

## The Effect of Al-Qur'an Murottal Therapy on Improving Sleep Quality of Regular Nursing Students Semester 7 at the University of Indonesia Maju Year 2022

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Research Article

Volume: 02

Issue: 02

Years: 2023

Editor: IJ

Received: 17/05/2023

Reviewed: 19/06/2023

Published: 22/06/2023

Available Article: (doi)

10.53801/jcn.v2i2.109

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### Abstract

**Introduction:** A student is someone who is studying in college for a particular skill. Students have the biggest demands during the final semester, namely the obligation to complete the final assignment.

**Objectives:** The purpose of this study was to determine the effect of Qur'an murottal therapy on increasing the sleep quality of 7<sup>th</sup>-semester regular nursing students at Indonesia Maju University in 2022.

**Method:** This study used a Pre-Experimental Design with a Group Pretest-Posttest Design approach using a purposive sampling technique with a total sample of 30 respondents.

**Result:** The results of the paired sample t-test on the pretest and posttest showed a significance value of 0.000, which means the p-value < 0.05.

**Conclusion:** There is an effect of Qur'an murottal therapy on increasing sleep quality of 7<sup>th</sup>-semester regular nursing students at Indonesia Maju University in 2022. That way, Qur'an murottal therapy can be used as material for consideration by Muslim students in improving poor sleep quality.

**Keywords:** qur'an murottal, sleep quality, students

### Pendahuluan

The student is someone who is studying in college for a particular skill. Students have the biggest demands during the final semester, namely the obligation to complete the final assignment.<sup>1</sup> As a student who has a busy schedule at the start of lectures, the quality of his sleep can be disrupted, affecting his physiological and psychological health. Often students underestimate sleep by paying less attention to good sleep patterns. Students often stay up late or sleep for a short time resulting in decreased sleep quality.<sup>2</sup>

Sleep pattern is a form of a person in a consistent period, which includes the quality

and quantity of sleep. Aspects contained in the quality of sleep in the form of quantitative and qualitative, including the duration of sleep, the time it takes to fall asleep, the frequency of waking while sleeping, and subjective aspects, namely the depth and deepness of sleep.<sup>3</sup> Sleep quality can change due to the demands of daily activities, causing reduced sleep time and feeling very sleepy during the day.<sup>4</sup>

Nearly a third of the world's population has poor sleep quality, such as non-restorative sleep complaints, difficulty initiating or maintaining sleep, daytime sleepiness, and snoring.<sup>5</sup> Evidenced by the prevalence of sleep quality of nursing students as much as 97.4% experiencing poor sleep quality.<sup>6</sup> It was also found that the prevalence of poor sleep quality in final-year students who were preparing their thesis was 68.70%.<sup>7</sup>

Sleep quality can be measured using the Pittsburgh Sleep Quality Index (PSQI) instrument which consists of seven components.<sup>8</sup> Handling to improve sleep quality can be done with sleep regulation therapy, psychological therapy, and relaxation therapy. Relaxation therapy consists of deep breathing, progressive muscle relaxation, surrender exercises, music therapy, and aromatherapy. One of the music therapies that can be heard and has a positive effect is murottal Al-Qur'an therapy.<sup>9</sup> Based on the phenomenon and various existing studies, researchers want to know more deeply about the effect of Al-Qur'an murottal therapy on improving the sleep quality of regular 7<sup>th</sup>-semester nursing students at the University of Indonesia Maju in 2022.

## Method

This study used a Pre-Experimental Design with a Group Pretest-Posttest Design approach. Where the sample group will be given a pretest before being given treatment, then after that it is given treatment, and a posttest is carried out. So that it can compare the conditions before and after being given treatment.<sup>10</sup> The population in this study were 117 semester 7 regular nursing students at the University of Indonesia Maju. This research will use a sample of 30 respondents using a purposive sampling technique which determines the sample with certain considerations.<sup>11</sup> The sample collection in this study used the Pittsburgh Sleep Quality Index (PSQI) questionnaire to measure sleep quality variables. The test used in this study used the paired sample t-test and previously tested the normality of the data using the Shapiro-Wilk test.

## Results

The results of this univariate analysis are in the form of a frequency distribution of the sleep quality variable which aims to describe the sleep quality of the respondents before and after being given Al-Qur'an murottal therapy using the PSQI questionnaire with the following results.

**Table 1.** Frequency Distribution of Sleep Quality for Regular Nursing Students Semester 7 at the University of Indonesia Maju in 2022 Before and After Being Given Al-Qur'an Murottal Therapy N=30

| Sleep Quality (Before) | Frequency (n) | Percentage (%) |
|------------------------|---------------|----------------|
| Good                   | 1             | 3,3%           |
| Bad                    | 29            | 96,7%          |
| Sleep Quality (After)  |               |                |
| Good                   | 11            | 36,7%          |
| Bad                    | 19            | 63,3%          |

Table 1 above shows that the sleep quality of regular semester 7 nursing students before being given Al-Qur'an murottal therapy was mostly bad with a total of 29 respondents (96.7%).

The sleep quality of regular 7<sup>th</sup>-semester nursing students after being given Al-Qur'an murottal therapy was mostly still poor for as many as 19 respondents (63.3%). This figure has experienced a decrease in frequency from 96.7%, which means there is a difference of 33.4%.

**Table 2.** Data Normality Test Using the Shapiro-Wilk Test

| No. | Variable  | df | Sig.  |
|-----|-----------|----|-------|
| 1.  | Pre-Test  | 30 | 0,220 |
| 2.  | Post-Test | 30 | 0,880 |

Table 2 shows the results of the data normality test that was tested on data obtained by researchers through questionnaire sheets. The results of the data normality test before being given Al-Qur'an murottal therapy (pretest) showed a significance value of 0.220 and after being given Al-Qur'an murottal therapy (posttest) showed a significance value of 0.880 which means  $p$  value  $> 0.05$  with the second conclusion the data is normally distributed.

**Table 3.** Test the Effect of Before and After Giving Al-Qur'an Murottal Therapy on Improving the Sleep Quality of Regular Nursing Students Semester 7 at the University of Indonesia Maju in 2022 Using the Paired Sample T Test

|                        | Mean  | SD    | df | Sig. (2-tailed) |
|------------------------|-------|-------|----|-----------------|
| Pre-Test and Post-Test | 3,667 | 2,496 | 29 | 0,000           |

Based on Table 3, the results of the paired sample t-test on the pretest and posttest show a significance value of 0.000, which means the  $p$ -value  $< 0.05$  where there is a significant difference between the pretest and posttest. Then  $H_a$  is accepted and  $H_0$  is rejected, it can be concluded that there is an effect of listening to murottal Al-Qur'an therapy on improving the sleep quality of regular 7<sup>th</sup>-semester nursing students at the University of Indonesia Maju in 2022.

## Discussion

As in Susanti's research, which explained to 3 respondents, they admitted in interviews that their sleep quality was not good before being given Al-Qur'an murottal therapy. This is because night activities are more productive than during the day. They say that at night it is quieter and quieter so it is more effective for doing lecture assignments.<sup>12</sup> Similar to Antari's research conducted at the Budhi Dharma Abandoned Elderly Service Home UPT Yogyakarta, explained that 18 respondents (90%) had poor sleep quality before being given Al-Qur'an murottal therapy. Several respondents said their sleep was often disturbed because they had to urinate, had lots of thoughts, had hot or cold environments, and experienced body aches or pains.<sup>13</sup>

According to researchers, poor sleep quality in regular semester 7 nursing students at the University of Indonesia Maju in 2022 occurs because students experience difficulty sleeping when entering the final semester, as well as students must have a busy schedule when lectures have started and have many assignments. Respondents also had never used Al-Qur'an murottal therapy to improve sleep quality.

Several factors can affect the quality of a person's sleep, such as health status, environment, diet, drugs, and substances, as well as lifestyle. Health status such as psychological stress can make a person feel anxious, depressed, and other things that can interfere with sleep quality. There are also internal and external factors, such as physical condition, emotional state, work environment, and task overload. Most students are still in young adulthood which is a developmental stage in children aged 20 years. Young adults who act as students have pressure when many assignments can cause difficulty sleeping.

Treatment of sleep quality problems can use pharmacological and non-pharmacological therapy. Pharmacological therapy has a faster effect but has a less good impact on the body if used for the long term. Meanwhile, non-pharmacological therapy is safe to do if you do it regularly even though it takes a little longer.<sup>14</sup> One of the therapies that can be done is music therapy using murottal Al-Qur'an therapy which can affect brain cells to produce endorphins so that they have a positive and relaxing effect to improve sleep quality.<sup>15</sup>

As in the Qomaruzzaman study conducted at UIN Sunan Gunung Djati Bandung Class of 2018, explaining the results after three days of being treated with Al-Qur'an murottal therapy, the respondents revealed that even though their sleep duration was only about 6 hours, they felt better because of Al-Qur'an murottal therapy. 'and makes them feel more comfortable, more restful, and gives a fresh feeling to carry out activities.<sup>16</sup> It is the same as in the book Murottal Al-Qur'an Therapy to Reduce Anxiety and Improve Sleep Quality which states that the professional group that most often experiences sleep quality problems are students. Al-Qur'an murottal therapy is a complementary therapy that has the same effect as music therapy, namely providing a relaxing effect so that it can improve sleep quality.<sup>17</sup>

According to the researchers, respondents who listened to the Al-Qur'an murottal therapy for 3 days every night before going to bed experienced an increase in sleep quality. It was shown that some respondents who had poor sleep quality experienced a change for the better, this happened because the murottal Al-Qur'an therapy that was listened to could have a calm and relaxing effect so it helped improve sleep quality. Many non-pharmacological therapies can be performed, such as deep breathing therapy, progressive muscle relaxation, self-surrender exercises, music therapy, and aromatherapy.<sup>18</sup> Al-Qur'an murottal therapy is included in music therapy which is part of spiritual therapy and is played for a certain duration according to needs and desires.<sup>19</sup>

In line with Rachman's research which used a pre-experimental group pretest posttest design using a purposive sampling technique of 20 respondents. With the results of the t-test-dependent test obtained a significance value of 0.000 where the p-value <0.05 which can be concluded that there is an effect of listening to the murottal Al-Qur'an on stress in compiling a thesis for 7<sup>th</sup>-semester undergraduate nursing students at Muhammadiyah University, East Kalimantan.<sup>20</sup> The same as in Khamid's study which used a pre-experimental design one group pretest-posttest and then processed the data using a paired t-test. Where the results obtained a significance value of 0.000, which means the p-value <0.05. It can be concluded that there is an effect of giving Al-Qur'an murottal therapy to improve sleep quality in the elderly in Blado Balong Lor Hamlet, Banguntapan District, Bantul Regency, Special Region of Yogyakarta in 2021.<sup>21</sup>

According to the researchers, there is an effect of listening to Al-Qur'an murottal therapy on improving the sleep quality of regular 7<sup>th</sup>-semester nursing students at the University of Indonesia Maju in 2022. According to the data obtained, before the Al-Qur'an murottal therapy was carried out, the number of respondents who had quality sleep bad as many as 29 respondents. Then the results of the study showed that after being given murottal Al-Qur'an therapy there was a decrease in the frequency from 29 respondents to 19 respondents who had poor sleep quality. This is because the murottal Al-Qur'an therapy that is heard will be stimulated in the brain so that it can activate the nerves to relax. Al-Qur'an murottal therapy uses harmonious and rhythmic rhythms so that it can stimulate the production of the hormone serotonin, which will improve circadian rhythms and have the potential to improve sleep quality.

The sound effects of the Al-Qur'an murottal therapy are psychological and neurological.

Chanting the therapeutic rhythms of the murottal Al-Qur'an can improve the physiology of the nerves so that they can improve the body's mechanical systems. Al-Qur'an murottal therapy can also stimulate the parasympathetic nervous system whereas the system has the opposite effect on the sympathetic nervous system. Therefore, there will be a balance between the two nervous systems, where it becomes the basic principle of the autonomic nervous system, causing a relaxation response. By Q.S. Al-Isra verse 82 which means that the Qur'an was revealed as an antidote and mercy for those who believe. Likewise in Q.S. Yunus verse 57 explains that the Qur'an is present as a cure for diseases that are in the chest and as a guide and mercy for believers.

## Conclusion

The sleep quality of most regular 7<sup>th</sup>-semester nursing students at the University of Indonesia Maju in 2022 before being given Al-Qur'an murottal therapy is poor. The sleep quality of regular 7<sup>th</sup>-semester nursing students at the University of Indonesia Maju in 2022 after being given partial Al-Qur'an murottal therapy Most of them are still bad but there is a decrease in frequency compared to before being given murottal Al-Qur'an therapy. The conclusion is that there is an effect of Al-Qur'an murottal therapy on improving the sleep quality of regular 7<sup>th</sup>-semester nursing students at the University of Indonesia Maju in 2022.

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