

The Effectiveness of Al-Quran Murottal Therapy on the Level of Anxiety in Students

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ABSTRACT

This study aims to determine whether there is an influence of the effectiveness of the Qur'an murottal on the level of anxiety in Mahad Uin Raden Fatah Palembang alumni students. The research method used is a quasi-experiment with the type of design used is *One group pre-test post-test design*. The sample of this study consisted of 15 alumni students of Maha'ad Uin Raden Fatah Palembang who had been selected and met the criteria in this study. By using *saturated sampling* techniques. Data were collected through questionnaires or questionnaires (*Likert scale*) to measure anxiety levels in students This study conducted statistical analysis, with the *Wilcoxon signed test*, *Normality Hypothesis Test* and *Reliability Test*, which was used to analyze the results of all items, data used and obtained from two measurements, by comparing test results after and after therapy in the form of murottal Quran surah Ar-Rahman. The results of this study showed a decrease in anxiety levels after the *pre-test* and *post-test*, therefore it is hoped that the results of this study can provide a deeper understanding and meaning for further researchers about the level of anxiety in students who can be treated through Quranic murottal therapy.

Introduction

Students are students who are enrolled and attend education in college. When a student has entered the world of lectures, he is required to be independent and confident to go directly to the community and devote his knowledge to the public. So to support this goal, one of the strategies and lecture methods used at the university is to present or explain the material prepared independently in front of the class without fear or anxiety in students, Anxiety or is an uneasy and vague feeling caused by feeling afraid or uncomfortable accompanied by a response, the source of these feelings of unease is unclear or unknown to the individual (Marlina, S., & Fajriyah, N. N. 2023). Feelings of anxiety experienced by students are not always associated with psychiatric or mental disorders but this can be caused by forms of adaptation to new conditions (Chodijah, (2020) in Mutmainah.A.F at al 2023). Excessive anxiety will have an impact on decreasing student achievement and the inability of students to fulfill their roles and obligations if not immediately controlled and handled properly.

Osborne (in Fitri, 2020) said that anxiety exists because of a feeling of fear of listeners. This cognitive disorder causes a person to be unable to concentrate and will disrupt the hippocampus system in the brain. To restore concentration, the individual needs to first improve his thinking or cognition so as not to judge himself badly. One way to improve negative thinking into positive is to do religious activities. When a person carries out religious activities, his faith can improve his behavior and thoughts (Rosiladan Yacob, 2013)

Nevid, Rathus, and Greene (2003) suggest that anxiety is an emotional state that affects physical stimulation, feeling tense, unpleasant and thinking something bad will happen. Zeidner (Nasution & Rola, 2011) explained that anxiety is the cause of impaired attention, working memory and disrupting the process of returning information that has been stored previously (retrieval), which is one of the causes of disruption of the learning process. A person with anxiety problems needs to get attention and action so that it does not get worse and does not cause other problems in his daily life. Hariati (2014) in Indriyati, I., et al. (2021) states that listening to music will activate the limbic system so as to produce feelings of calm and expression. In addition to music therapy, another sound therapy that has been shown to reduce anxiety is listening to Quran readings. Therapy by listening to Quranic verses is one of the complementary / alternative therapies that can be done by nurses to help someone with anxiety problems.

Zahrofi (2013) Aprilini.M. et al (2019) explained that in murottal Al-Quran is Quran reading therapy which is religious therapy where a person is read verses of the Quran for several minutes or hours so that it has a positive impact on one's body. The murottal chanting of the Quran contains elements of the human voice which is an amazing healing instrument because it can reduce stress hormones, activate natural endocrine hormones and can increase feelings of relaxation. Chanting Quranic verses in a soft voice can increase natural endorphins, increase feelings of relaxation, distract, reduce fear, anxiety and tension, improve the body's chemical system so as to lower blood pressure and slow breathing, heart rate, pulse, and brain wave activity, (Indriyati, et al. 2021).

A person who listens to the Qur'an in a calm voice can provide positive stimulation and avoid negative thinking. From the many and benefits of reading and murottal from the Qur'an, this research wants to see how effective the Qur'an murottal using surah Ar-Rahman on reducing the level of anxiety experienced by many students,

Method

Based on the title of this study "The Effectiveness of Al-Quran Murottal Therapy on the Anxiety Level of Ma'had Uin Raden Fatah Palembang Students" experimental research was deliberately conducted. The method used in the study is a quantitative method of pseudo-experimentation (Quasi Experiment), by providing treatment in the form of training or Qur'anic murottal therapy on anxiety levels to determine the effects of Qur'an murottal therapy on Ma'had Students at Uin Raden Fatah Palembang. This experimental

research uses a type of *One group pre test-post test design* which is an experimental design that only uses one experimental group without a control group by doing two measurements of bound variables before the treatment is given. The independent variables in this study were the effectiveness of the Qur'an murottal in Mah'ad Uin Raden Palembang alumni students and the dependent variable of anxiety level.

The experimental design chart is as follows (Cook & Campbell, 1979):

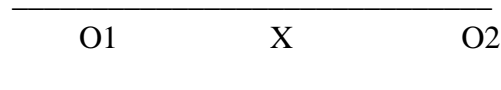


Figure 1. Experiment design "*the one group pretest posttest design*"

Information:

O1: Anxiety Level of Ma'had Students before doing Quran murottal activities.

X : Treatment, which is training in Qur'anic murottal activities.

O2: The level of anxiety of ma'had students after training Quranic murottal activities.

This study used a *saturated sampling* technique. The use of *saturated sampling* techniques is because the existing population is limited to only 15 people who meet the research criteria. The criteria in question are

- 1). Students of Mahad Uin Raden Fatah Palembang Alumni,
- 2). 19-21 years old
- 3). Have an anxiety disorder
- 4). Willing to be a subject in research.

Then the instrument used in this study is the *Zung Self Rating Anxiety Scale* by Willian W, K Zung with 20 questionnaire or questionnaire items, which is intended to produce accurate data using the *Likert scale*. Then in this study, the measurements were carried out twice, namely before and after the experiment or testing. First test, before the experiment, Ma'had students were given a *pre-test* using questionnaires related to anxiety. The form of *intervention* carried out in the initial measurement is Qur'anic murottal therapy, by listening to the Qur'anic murottal Surah Ar-Rahman for 11 minutes.

The time chosen after Asr prayer is because it is when a person is immersed in his prayer, busy remembering Allah SWT, and praying hopefully, the heart becomes peaceful, the chest becomes spacious, the mind becomes calm, the physical is refreshed. After praying and listening to the Quran murottal he was able to return to worldly activities well (Assegaf, 2013). Next, measurements are made again. After giving therapeutic treatment for one week, a second measurement was carried out with *post-test* administration to determine whether or not there was an influence on the murottal activity of the Quran given to the subject being studied. After obtaining the necessary data, the next step is to analyze the data. Data analysis is needed so that researchers can find out the overall results of the data that has been collected. In this study, the goal to be achieved is to find out whether Quran murottal activity training has an effect on reducing the anxiety level of Ma'had Uin Raden Fatah Palembang students.

Results and Discussion

After collecting data on the results of the *first pre-test test* then *the second post-test* test after conducting Quran murotal therapy training to students using the *same 20 items likert scale* (anxiety scale) in two measurements, then the calculation of the data obtained using statistical analysis, where the results of the *Wilcoxon Signed Test* were obtained to measure the Effectiveness of Murotal Al Quran Surah Ar-Rahman Mahad Uin Raden Fatah Palembang Alumni Students

Table 1. Wilcoxon Test Results Experimental Test

	N	Mean Rank	Sum of Ranks
Posttest - Pretest Negative Ranks	15 ^A	8.00	120.00
Positive Ranks	0 ^b	0.00	0.00
Ties	0 ^c		
Total	15		

a. Pretest > Posttest

b. Pretest < Posttest

c. Pretest = Posttest

The results of the Wilcoxon test, found the results of the *pre-test* and *post-test* through the Quran murotal on the level of anxiety decreased, as many as 15 students experienced a decrease in anxiety Mean Rank or average increase was 8.00, while the number of positive ranks or *Sum of Ranks* was 120.00. *Ties* is the similarity of values between before and after, the result of the *Ties* value is 0 so that it can be concluded that there is no equal value between *pre-test* and *post-test*, so it can be said to be effective and successful in reducing anxiety levels in Mahad Uin Raden Fatah Palembang alumni students.

Normality Test

Table 2. Normality Test

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistics	Df	Sig.	Statistics	Df	Sig.
Before	,095	15	,200*	,966	15	,798
After	,176	15	,200*	,884	15	,054

*. *This is a lower bound of the true significance.*

Table 2 states that the distributed data is normal because the value can be significant with >0.005

Test the hypothesis

Table 3 Test Statistics

	Posttest – Pretest
Z	-3.409 ^A
Asymp.Sig.(2-tailed)	.001

a. Based on negative ranks.
 b. Wilcoxon Signed Ranks Test

Table 3 shows the results of the hypothesis test found that there is an influence of the Qur'an murottal to reduce anxiety levels in Mahad Alumni students. *AsympSig (2-Tailed)* results on *Wilcoxon signed tests* are lower than 0.05. The results showed that the hypothesis of this study was accepted. Reinforced by the results of previous research by Efriza Resti Rusdi, et al (2020) which stated that Qur'an murottal therapy is effective in reducing student anxiety levels, and Qur'an murottal therapy can be recommended as an alternative therapy for students in overcoming anxiety. Another previous study conducted by Indriyati, et al (2021) stated that there was a significant influence on listening to the Quran murottal on anxiety levels in students.

Then, previous research conducted by Idham A.F and Rdiha A.A (2017) The results of this study showed that listening to the Quran murottal was effective in reducing academic anxiety in students. This study provides a new alternative for students who often experience academic anxiety by listening to the Quran murottal With the explanation above, the hypothesis proposed in this study is that listening to the Quran murottal is effective in reducing anxiety levels in Mahad alumni students at UIN Raden Fatah Palembang.

Reliability Test

Table 4. Reliability Test

Reliability Statistics	
Cronbach's Alpha	N of Items
.893	20

The results of table 4 output are known to have N of Items (number of items or questionnaire question items) as many as 20 items, with *Cronbach's Alpha* 0.893 >0.60 then it can be concluded that the 20 items used "The effectiveness of Qur'anic Murottal Therapy on anxiety levels in Mah'ad UIN Raden Fatah Palembang Alumni Students" is reliable or consistent.

According to Dini Sukmalara, et al (2021) Murottal is a voice recording of the Quran sung by a qori' or Quran reader. The murottal recitation of the Quran has a constant, regular rhythm, there are no sudden changes. The murottal tempo of the Quran is also between 60-70 minutes, and the tone is low so that it has a relaxing effect and can reduce anxiety, Murottal therapy is used as a reference in terms of reducing stress and anxiety because it can affect physically and psychologically Benefits of Quran Therapy (Murottal) as Medicine (Shifa') The Quran is the holy book of Islam, as a guide to the life of its people,

El & Emara (2013) explains that the language in the Quran has its own characteristics and differs from other languages in terms of writing and is easily recognizable. The Quran is also more different from modern Arabic than the Qur'anic writings of his time. What distinguishes the language of the Qur'an lies in the careful choice of words and the choice of expressions. The Quran is a reference for Muslims who continue to carry out the commands of Allah Almighty and shun His prohibitions. The language of the Quran is a beautiful language and can calm the anxiety experienced by a person if serious in practicing it, as Muslims therapy is recommended to reduce other psychological disorders, religious knowledge is the main thing that should be prioritized and practiced for a Muslim, so many benefits can be felt in individuals if they can perceive sentences and chants from the Quran, Murottal therapy with the Quran with efforts to reduce anxiety levels has an influential effect for today's adolescent adolescents, association and environment in the current era do not make individuals lose direction and are far from the creator, therefore it is hoped that this research in addition to reducing anxiety in students can also be a good habit to continue to practice the Quran in everyday life and spread positive things to people others, in order to prevent the presence of other psychological disorders.

Conclusion

Anxiety is one of the mental disorders in psychology that is often felt by many individuals caused by many factors, this anxiety disorder often interferes with daily life, one of which is in the student environment, students who experience high levels of anxiety have a bad effect in the world of college education, one of which interferes with the learning process and daily activities of the individual, One of the efforts to reduce the level of anxiety in students is to use Islamic science, one of which is listening to the Qur'an, Qur'anic verses that have meaningful content and beautiful chanting as evidenced by

previous research studies can reduce the decrease in anxiety in students, therefore the same results were obtained from this study.

The results of this study using the *One group post test and pretest design* method, with 15 student subjects and 2 measurements have been made, obtained the results that the level of anxiety in 15 subjects and after therapy in the form of listening to Quran murals, there was a decrease in anxiety in students, ,Based on the results of statistical analysis with the Wilcoxon signed test, Asymp was found. Sig. is lower than 0.05 so that the proposed hypothesis is accepted, namely listening to the Quran murottal is effective in reducing anxiety in Mahad Uin Raden Fatah Palembang Alumni Students.

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