

DIFFERENCES IN ANXIETY LEVELS OF CHILDBIRTH MOTHER USING AL-QUR'AN MUROTTAL THERAPY AND CLASSICAL MUSIC THERAPY

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Abstract

Background: Anxiety experienced by childbirth mothers which can interfere childbirth process, so it must be treated using non-pharmacological therapies includes Al-Qur'an murottal therapy and classical music therapy to reduce anxiety level during childbirth process.

Objective: Analyzing the differences in anxiety levels of childbirth mothers using Al-Quran murottal therapy and classical music therapy.

Methods: The design used in this study is Quasy Experiment design with pretest and post-test with cross sectional approach. The population was 100 childbirth mothers at at Affah Independent Practice Midwife during March-June 2024, divided into 2 groups (Al-Qur'an murottal therapy group and classical music group. The Al-qur'an murottal therapy group (50 childbirth mothers) when coming to Affah Independent Practice Midwife measured the level of anxiety before and after being given Al-Qur'an murottal therapy (surah Ar-Rahman) for 20 minutes. The classical music therapy group (50 childbirth mothers) when coming to Affah Independent Practice Midwife measured the level of anxiety before and after being given classical music therapy for 20 minutes. Data collection used non-probability sampling techniques with incidental sampling for 3 months. The instruments for Al-Qur'an Murottal and Classical Music used observation sheets, the anxiety level of childbirth mothers used a questionnaire with a Hars scale based on the PRENTICE Website.

Result: The results of this research analysis show that $\alpha < 0.05$ ($pValue = 0.000$), which means there is a significant difference in the level of anxiety after being given therapy between the Al-Qur'an Murottal group and Classical Music group. The anxiety levels of the two groups were included in different categories, where the Al-Qur'an murottal therapy group showed a better reduction in anxiety levels compared to the classical music therapy group.

Conclusion: The results of this study indicate a significant difference in anxiety levels after therapy between the Al-Qur'an murottal therapy group and classical music therapy group. However, the provision of Al-Qur'an murottal therapy showed better results in reducing anxiety levels compared to classical music therapy.

Keywords: *Al-Qur'an murottal therapy, classical music therapy, anxiety level, childbirth mothers*

1. Introduction

The childbirth process is a natural, tiring and risky process that often causes pain, which will cause feelings of anxiety, worry and will cause problems. Childbirth mothers also still consider the paradigm of childbirth as a life and death gamble, so that mothers who are about to give birth experience fears, especially fear of death for themselves or the baby they are about to give birth to (Mardiyah, 2020). Anxiety is a restlessness, feeling of discomfort and fear, accompanied by an automatic response, and the source is often non-specific, anticipation of dangerous conditions and due to the approaching childbirth process (Ni Komang, 2012). According to data from the World Health Organization (WHO) in 2020 there were around 10% of childbirth mothers who experienced anxiety and depression disorders. Meanwhile, in Indonesia in 2020 there were 28.7% of childbirth mothers who experienced anxiety in facing childbirth (Ministry of Health of the Republic of Indonesia, 2020). Al-Qur'an murottal therapy is a therapy by listening to the reading of the Qur'an with a slow tempo and harmonization, that can reduce stress hormones that cause depression, increase natural endorphin, increase relaxation and can divert attention from fear, anxiety and tension (Firdayanti, 2019). Classical music is music that can create stimuli that will later be captured by the hearing organs and then processed in the nervous system and brain glands and then interpreted by the hearing organs that have high artistic and scientific value, have extraordinary power that can reduce stress, relax the body, release sadness, and help relieve pain or pain (Satriami & Sumiati, 2022).

The PREGNANT ANXIETY REDUCER (PRENTICE) website is a web page that can be accessed by childbirth mothers via the internet for free. A tool that can be used to reduce anxiety levels by providing Al-Qur'an murottal therapy and classical music. PRENTICE contains text (general data and anxiety level questionnaire) and Audio (Al-Qur'an murottal and classical music) (Windu, *et al.*, 2013).

Based on this, the researcher is interested to analyze The Differences in Anxiety Levels of Childbirth Mothers using Al-Qur'an Murottal Therapy and Classical Music on the PRENTICE Website at Affah Independent Practice Midwife in 2024, in order to provide an overview of the importance of reducing anxiety levels during labor.

2. Materials and Methods

2.1 Materials

The population was 100 childbirth mothers at at Affah Independent Practice Midwife during March-June 2024. The population of childbirth mothers was divided into 2 groups, the Al-Qur'an murottal therapy group (50 childbirth mothers) and the classical music group (50 childbirth mothers).

2.2 Data collection procedures

The 50 childbirth mothers Al-qur'an murottal therapy group when coming to Affah Independent Practice Midwife measured the level of anxiety before and after being given Al-Qur'an murottal therapy (surah Ar-Rahman) for 20 minutes. The 50 childbirth mothers classical music therapy group when coming to Affah Independent Practice Midwife measured the level of anxiety before and after being given classical music therapy for 20 minutes. Data collection used non-probability sampling techniques with incidental sampling for 3 months (March to June 2024). The instruments for Al-Qur'an Murottal and Classical Music used observation sheets, the anxiety level of childbirth mothers used a questionnaire with a Hars scale based on the PRENTICE Website.

2.3 Research Ethics

The research procedure received a letter from the Health Research Ethics Committee Cahkra Bramanda Lentera with a decision letter Number: 021/31/III/EC/KEP/LCBL/2024

2.4 Data analysis

The research data were tested statistically using the Mann Whitney test to see if there were any differences before and after the intervention of Al-Qur’an recitation therapy and classical music therapy. All data were analysed using SPSS ver. 20.

3. Results and Discussion

3.1 Distribution of Respondent Characteristics in each group

Based on table 1.1 it shows that the majority of the Al-Qur’an murottal therapy group (26%), and the classical music therapy group half (25%) are both aged between 26-27 years. According to the researcher, respondents aged between 26-35 years are early adulthood, where respondents with this age range are able to overcome the anxiety they experience well so that they feel unstable and calm.

Table 1.1 Age Characteristics *Crosstabulation Group

Age	Group			Total
	Al-Qur’an Therapy	Murottal	Classical Music Therapy	
17 - 25	Count	19	20	39
	% of Total	19.0%	20.0%	39.0%
26 - 35	Count	26	25	51
	% of Total	26.0%	25.0%	51.0%
36 - 45	Count	5	5	10
	% of Total	5.0%	5.0%	10.0%
Total	Count	50	50	100
	% of Total	50.0%	50.0%	100.0%

Source: Primary Data, 2024

Based on table 1.2 shows that the group of Al-Qur’an murottal therapy is almost half (23%), and the group of classical music therapy is mostly (31%) are both at secondary education level. According to the researcher, respondents at secondary education level have a mindset and ability to act in responding to and overcoming their anxiety is still low. The higher the level of education of the respondents, the higher the mindset and ability to respond to the anxiety experienced.

Based on table 1.3 shows that the majority of the Al-Qur’an murottal therapy group (27%) are unemployed, and the majority of the classical music therapy group (32%) are working mothers. According to the researcher, respondents who do not work do work as housewives, which is a routine job for a woman. So, there is less interaction outside the home to get information about the labor process.

Based on table 1.4 shows that half (25%) of the Al-Qur’an murottal therapy group were primigravida, and half (25%) of the classical music therapy group were multigravida. According to the researcher, the respondents had given birth and had a history of unpleasant childbirth which caused various feelings of anxiety and worry. Pregnancy can affect women in facing childbirth, women who are pregnant for the firsttime experience severe anxiety because they have no experience of pregnancy and childbirth. While women who have been pregnant and have given birth with a clear obstetric history are also at risk of severe anxiety.

Table 1.2 Levels of Education *Crosstabulation Group

Levels of Education		Group			Total
		Al-Qur'an Murottal Therapy	Classical Music Therapy		
Primary	Count	9	15	24	
	% of Total	9.0%	15.0%	24.0%	
Secondary	Count	23	31	54	
	% of Total	23.0%	31.0%	54.0%	
Higher	Count	18	4	22	
	% of Total	18.0%	4.0%	22.0%	
Total	Count	50	50	100	
	% of Total	50.0%	50.0%	100.0%	

Source: Primary Data, 2024

Table 1.3 Job Characteristics *Crosstabulation Group

Job Characteristics		Group			Total
		Al-Qur'an Murottal Therapy	Classical Music Therapy		
Working	Count	23	32	55	
	% of Total	23.0%	32.0%	55.0%	
Not Working	Count	27	18	45	
	% of Total	27.0%	18.0%	45.0%	
Total	Count	50	50	100	
	% of Total	50.0%	50.0%	100.0%	

Source: Primary Data, 2024

Table 1.4 Parity Characteristics * Crosstabulation Group

Parity		Group			Total
		Al-Qur'an Murottal Therapy	Classical Music Therapy		
Primigravida	Count	25	23	48	
	% of Total	25.0%	23.0%	48.0%	
Multigravida	Count	23	25	48	
	% of Total	23.0%	25.0%	48.0%	
Grande Multigravida	Count	2	2	4	
	% of Total	2.0%	2.0%	4.0%	
Total	Count	50	50	100	
	% of Total	50.0%	50.0%	100.0%	

Source: Primary Data, 2024

3.2 Distribution of anxiety levels before and after in the Murottal Al-Qur'an therapy group

Table 2. Anxiety level before therapy *Anxiety level after Murottal A Crosstabulation therapy

Anxiety Levels Before Therapy		Anxiety Levels After Therapy			Total
		No anxiety	Mild	Moderate	
No anxiety	Count	0	1	0	1
	% of Total	0.0%	2.0%	0.0%	2.0%
Mild	Count	2	1	0	3
	% of Total	4.0%	2.0%	0.0%	6.0%
Moderate	Count	1	14	0	15
	% of Total	2.0%	28.0%	0.0%	30.0%
Severe	Count	3	24	2	29
	% of Total	6.0%	48.0%	4.0%	58.0%
Extreme	Count	1	1	0	2
	% of Total	2.0%	2.0%	0.0%	4.0%
Total	Count	7	41	2	50

Source: Primary Data, 2024

Based on the distribution of anxiety levels before and after therapy in the Al-Qur'an murottal therapy group, it can be seen that in the Al-Qur'an murottal therapy group who did not have anxiety before therapy and became mild anxiety was 1 person or 2.0%. Respondents who had mild anxiety before therapy and became non-anxious were 2 people or 4.0% and those who remained mild anxiety were 1 person or 2.0%. Respondents who had moderate anxiety before therapy and became non-anxious were 1 person or 2.0%, became mild anxiety were 14 people or 28.0%. Respondents who had severe anxiety before therapy and became non-anxious were 3 people or 6.0%, became mild anxiety were 24 people or 48.0%, and became severe anxiety were 2 people or 4.0%. Respondents who had very severe anxiety before therapy and became non-anxious were 1 person or 2.0%, became mild anxiety were 1 person or 2.0%.

According to researchers, giving Al-Qur'an murottal therapy is also effective in reducing anxiety. This is because when it is heard and reaches the brain psychologically it can motivate, provide encouragement and total surrender to Allah SWT in facing problems. Feelings of anxiety experienced by mothers, such as easy crying, restlessness, difficulty concentrating, stiffness, digestive disorders after being given Murottal Al-Qur'an therapy, respondents said that their feelings of anxiety decreased. Judging from the assessment of the android-based post-test questionnaire that respondents filled out, there was a reduction in anxiety scores in the statement. In this condition, the body physically repairs anxiety by influencing hypothalamic stimulation to reduce the production of corticotropin releasing factor (CRF) which will stimulate a decrease in the production of ACTH and cortisol in the body, resulting in a decrease in anxiety.

This is supported by the theory of Firdayanti (2019) that reading the Al-Qur'an at a slow tempo and harmonization can reduce stress hormones that cause depression, increase natural endorphin, increase relaxation and can divert attention from fear, anxiety and tension. Improves the body's chemical system thereby lowering blood pressure, slowing breathing, heart rate, pulse and brain wave activity. This is in accordance with the results of the study (Rifiana & Sari, 2019) which obtained p-value results (0.000) < α (0.05), so the test decision is H_0 rejected H_a accepted. It can be concluded that there is a significant effect on maternal anxiety before and

after the provision of Al-Qur'an murottal therapy.

3.3 *Distribution of anxiety levels before and after in the Classical Music therapy group*

Table 3. Anxiety level before therapy *Anxiety level after therapy Classical Music Crosstabulation

Anxiety Levels Before Therapy		Anxiety Levels After Therapy				Total
		No anxiety	Mild	Moderate	Severe	
Mild	Count	1	4	0	0	5
	% of Total	2.0%	8.0%	0.0%	0.0%	10.0%
Moderate	Count	0	9	8	0	17
	% of Total	0.0%	18.0%	16.0%	0.0%	34.0%
Severe	Count	0	8	12	8	28
	% of Total	0.0%	16.0%	24.0%	16.0%	56.0%
Total	Count	1	21	20	8	50
	% of Total	2.0%	42.0%	40.0%	16.0%	100.0%

Source: Primary Data, 2024

Based on the distribution of anxiety levels before and after in the classical music therapy group, it can be seen that respondents who had mild anxiety before therapy and became no anxiety were 1 person or 2.0% and those who remained mild anxiety were 1 person or 2.0%. Respondents who had moderate anxiety before therapy and became no anxiety were 0 people or 0.0%, became mild anxiety were 9 people or 18.0% and remained moderate anxiety were 8 people or 16.0%. Respondents who had severe anxiety before therapy and became no anxiety were 0 people or 0.0%, became mild anxiety were 8 people or 16.0%, became moderate anxiety were 12 people or 24.0% and remained severe anxiety were 8 people or 16.0%.

According to researchers, after giving classical music therapy to childbirth mothers with an effective duration, it can provide an effect of reducing anxiety in mothers in labor. Feelings of anxiety that initially often felt like a premonition, fear of the dark, feeling lethargic or weak and a tense face, decreased until these premonitions did not appear. This proves that classical music therapy can reduce anxiety in mothers in labor. This is in accordance with the theory (Satriami & Sumiati, 2022). Classical music is music that is able to create stimuli that will later be captured by the hearing organs and then processed in the nervous system and brain glands and then interpreted by the hearing organs which have high artistic and scientific value, have extraordinary powers that can reduce stress, relax the body, release sadness, and help relieve pain or pain.

Giving classical music therapy makes a person relax, creates a sense of security and well-being, releases feelings of joy and sadness, releases pain and reduces stress levels. This happens because of a decrease in Adrenocorticotrophic hormone (ACTH) which is a stress hormone. All interventions will be very successful if carried out before anxiety becomes more severe, and the greatest success is often achieved if several interventions are applied simultaneously (Solehati & Kosasih, 2018). According to researchers, there was a decrease in the level of anxiety in childbirth mothers before and after being given classical music therapy, because classical music has a universal nature and is very easily accepted by the hearing organs and is not limited by intellectual function. Basically, all types of music can actually be used in an effort to reduce anxiety.

3.4 *Anxiety Level Before Therapy between Al-Qur'an Murottal Therapy Group and Classical Music Therapy*

Based on the results of the Mann Whitney test, it can be seen that the significance value or p Value is 0.417 ($\alpha > 0.05$) so there is no significant difference in the level of anxiety before therapy between the Al-Qur'an murottal therapy group and classical music therapy. This shows that before therapy the anxiety levels of both groups are included in the same category.

3.5 Anxiety Level After Therapy between Al-Qur'an Murottal Therapy Group and Classical Music Therapy

Based on the results of the Mann Whitney test, it can be seen that the significance value or p Value is 0.000 ($\alpha > 0.05$), so there is a significant difference in the level of anxiety after therapy between the Al-Qur'an murottal therapy group and classical music therapy group. This result shows that after therapy, anxiety levels of the two groups are included in different categories, where previously the Al-Qur'an murottal therapy group showed a better decrease in anxiety levels compared to the classical music therapy group. According to the researcher, there is a difference in the decrease in anxiety levels in childbirth mothers between the Al-Qur'an murottal therapy group and the classical music therapy group where the provision of murottal therapy can reduce anxiety levels better than the provision of classical music therapy, because Al-Qur'an murottal therapy has the ability to form new coping to overcome anxiety in facing childbirth. The greatest need is a supporting force, namely the reality of awareness of Allah SWT, with Al-Qur'an murottal therapy, the quality of a person's awareness of surrender to Allah SWT will increase, whether the person knows the meaning of the Al-Qur'an or not. Meanwhile, music therapy can indeed reduce anxiety levels, but after the music therapy is completed, the mother in labor is again faced with the reality of the stressors she will face, so that the feeling of anxiety increases again.

4. Conclusion

The results of this study indicate a significant difference in anxiety levels after therapy between the Al-Qur'an murottal therapy group and classical music therapy group. However, the provision of Al-Qur'an murottal therapy showed better results in reducing anxiety levels compared to classical music therapy.

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Conflict of interest

The author declares that there is no conflict of interest in this manuscript

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