

The Effect Of Murottal Therapy Of Al- Qur'an Surah Ar-Rahman On Anxiety Levels In Intra-Operative Patients Undergoing Spinal Anesthesia At Pku Muhammadiyah Yogyakarta Hospital

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Abstract

Preoperative anxiety is a common condition among patients undergoing surgery, especially with spinal anesthesia. If not managed properly, it can increase sympathetic nervous system activity, negatively impacting the patient's physiological condition and the safety of medical procedures. Various studies have shown that murottal therapy of the Qur'an, specifically Surah Ar- Rahman, has a calming effect that can reduce patient anxiety through physiological and psychological mechanisms, such as lowering blood pressure, respiratory rate, and enhancing mental tranquility.

Purpose: This study aims to determine the effect of murottal therapy of Al-Qur'an Surah ArRahman on anxiety levels in intra-operative patients undergoing spinal anesthesia.

Method: The research employed a pre- experimental approach with a one-group pre-test and post-test design. A total of 30 respondents were selected through quota sampling based on inclusion criteria for patients undergoing spinal anesthesia. Anxiety levels were measured using the Anxiety Analog Scale (AAS) before and after the intervention. The Shapiro-Wilk normality test indicated a non-normal data distribution ($p = 0.000 < 0.05$), thus analysis was conducted using the Wilcoxon test..

Results: The results revealed that before therapy, the majority of patients experienced moderate to severe anxiety; however, after murottal therapy, most patients showed a significant reduction in anxiety levels. After the intervention, 66.7% of patients fell into the non-anxious category, whereas none were in this category before the intervention. The Wilcoxon test indicated a significant difference with a p-value of $0.000 < 0.05$..

Keywords: Murottal Therapy, Anxiety Levels.

1. Introduction

Anxiety is a condition of feeling uncertain and helpless that everyone experiences in the course of their lives (Faridah, 2015). One of the factors that affect anxiety is the decrease in physiological capacity due to surgery that will be undergone (Jaya, 2015). Anxiety that is not managed properly will cause changes in physical and psychological conditions that have an impact on increasing sympathetic nerve work. This condition causes an increase in heart rate, breathing frequency, blood pressure, cold sweat, heartburn, urinary disorders and generally reduces

energy levels in patients to the detriment of the patients themselves (Savitri et. al, 2016). This is very dangerous for patient safety because it is the cause of canceled or postponed operations, even the threat of disability and death (Nugroho & Prayogi, 2020).

Research shows that preoperative anxiety is a problem that needs to be managed well. A study conducted by Waty (2015) in the preparation room of the Central Surgical Installation of Friendship Hospital showed varying levels of anxiety of patients before surgery, which affected their response to medical procedures. In the context of regulations, the Law of the Republic of Indonesia No. 17 of 2023 on Health emphasizes

that every individual has the right to obtain safe and quality health services (Law of the Republic of Indonesia, 2023). In line with this regulation, PKU Muhammadiyah Yogyakarta Hospital established anesthesia and surgery service policies to improve service quality based on accreditation standards and Islamic Shari'ah principles (Director's Regulation, 2022). One method used to overcome patient anxiety is Qur'an murottal therapy.

Anxiety is a problem that often occurs among patients undergoing surgical procedures, especially those requiring Spinal Anesthesia. Research conducted by Fir-man (2021) on intraoperative patients with Sub Arachnoid Block before music therapy, out of 46 respondents, 24 people (52.2%) experienced moderate anxiety, as many as 10 people (21.7%) experienced mild anxiety, severe anxiety 9 people (19.6%), panic 3 people (6.5%) and no anxiety (0%). This anxiety can cause physiological symptoms such as increased heart rate, blood pressure, and sweating, which can have a negative impact on surgical outcomes and patient safety. The results of research by Islamiyah (2024) on preoperative patients after Ar- Rahman murottal therapy from 30 respondents who were given Ar-Rahman murottal therapy there were 17 people (56.7%) had mild anxiety and 13 (43.3%) had moderate anxiety. This shows that giving Ar-Rahman murottal therapy is very effective in patients who experience anxiety. The Qur'an has a beautiful chant that makes the body relax, lowers stress hormones, distracts from feelings of fear, anxiety, tension closer to God, and improves the body's chemical system so that it lowers blood pressure, slows breathing, heart rate and brain wave activation.

Surah Ar-Rahman has been known to have a calming impact and spiritual significance. The surah consists of 78 verses and is often referred to as "the beauty of the Qur'an" due to its lyrical quality and deep themes of grace and gratitude (Faridah, 2020). Research shows that the calming properties of Surah Ar-Rahman can have a positive impact on sobriety. For example, a study found that listening to Surah Ar-Rahman improved sleep quality among university students by reducing psychological stress (Permana, 2017). Recent research has consistently demonstrated the effectiveness of murottal therapy in reducing anxiety levels across various patient populations. For example, a study evaluating

the effectiveness of murottal therapy in reducing preoperative anxiety in patients with Spinal

preoperative anxiety in patients under spinal anesthesia found significant improvements. Before therapy, 60% of participants showed severe anxiety, while post-therapy results showed that 90% reported moderate anxiety, 6.7% severe anxiety, and 3.3% mild anxiety (Faridah, 2020). In addition, a literature review of 12 articles from 2015 to 2021 confirmed that Qur'anic Murottal therapy has a positive effect on reducing anxiety levels in preoperative patients (Faridah, 2020). This review highlighted that all interventions reported a significant positive impact in reducing anxiety.

Based on preliminary studies conducted at PKU Muhammadiyah Yogya-Karta Hospital, the number of patients undergoing anesthesia and surgery with spinal anesthesia has increased significantly (Medical Records, 2024). In October there were 189 patients undergoing general anesthesia, 83 patients with spinal anesthesia, and 91 patients with local anesthesia. While in November the number of patients undergoing spinal anesthesia increased to 122 people. Seeing this data, researchers are interested in conducting research related to the impact of Al-Qur'an murottal therapy on the anxiety level of intraoperative patients with spinal anesthesia at PKU Muhammadiyah Yogyakarta Hospital.

2. Methods

This research is a pre-experimental study with a one group pre-test and post-test design, where observations are made before and after treatment. Observation before the experiment is called pre-test and after the experiment is called posttest. The difference between the pre-test and post-test values is assumed to be the impact of the treatment given (Nursalam, 2013).

The independent variable in this study is the murottal therapy of Al-Qur'an Surah Ar- Rahman, while the dependent variable is the anxiety level of intraoperative patients undergoing spinal anesthesia.

The confounding variables that can affect the results of the study include ignorance, fear of death, type of anesthesia, and possible complications. Patients' anxiety levels were measured using the Anxiety Analog Scale (AAS), a measurement tool developed from the Hamilton Rating Scale for Anxiety (HRSA) by the Jakarta Biological Psychiatry Group (KPBj). The validity of the AAS has been tested by Yul Iskandar in Nursalam (2013) with sufficient correlation to the HRS-A ($r = 0.57-0.84$). In addition, the AAS was also used in Sulidah's (2024) research with a Cronbach's Alpha result of 0.794, indicating that this measuring instrument has a good level of reliability in measuring anxiety.

The population in this study consisted of 205 patients who underwent surgery and surgery with spinal anesthesia during the period October to November. The study sample was set at 30 respondents using the quota sampling technique, which is a method of selecting samples based on certain quotas without considering

certain characteristics of the population, as long as the predetermined number is met (Notoadmojo, 2018). Data collection was carried out through observation using the AAS instrument before and after the patient received murottal therapy Surah Ar-Rahman. This study was conducted at PKU Muhammadiyah Yogyakarta Hospital from April 5 to May 14, 2025, taking into account the characteristics of respondents such as age, gender, diagnosis, and education level.

The research process consisted of several stages, starting from the preparation of proposals, ethical clearance and research permits, data collection in the operating room, data processing, to statistical analysis. The normality test using the Shapiro-Wilk method showed that the data was not normally distributed ($p=0.000 < 0.05$), so the analysis continued with the Wilcoxon signed-rank test to measure differences in anxiety levels before and after treatment.

The data processing stage includes editing, coding, processing, cleaning, and tabulating activities before being analyzed. This study has obtained Ethical Clearance permission from the Ethics Committee of PKU Muhammadiyah Hospital with number 000111/KT.7.4/111/2025, and was conducted in accordance with the rules of scientific research. The results of the study were processed for the preparation of reports and manuscripts that will be submitted to the Faculty of Health Sciences, University of 'Aisyiyah Yogyakarta.

3. Results

3.1. Characteristics of Respondents

Respondents in this study were intraoperative patients with Spinal Anesthesia at PKU Muhammadiyah Hospital Yogyakarta. The following is a description of the characteristics of the study including age, gender, diagnosis and education of the respondents.

Tabel 1. Frequency distribution of respondent characteristics

No	Respondent Characteristics	Frequency (f)	Percentage (%)
1	Age (Years)		
	10-18	1	3.3%
	19-59	24	80%
	60 and above	5	16.7%
	Total	30	100%
2	Gender		
	Male	20	66.7%
	Female	10	33.3%
	Total	30	100%
3	Diagnosis		
	Digestive System	2	6.7%
	Reproductive System	1	3.3%
	Inteugement System	5	16.7%

	Musculoskeletal System	10	33.3%
	Urinary System	12	40%
	Total Education	30	100%
4	ELEMENTARY SCHOOL	5	16.7%
	JUNIOR HIGH SCHOOL	3	10%
	SENIOR HIGH SCHOOL	12	40%
	DIPLOMA	1	3.3%
	GRADUATE	9	30%
	Total	30	100%

Based on table 4.1, it can be seen that the majority of respondents who underwent surgery with Spinal Anesthesia were aged 19 - 49 years with a total of 24 people (80%) respondents, and the least was 10 - 18 years with a total of 1 person (3.3%) respondents. Most of the respondents were male, namely 20 people (66.7%), while 10 people (33%) were female. When viewed from the frequency distribution picture based on the disease system suffered by respondents, for the diagnosis of the urinary system is the most, totaling 12

people (40%) respondents, then the musculoskeletal system totaling 10 people (33.3%) respondents and the least reproductive system totaling 1 person (3.3%) respondents. Based on the level of education, it can be seen that most respondents have a high school education, totaling 12 people (40%) respondents and 9 people (30%) have a bachelor's degree.

3.2. Anxiety Level of Intraoperative Patients with Spinal Anesthesia before being given Murottal Al-Qur'an Surah Ar-Rahman therapy

An overview of the anxiety level of 30 respondents at the time of Intra Operative with Spinal Anesthesia before and after being given murottal therapy is shown in the following table:

Tabel 2. Anxiety Level of Intraoperative Patients with Spinal Anesthesia before being given murottal therapy Al-Qur'an Surah Ar-Rahman at PKU

Anxiety Level	Frequency (f)	Percentage (%)
Muhammadiyah Yogyakarta Hospital		
Not Anxious	0	0%
Mild anxiety	3	10%
Moderate Anxiety	11	36.7%
Severe Anxiety	9	30%
Panic	7	23.3%

Source:
Primary Data 2025

Table 2. Shows that most of the intraoperative patients with Spinal Anesthesia before being given murottal Al-Qur'an surah Ar-Rahman therapy were mostly with moderate anxiety levels as many as 11 people (36.7%) and who experienced severe anxiety levels as many as 9 people (30%) respondents and panic as many as 7 people (23%) respondents.

3.3. Anxiety Level of Intraoperative Patients with Spinal Anesthesia after being given Murottal Al-Qur'an Surah Ar-Rahman therapy

An overview of the anxiety level of 30 respondents at the time of Intra Operative with Spinal Anesthesia before and after being given murottal therapy is shown in the following table:

Tabel 3. Anxiety Level of Intraoperative Patients with Spinal Anesthesia after being given murottal therapy Al-Qur'an Surah Ar-Rahman at PKU

Muhammadiyah Yogyakarta Hospital		
Anxiety Level	Frequency (f)	Percentage (%)
Not Anxious	20	66.7%
Mild anxiety	9	30%
Moderate Anxiety	1	3.37%
Severe Anxiety	0	0%
Panic	0	0%

Source:
Primary Data 2025

Shows that most of the intraoperative patients with Spinal Anesthesia after being given murottal therapy Al-Qur'an surah Ar-Rahman most did not experience anxiety, namely 20 people (66.7%) respondents, then mild

anxiety as many as 9 people (30%) respondents, moderate anxiety as many as 1 person (3.3%) respondents and no one experienced severe anxiety to panic during surgery.

3.4. Effect of Al-Qur'an Murrotal Therapy Surah Ar-Rahman on Anxiety

Levels of Intraoperative Patients with Spinal Anesthesia

Based on the results of research using the Wilcoxon test, the differences in anxiety levels before and after being given murottal therapy Al-Qur'an Surah ArRahman are as follows:

Tabel 4. Differences in Anxiety Levels of Intraoperative Patients With Spinal Anesthesia Before and After Given Qur'anic Murottal Therapy Surah Ar-Rahman at

PKU Muhammadiyah Yogyakarta Hospital								
Kelp	Anxiety Level					Result		Z
	Not Anxious	Mild	Moderate	Severe	Panic	f	%	
Before	0 (0%)	3 (10%)	11 (33.3%)	9 (30%)	7 (23.3%)	30	100	-
After	20 (66.7%)	9 (30%)	1 (3.3%)	0 (0%)	0 (0%)	30	100	

Based on table 4. it is known that before being given murottal therapy of surah ArRahman most of them experienced moderate anxiety levels, namely 11 people (33.3%), and there were 9 people (30%) respondents who experienced severe anxiety and panic there were 7 people (23%) respondents. Meanwhile, after being given murottal therapy of surah Ar-Rahman, the majority of respondents did not experience anxiety, namely 20 people (66.7%), then mild anxiety as many as 9 people (30%), moderate anxiety as many as 1 person (3.3%) and no respondents experienced severe anxiety levels to panic during surgical procedures.

The data analysis process begins with a normality test using the Shapiro Wilk test. The following is a table of the results of the normality test of data on the anxiety level of intraoperative patients with Spinal Anesthesia at PKU Muhammadiyah YogyaKarta Hospital.

4. Discussion

1. Anxiety level of intraoperative patients with Spinal Anesthesia before being given Al-Qur'an surah Ar-Rahman murottal therapy at Pku Muhammadiyah Yogyakarta Hospital.

Based on the results of the study of the anxiety level of intraoperative patients with Spinal Anesthesia before being given murottal therapy Al Qur'an surah Ar-Rahman, the most anxiety level was moderate anxiety as many as 11 people (36.7%) respondents and who experienced severe anxiety levels as many as 9 people (30%) respondents and panic as many as 7 people (23%) respondents. The results of this study are in line with Islamyah's research (2024) entitled The Effect of Murottal Therapy Al- Qur'an Surah Ar-Rah- man on Pre-Operation Patients at PKU Muhammadiyah Gamping Hospital, where the level of anxiety before being given therapy the majority experienced moderate anxiety, namely 25 people (83.3%), the same results were also obtained in Firman's research (2021) on the study of intraoperative patients with Sub Arachnoid Block before being given therapy.

Sub Arachnoid Block before being given music therapy, out of 46 respondents, the majority experienced moderate anxiety, namely 24 people (52.2%) respondents.

Anxiety is a person's psychological and physiological response to an unpleasant condition or reaction to a situation that he considers threatening (Pardede, 2020). Each individual has a different emotional state, this is because patients who will undergo surgery will feel and imagine the surgical process which can cause unexpected things such as failed operations (Putra, 2021). This is in line with Stuart's theory (2016) that moderate anxiety is what allows individuals to focus on something important and put something else aside. According to Arif el. at (2022), several factors affect pre-operative anxiety, namely fear of experiencing physical changes, fear of feeling pain, fear of unsuccessful surgery, fear of anesthesia, fear that the procedures / actions given are not in accordance with the Standard Operating Procedure (SOP) and threats to life safety due to surgery. This condition will certainly affect the level of individual anxiety when going through surgery. This is in line with research conducted by Putra (2021) in interviews with patients before surgery and most of them experienced moderate levels of anxiety. During the pre-operative period, patients experience several things such as emotional reactions in the form of anxiety caused by pain during surgery, facing the operating room, operating equipment and staff and failing surgery.

According to research (Yuneli et al., 2019) anxiety experienced by preoperative patients has a psychological response, things that can happen if preoperative patient anxiety is not treated immediately are first, patients with high anxiety levels cannot concentrate and understand adverse events during treatment and procedures. Secondly, patients who will undergo surgery often experience fear of the unknown and anticipation of something

known and actions that may be painful and even cause disability or even death.

2. Anxiety Level of Intraoperative Patients with Spinal Anesthesia After being given Murottal Therapy AL-Qur'an Surah Ar-Rahman

Based on the results of research on the level of anxiety in intraoperative patients with Spinal Anesthesia after being given murottal therapy AL-Qur'an Surah Ar-Rahman the most anxiety level is not anxious as many as 20 people (66.7%) respondents, mild anxiety 9 people (30%) respondents and moderate anxiety 1 person (3.3%) respondents. Murottal therapy works on the brain which when given a murottal therapy stimulus, the brain response will produce a decrease in cortisol, causing a feeling of relaxation and comfort. Listening to the chanting of the holy verses of the Qur'an provides many benefits for the listener such as benefits for listeners such as feelings of relaxation and calmness (Manisei, 2023). This condition is in line with Dianti's (2021) research analysis that the melodious voice of Surah ArRahman where this letter has the advantage of verses that are read over and over again so that it can provide emphasis/affirmation of the voice for the listener. Sentences that are read repeatedly can distract and function as hypnosis, so that the patient's brain waves will decrease if they listen to them.

In this condition, the brain produces serotonin and endorphin hormones that cause a person to feel comfortable, calm and happy.

According to research (Yuneli et al., 2019) anxiety experienced by preoperative patients has a psychological response, things that can happen if preoperative patient anxiety is not treated immediately are first, patients with high anxiety levels cannot concentrate and understand adverse events during treatment and procedures. Second, patients who will undergo surgery often experience fear of the unknown and anticipation of something known and actions that may be painful and even cause disability or even death.

3. Differences in Anxiety Levels of Intraoperative Patients with Spinal Anesthesia before and after being given AL-Qur'an murottal therapy surah ArRahman

The results of the study before being given the murottal therapy of AL- Qur'an surah Ar-Rahman, the majority experienced a moderate level of anxiety, namely a total of 11 people (33.3%) respondents, mild anxiety 3 people (10%) respondents, severe anxiety 9 people (30%) respondents and panic 7 people (23.3%) respondents while after the murottal therapy of AL-Qur'an surah Ar-Rahman was obtained the most was not experiencing anxiety, namely 20 people (66.7%) respondents, 9 people (30%) respondents, moderate anxiety 1 person (3.3%). This study is in line with the results of previous research

(Putra, 2023) entitled "The Effect of Murottal Therapy Al Qur'an Surah ArRahman on Changes in Anxiety Levels in Preoperative Patients at Dr. H. Andi Abdurrahman Noor Hospital, Tanah Bumbu Regency" with the results of his research from 20 respondents there were 12 people (60%) experiencing moderate anxiety and after the intervention there were 13 people (65%) not experiencing anxiety, where there was a significant jump in changes in anxiety levels from before and after the intervention so that patients felt calm when hearing the chanting of the holy verses of the Qur'an.

Allah Azza Wa Jalla confirms in the Al-Qur'an QS Al-Anfal: 2

نَنْتَدَانُ زَهُ نَا ' ن ' ن ن ن ع ن ن ت ا ن ن ا و ن ن ن ن ق ن ن ن ا ل ن ' ن ن ا ن ا
ن ن ن ا ل ن ن ن ن ن ن ن ن ا ل ن ن ا
ن ن ن ن ن ' ن ' ن ن ع ' و ن ن ن ن ن ا

"Verily, the believers are those who, when the name of Allah is mentioned, tremble in their hearts, and when His verses are recited to them, their faith increases, and to their Lord alone do they put their trust."

According to Imam Al-Ghozali in his book "Ihya Ulumuddin" that increased faith gives peace of mind and strengthens one's relationship with Allah, so that one will live life with full sincerity.

A Hadith narrated by Imam Muslim, Abu Dawud and Ibn Majah, the Messenger of Allah said that no people gather in one of the houses of Allah reading the book of Allah and studying it, but it will descend on them tranquility (sakina), they will be shaded by Grace, they will be surrounded by angels and Allah will mention them on the side of the creatures on the side.

The results of research from 30 respondents there were 5 elderly people (16.7%), after receiving murottal therapy of Al-Qur'an Surah Ar-Rahman, there were 1 person (20%) mild anxiety and 4 people (80%) did not experience anxiety, this is in line with the results of Abadi's analysis (2024) that the results of the analysis showed that before murottal therapy was carried out from 10 journals there were 4 people (12.9%) stressed, 27 people (87.1%) experienced moderate stress and after being given murottal therapy most did not experience anxiety, namely 16 people (51.6%) and mild stress 15 people (49.4%).

The Qur'an is a panacea, both for diseases of the heart and physical ailments. According to Bahrir (2020) some of the benefits of murottal include hearing the recitation of the verses of the Qur'an with tartil providing peace of mind. The recitation of the Qur'an is physically an element of the human voice and sound is a very amazing instrument or healing tool. Sound has the effect of decreasing stress hormones, activating natural endocrine hormones, causing a relaxed feeling, and distracting from fear, tension, improving the body's chemical system so that it lowers blood pressure, and slows breathing, heart rate, pulse and brain wave activation.

According to Hartono (2024) that Allah has declared the Qur'an as a healer and Mercy for believers. A scholar stated that the Quran is a cure for stress, peace

of mind, and heart disease. It acts as a light that illuminates darkness, becomes an antidote to sorrow, and provides a life full of happiness that is not shaken by various trials.

This statement has been proven through various scientific studies. As a holy book, the Quran provides healing for those who understand and believe, as stated in His word which means: "And We have sent down from the Quran (something) that is an antidote and a mercy for those who believe, while for the wrongdoers (the Quran) will only increase harm" (QS Al-Isra [17]: 82). Based on the results of statistical tests using the Wilcoxon Signed Rank Test with the same number of respondents before and after 30 respondents, the significance value of the p-value $0.000 < 0.05$, so H_a is accepted and H_o is rejected. The statistical test results obtained a Z value of -4.842 which means there is acceptance, meaning that the more Ar-Rahman murottal therapy is given, the more anxiety levels are reduced. According to Setyowati & Indawati's research, (in Islamyah, 2024) explains that a negative Z value indicates that the patient experiences a decrease in anxiety level after being given therapy. According to Putra's research, (2021) the results of analyzing the difference in anxiety levels of preoperative patients before and after being given an intervention using the Wilcoxon Signed Ranks test showed a value of $p = 0.003$ ($\alpha = 0.05$) indicating a change or influence. Based on the results of this study, it shows that there is an effect of Ar-Rahman murottal therapy on the anxiety level of intraoperative patients with Spinal Anesthesia at PKU Muhammadiyah Yogyakarta Hospital.

The results of this study are in line with research (Lastaro, Beni, Indri Heri Susanti, 2024) showing that before being given Al-Qur'an murottal therapy, the majority of respondents experienced severe anxiety levels, namely 21 (54%) and after being given Ar-Rahman murottal therapy, the majority of anxiety was moderate, namely 25 (64%) with a p value of p significance $0.000 < \alpha 0.05$. This proves that there is an average decrease in the anxiety level of preoperative Section Caesaria respondents after being given Al-Qur'an murottal therapy, which means that Al-Qur'an murottal therapy has an effect in reducing the anxiety level of preoperative Section Caesaria patients.

Listening to the recitation of the Koran is one of the recreational methods that reduce stress and anxiety. The hormones produced activate natural endorphins, so as to increase feelings of relaxation and distract from feelings of fear, anxiety, and tension. Alpha and theta neuron oscillations as targeted brain waves. Decreased anxiety and depression in patients with physical illnesses, improved cardiovascular and respiratory function, and decreased post-stress cortisol (lower blood pressure, lower respiratory rate, heart rate, pulse rate, and brain waves), and reduced anxiety and depression. The emotional and arousal effects are largely related to increased attention that activates brain function through neural mechanisms (Ilda et al., 2023). Giving Al-Quran murottal therapy provides stimulation of the parasympathetic

nervous system. Alpha brain waves as a tool to overcome disease-related emotions and cognitive problems, which primarily regulate brain behavior. The provision of Ar-Rahman murottal therapy in reducing patient anxiety is a therapy that can be a relaxing sound wave therapy that has an impact on calmness for those who hear it. When the Ar-Rahman murottal therapy is listened to, it causes the brain's alpha waves to be more dominant in the frontal area. Listening to the reading of the Qur'an murottal through audio is one of the alternatives that calms and reminds oneself, especially using surah Ar-Rahman which means the One who gives favors, Allah's blessings without limits, one of which is the blessing of health. (Nikmah, 2022).

According to research (Yuneli et al., 2019) anxiety experienced by preoperative patients has a psychological response, things that can happen if preoperative patient anxiety is not treated immediately are first, patients with high anxiety levels cannot concentrate and understand adverse events during treatment and procedures. Second, patients who will undergo surgery often experience fear of the unknown and anticipation of something known and actions that may be painful and even cause disability and even death.

5. Conclusion

Based on the results of the analysis, this study concludes that there is a significant difference in the anxiety level of intraoperative patients with Spinal Anesthesia before and after being given Al-Qur'an murottal therapy surah Ar-Rahman. Of the 30 respondents involved, before therapy, 11 people (36.7%) experienced moderate anxiety, 9 people (30%) experienced severe anxiety, and 7 people (23.3%) were in a state of panic. After receiving therapy, the results showed that 20 people (66.7%) did not experience anxiety, 9 people (30%) experienced mild anxiety, 1 person (3.3%) experienced moderate anxiety, and no respondents experienced severe anxiety or panic. Based on

Wilcoxon statistical test, a p-value of 0.000 (<0.05) was obtained, indicating the effect of Al-Qur'an surah Ar-Rahman murottal therapy on the anxiety level of intraoperative patients with Spinal Anesthesia at PKU Muhammadiyah Yogyakarta Hospital.

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Hopefully the results of this study will benefit people, especially in improving the quality of service at PKU Muhammadiyah Yogyakarta Hospital.

7. Author Contributions

1. Muhammad Munif: Research planning, data collection, analysis, writing, and revision of the manuscript.
2. Deasti Nurmagubhita: Supervision and direction.
3. Mamnuah: Reviewer

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