



A Literature Review

Murattal Al-Quran Therapy to Reduce Anxiety among Operating Patients

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A B S T R A C T

Introduction: Surgery is a surgical procedure that opens or displays the part of the body to be treated and causes a psychological reaction, namely anxiety. This will cause delays in the operation that will be carried out. Anxiety is a psychological disorder that has excessive worry.

Objective: The purpose of this literature review is to describe the effect of murratal Al-Qur'an therapy to reduce anxiety levels in surgery patients.

Method: This study used a descriptive design with a literature review approach. The search for articles used six journal databases, namely PubMed, JSTOR, Wiley Online Library, Sage Journal, Taylor and Francis Online, Google Scholar. Selection is carried out by assessing articles that meet the inclusion criteria, including publication ranges for 2016-2020, in English and Indonesian as well as open access to full text pdf. While the exclusion criteria are book chapters, abstract proceeding, and posters

Result: The results of the selection obtained seven articles with a total of 248 respondents. Based on the literature from the reviewed articles, it can be found that the interventions of Murattal Al-Quran therapy have an effect on reducing anxiety in surgery patients.

Conclusion: Conclusion based on the literature review, it can be found that the provision of murattal alquran has a better activity in postoperative anxiety management. The suggestion of this literature review is that this murattal therapy can be applied directly in the hospital which aims to reduce anxiety level to post-patient patients.

INTRODUCTION

Operation is an act of surgery by opening or displaying a part of the body. The operation is divided into 3 phases: preoperative, operative, postoperative. Surgery can cause tension and fear and can cause emotional or behavioral disturbances that can affect the surgery process until surgery is canceled (Martinho Pinto, Rosalina, 2015). This action will cause both physical and psychological responses. The psychological response in the form of anxiety is a patient's emotional reaction that often arises. This is in response to the patient's anticipation of an experience that is considered a threat to the role in the patient's life, body integrity and even his life (Forests, 2015).

Anxiety (anxiety) is an unpleasant thought, which is characterized by worry, uneasiness, and bad or bad feelings that cannot be avoided by a person (Faridah, 2015). Anxiety is different from fear, the characteristic of fear is the existence of a specific source object that can be identified and can be explained by the individual, while anxiety is defined as confusion, worrying about something that will happen with a cause or object that is not clear and is associated with uncertain feelings. and helpless. For example, concerns about surgery, worries about anesthesia or anesthesia, etc (Forests, 2015).

Therefore, one of the distraction techniques used to overcome anxiety is murattal Al-Quran therapy (listening to the recitation of the holy verses of the Koran). Murattal Al-Quran is a type of music therapy with the sound of the Quran which has a positive effect on listeners (Atmaja & Saputra, 2020). Murattal Al-Quran therapy with a slow tempo and harmony can reduce stress hormones that cause depression, activate natural endorphin hormones, increase relaxation, and can divert attention from fear, anxiety and tension (Zainuddin & Maru, 2019). Even though reading the Al-Quran (murattal) is not music or poetry, an interesting fact is that if the Al-Quran is read using the correct rules it will present a beautiful musical rhythm, because the basic elements of music such as rhythm, tone and tempo are also in the Al-Quran (Faradisi & Aktifah, 2018).

Al Kaheel from Syria in his paper explained that the best solution for all diseases is, the Koran. Based on his experience, he said that the Al-Quran medication was able to treat a disease in his nature that the medical team was unable to treat. By listening to the noble verses of the Koran, the vibrations of the neurons will return to stability and even perform their principal functions well (Faridah, 2015).

However, it is necessary to have a comprehensive study of the impact or effect of murattal Al-Quran therapy on reducing anxiety levels which is extracted from various existing studies, so that it can be applied in the nursing care process (Evidence Based Research). Facts in the field show that murattal Al-Quran therapy interventions have not been carried out in general in every health facility (Setiawan et al., 2021).

OBJECTIVE

This study was conducted systematically following the scientific method presented in the literature review article with the aim of explaining the effectiveness of Murattal Al-Quran in reducing anxiety in surgery patients.

METHOD

Search strategy

The strategy to search for articles was carried out by using an electronic data base through the journal portal PubMed, JSTOR, Wiley Online Library, Sage Journal, Taylor and Francis Online, using keywords in advance search engines: [All: therapy Murtottal Al-Qur'an] AND [All: reduce anxiety] AND [All: Operation] AND [All: experimental] and also perform additional searches on two journal databases, namely google scholar and research gate. The author then screened journals based on 2016-2020 which could be accessed in full text in pdf format and in accordance with the inclusion criteria in the English and Indonesian versions.

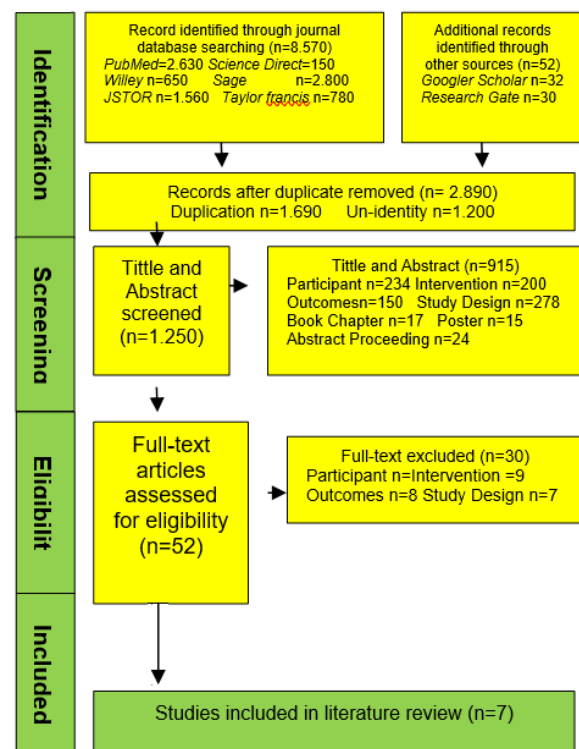


Figure 1. Prisma Process

Participants or population (P) in this study were patients with surgery with Intervention (I) Murattal Al-Quran Outcomes (O) in the form of reducing anxiety, and all types of Study Design (S) involving male and female subjects from several homes sick (Setiawan et al., 2021). The research conducted is a randomized controlled trial, a pilot study, experimental involving male and female subjects from several hospitals and patients who continue to care at home using Murattal Al-Quran intervention at least 12 years of age (early adolescence). The exclusion criteria are book chapters, abstract

proceedings, and posters. The authors conducted a process analysis of each article reviewed and extracted the detailed information needed to assess murattal Al-Quran therapy to reduce anxiety in surgical patients.

Selection of relevant studies

The selection process begins with removing duplicates with article titles that do not fit in the search for basic data using the Microsoft Excel application. The abstracts from the selected articles were further analyzed to ensure compliance with the inclusion criteria. In the second round of article selection process, the author conducts a full text review to prevent doubts about the selected article. Furthermore, the authors searched for and selected the studies that were considered the most relevant to be reviewed using PIOS. All articles that met the inclusion criteria were fully reviewed without a meta-analysis (Setiawan, Khaerunnisa, Ariyanto, & Firdaus, 2020).

Critical assessment

All articles were fully reviewed, specifically criticized and rated using the Critical Appraisal Skills Programmed (CASP) instrument by four independent authors (HA, AA, AFN and RAA). The articles chosen are articles that have a good CASP level with a value of 7-8 points and 5-6 points sufficient. Disagreement was related to the assessment of the articles and the ranking scores, so the authors completed the discussion, with the help of a senior mentor (HA). However, the authors still found many difficulties, so they conducted a discussion again with the help of senior researchers (LL).

Data extraction

This study has extracted data on the intervention and control groups consisting of: total

number of respondents, intervention, methods, results.

Data Synthesis

Since this research review included only level I, II and III evidence studies, where the research steps were not homogeneous, no meta-analysis was carried out. The findings in this study are presented in a narrative summary form with the treatment group with or without treatment or Regular care.

RESULTS

Article selection

The articles researched using predefined search keywords in a combined database search published from 2016-2020 resulted in 8,570 articles as shown in Figure 1. Through three filtered times, most studies did not include articles that met the PIOS criteria. Subjects were nonoperative (n = 234), did not use Quranic Murattal Therapeutic Interventions (n = 200), did not focus on anxiety (n = 150) and did not use RCTs (n = 278). In addition, 1,200 articles were excluded because they had no identity with 1,690 duplicate articles, 17 book chapters, 15 posters and 24 proceedings abstract which had also been eliminated in the Microsoft Excel application.

Research Characteristics

The number of participants involved in this study was 248 people. The results of the study in the intervention group showed a positive effect on reducing patient anxiety. This literature consists of seven articles, and all interventions are reported to be significantly effective in reducing patient anxiety levels. The subjects in this study were surgery patients.

Table 1. Characteristics of the article

No	Penulis (Tahun) Judul	Method	Result
1	Bayu Purnama Atmaja et al., (2020) The Effect of Al-Qur'an Murottal Therapy on Reduction of Anxiety in Patients Pre-Operated (Atmaja & Saputra, 2020)	Purpose: To determine the effect of Murattal Al-Qur'an Therapy to reduce anxiety in preoperative cataract patients. Design: RCT Sample: 30 (15 interventions, 15 controls) Intervention: Murottal Al-Quran Instrument: HARS	The results of this study used the Mann Whitney and Wilcoxon trials, and a p value of 0.023 (<0.05) was found between the intervention group and the control group.

2	Abdul Syafei et al., (2018) The Effect of Giving Murattal Quran Audio Therapy Surat Ar-Rahman on Anxiety Levels in Pre-Operation Senile Cataract Patients (Syafei & Suryadi, 2018)	<p>Purpose: To determine the effect of Q.S Ar-Rahman murottal audio therapy on the anxiety level of Senile cataract pre-surgery patients at the Special Eye Hospital, South Sumatra Province.</p> <p>Design: Experiment</p> <p>Sample: 56 (28 intervention, 28 control)</p> <p>Intervention: Murottal Al-Qur'an</p> <p>Instrument: HARS</p>	The results of the study after intervention or treatment using Q.S Ar-Rahman murottal audio therapy, 16 respondents (28.6%) had moderate anxiety. There were 35 people with severe anxiety (62.5%). Meanwhile, 5 people (8.9%) had very severe anxiety.
3	Maulana Reza et al., (2015) The Effect of Murottal Al Qur'an on Anxiety in Pre-Orthopedic Surgery Patients (Forests, 2015)	<p>Purpose: To determine the effect of the murottal al-Qur'an on the level of anxiety in pre-patient orthopedic surgery</p> <p>Design: Experiment</p> <p>Sample: 40</p> <p>Intervention: Murottal Al-Qur'an</p> <p>Instrument: STAI</p>	The results of a decrease in anxiety levels in the experimental group with 29 scores and an increase in anxiety levels in the control group with a score of 0.30 and statistical analysis is there Significant level of anxiety index after being given intervention by the experimental group with a value of $p = 0.000 < \alpha (0.05)$.
4	Virgianti Nurfaridah therapy murottal (The Qur'an) is Able to Reduce the Level of Anxiety among Laparotomy Pre Operations' Patients (Faridah, 2015)	<p>Purpose: to analyze the effect of giving murottal therapy (Al-Qur'an) on reducing anxiety levels in preoperative Laparotomy patients in the Buogenvile Room, RSUD Dr. Soegiri lamongan.</p> <p>Design: Pre-Experiment</p> <p>Sample: 32</p> <p>Intervention: Murottal Al-Qur'an</p> <p>Instrument: HARS</p>	The results of the Wilcoxon statistical test showed that the value of $z = -5185$ and $p = 0.000$, which means that there is an effect of Murattal Al-Quran therapy on reducing anxiety levels.
5.	Parman et al., (2019) Changes in the Anxiety Level of Preoperative Patients with Murottl Al-Qur'an Therapy at Raden Mattaher Hospital Jambi (Parman, Rasyidah, A., Sutinah, Triyanto, 2019)	<p>Purpose: To determine the effect of murottal al-quran therapy on changes in the level of anxiety of preoperative patients at Raden Mataher Hospital, Jambi.</p> <p>Design: Experiment</p> <p>Sample: 14</p> <p>Intervention: Murottal Al-Qur'an</p> <p>Instruments: APAIS</p>	The results of the analysis showed that there was a change in the level of anxiety in patients with surgery ore with murottal Al-Quran therapy with a p-value of 0.01 in preoperative patients.
6.	Zahrah Maulidia et al., Murottal Al-Qur'an therapy to reduce anxiety levels in Postoperative Sectio Caesea patients (Maulidia & Muladiatin, 2018)	<p>Purpose: to determine the murottal Al-Qur'an sepi on the reduction of anxiety levels in post-caesarean section patients</p> <p>Design: Experimental</p> <p>Sample: 20</p> <p>Intervention: Murottal Al-Qur'an</p> <p>Instrument: HARS</p>	The results show Sig = 0.000 on the variable level of anxiety. This means that there is an effect of murottal Al-quran therapy on reducing the anxiety level of post-operative section cease patients.
7.	Firman Faradisi et al., (2018) the effect of giving murottal therapy on reducing postoperative anxiety (Faradisi & Aktifah, 2018)	<p>Purpose: to determine the effectiveness of murottal therapy in reducing anxiety in postoperative open reduction and internal fixation (ORIF) of fracture patients.</p> <p>Design: Experimental</p> <p>Sample: 56</p> <p>Intervention: Murottal Al-Qur'an</p> <p>Instrument: VASA</p>	The results showed that after murottal therapy the posttest anxiety score decreased significantly. There was a difference in anxiety scores between the Murrottl group and the control group with p-value = <0.001 ($p < 0.05$).

DISCUSSION

The Murattal Al-Quran assessment in this literature review uses several instruments, including (1) Hamilton Anxiety Rating Scale (HARS), (2) State-Traite Anxiety Index (STAI), (3) Amsterdam Preoperative Anxiety and Information Scale (APAIS), (4) Visual Analog Scale (VASA).

The Hamilton Anxiety Rating Scale (HARS) measurement tool is used in the article (Atmaja & Saputra, 2020) to measure the Murottal Al-Quran with the results obtained. The validity of the HARS instrument is shown in the Corrected Item-Total Correlation section, all questions have a positive value and are greater than terms 0.05. While reliability is indicated by the value of Cronbach's Alpha is 0.793 with the number of items 14 items greater than 0.6, so the questionnaire used is proven reliable ($0.793 > 0.6$). So that HARS is recommended to measure the level of anxiety. used an alternative test with the Wilcoxon test, the Mannwithney test (Atmaja & Saputra, 2020).

The data collection instruments used were audio murattal Q.S Ar-Rahman and the HARS questionnaire to measure the level of anxiety. The results of the study after intervention or treatment using Q.S Ar-Rahman murottal audio therapy, 16 respondents (28.6%) had moderate anxiety. There were 35 people with severe anxiety (62.5%). Meanwhile, there were 5 people (8.9%) of very severe anxiety (Syafei & Suryadi, 2018).

The Hamilton Anxiety Rating Scale (HARS) measurement tool used in the article (Maulidia & Muladiatin, 2018) measures the respondent's level of anxiety, where each statement item from the questionnaire

instrument given consists of 4 answer options with a weighting of 0: none (no symptoms at all), 1: Mild (1 symptom of the existing options), 2: Moderate (half of the symptoms present,; 3 Severe (more than the existing symptoms), 4: Very severe (all symptoms present). shows Sig = 0.000 on the variable level of anxiety, which means that there is an effect of Al-Quran murattal therapy on reducing the anxiety level of post-surgery patients with ceaser section (Maulidia & Muladiatin, 2018).

The results showed that patients with preoperative laparotomy before being given murattal therapy (Al-Quran) experienced moderate anxiety by 56.2% and severe anxiety by 43.8%. After receiving therapy, most (65.6%) experienced a mild level of anxiety. The results of the Wilcoxon statistical test showed that the value of $z = -5185$ and $p = 0.000$, which means that there is an effect of murattal Al-Quran therapy on reducing anxiety levels.

The State-Traite Anxiety Index (STAI) measurement tool used in the article (Forests, 2015) is to see the effect of the Quran murattal on the anxiety of preoperative orthopedic surgery patients by comparing the experimental and control groups. The results showed that there was a decrease in anxiety levels in the experimental group with 29 scores and an increase in anxiety levels in the control group with a score of 0.30 and statistical analysis showed that there was a significant level of anxiety index after being given intervention by the experimental group with a value of $p = 0.000 < \alpha (0.05)$ (Forests, 2015).

The results of the analysis of the Amsterdam Preoperative Anxiety and Information Scale (APAIS) measurement tool show that

there is a change in the anxiety level of surgery ore patients with murottal al-qur'an therapy with a p-value of 0.01 in preoperative patients (Parman, Rasyidah, A., Sutinah, Triyanto, 2019; Philipson, 2017).

Visual Analog Scale (VASA) is used in the article (Faradisi & Aktifah, 2018) to measure respondents' subjective level of anxiety. The results showed that after murottal therapy the post-test anxiety score decreased significantly. There was a difference in anxiety scores between the Murrotal group and the control group with p-value = <0.001 (p = <0.05) (Firmansyah, Setiawan, & Ariyanto, 2021).

Giving Murattal Al-Quran is a type of religious therapy, and one of the distraction techniques used to treat anxiety. Murattal Al-Quran is part of a beautiful harmonizing musical instrument that will enter the ear and will be responded to by the right and left brain which will have an impact in the form of comfort and a change in taste. It is hoped that listening to the recitation of the Koran can cause a relaxation response for those who read it and those who listen to it. So that murattal Al-Quran therapy is more effective in reducing anxiety compared to other therapies so that it can be applied as a complementary therapy to reduce anxiety (Atmaja & Saputra, 2020).

Listening to the Murattal Al-Quran will make surgery patients feel closer to God and lead patients to remember and submit everything they face to God. This surrender can add to the relaxed and calm state of the operation patient.

Murattal Al-Quran contains several benefits, namely: comfort, peace and tranquility of the soul are closely related to one's mental health (Forests, 2015). This can be a reference for nurses, especially those who work in the operating room, to be able to pay attention to the psychological aspects of the patient and provide appropriate nursing interventions to help patients prepare physically and psychologically before and after undergoing the operation process.

One of the tools used is the headseat using the letter al-fatihah with a duration of \pm 15 minutes. Murratal Al-Quran Surat al-fatihah is an effective therapy for relieving fear, anxiety and anxiety. Murratal therapy Al-Quran Surat al-fatihah is proven to be useful in the healing process because it can make the patient feel more relaxed (Suhanda et al., 2021)

CONCLUSIONS

This study shows that murattal Al-Quran therapy is effective in reducing anxiety in surgery patients. Based on the analysis of several studies, it can be found that murattal Al-Quran interventions need to be given to patients to help improve patients, whether they are undergoing chemotherapy treatment or not. Nurses in hospitals can apply murattal Al-Quran therapy as an alternative intervention for surgical patients.

Researchers provide recommendations that further studies on murattal Al-Quran therapy can be carried out by comparing other interventions in more specific surgery patients so that a meta-analysis can be carried out with a more in-depth study. The names of the authors listed in this article do not have any affiliation or involvement with organizations or entities with an interest in financial gain and close personal relationships. All disagreements were resolved by open discussion considering that each author has a specific role and function in completing this article.

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