reduce anxiety levels, from moderate anxiety to mild anxiety to no anxiety. Murottal therapy for pre-operative Muslim patients uses verses from the Koran, namely Al-Fatihah, Ar-Rahman, Al-Ikhlâs, Al-Falaq, and An-Naas, read by Muzammil Hasballah using an MP3 player and earphones. (Hapsari, Widyastuti, and Wardani 2019)

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We found a significant post-intervention improvement in reducing anxiety for participants who received murottal Al-Qur'an therapy compared to all control groups. These results indicate that murottal Al-Qur'an therapy can be used as an alternative treatment to reduce anxiety of patients who

experience anxiety disorders and nurses are expected to participate in this treatment training (Suryana 2013)

## CONCLUSION

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## SUGESTIONS

The use of aromatherapy and murrota Al-Qur'an therapy in patients with anxiety has an effect in reducing and overcoming anxiety. It is hoped that there will be further research to perfect and continue the usefulness of the results of this research in overcoming the problem of anxiety in birthing mothers..

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