

## STUDI KASUS: INTERVENSI TERAPI MUROTTAL AL-QURAN UNTUK MENURUNKAN ANSIETAS PADA KLIEN ASMA

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### ABSTRAK

**Latar Belakang:** Ansietas merupakan salah satu masalah psikologis yang dapat ditemukan pada pasien asma. Upaya yang dapat dilakukan untuk mengatasi masalah tersebut adalah intervensi mendengarkan murottal al-quran.

**Tujuan:** Studi kasus ini dilakukan untuk menggambarkan intervensi murottal al-quran dalam menurunkan ansietas pada klien asma.

**Metode:** Penelitian ini menggunakan desain studi kasus dengan pendekatan implementasi evidence based practice yang berfokus pada intervensi keperawatan. Penelitian dilakukan di BLUD RSUD Kota Banjar tanggal 27-31 Mei 2022. Partisipan dalam penelitian ini adalah klien Ny. S umur 65 tahun, perempuan, mengeluh sesak nafas dan cemas. Proses pengkajian dan penetapan diagnosa difokuskan pada masalah utama. Data objektif dan subjektif menjadi rujukan evaluasi implementasi keperawatan secara berkala.

**Hasil:** Klien memberikan pengakuan kecemasan tidak ada setelah diberikan intervensi murottal Al-Quran.

**Kesimpulan:** Intervensi Murottal Al-Quran patut diduga efektif dalam menurunkan kecemasan pada klien asma yang dibuktikan dengan pengakuan klien secara subjektif walaupun belum didukung dengan frekuensi nafas normal sebagai salah satu indikator kesehatan fisik. Secara teoritis, Penelitian ini tidak bertentangan dengan penelitian sebelumnya sehingga dapat menjadi rujukan dalam penelitian yang akan datang. Secara klinis, intervensi murottal al-quran dapat menjadi salah satu alternatif intervensi untuk menurunkan tingkat kecemasan pada klien dengan penyakit kronis seperti asma di rumah sakit maupun pukesmas.

Kata Kunci: Ansietas, Asma, Murottal Al-Quran

## CASE STUDY OF AL-QURAN MUROTTAL THERAPY INTERVENTION TO REDUCE ANXIETY IN ASTHMA CLIENTS

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### ABSTRACT

**Introduction:** Asthma is a chronic inflammatory disorder in the respiratory tract caused by bronchial hyperactivity with a lot of various stimuli with marked episodes of wheezing, coughing, shortness of breath and heaviness in the chest at night or early in the morning with reversible properties either or without appropriate treatment. existence. The World Health Organization (WHO) in 2011 stated that almost 300 million people were diagnosed with asthma and this is likely to increase by 2025 to 400 million, with the death rate reaching 250,000 per year. In asthma, anxiety nursing problems can arise and their handling is done by means of Murottal Al-Quran Therapy.

**Method:** This research uses a descriptive case study design with a nursing care approach. with participants based on inclusion and exclusion criteria. Collecting data by means of interviews, observation, physical examination, and documentation

**Research Results:** The results of the nursing evaluation showed positive changes to the client's psychological status in the form of anxiety. The client claimed to understand how to deal with anxiety with murottal al-quran therapy after 1 time of intervention.

**Discussion and conclusion:** The Murottal Al-Quran intervention should be suspected to be effective in reducing anxiety in asthmatic clients as evidenced by the client's subjective acknowledgment even though it has not been supported by normal breathing frequency as an indicator of physical health. The decrease in anxiety occurs as one of the impacts of the intervention given in the form of the emergence of calm and hope, the loss of anxiety and despair which directly eliminates anxiety. In addition, the researcher did not find a significant gap between theory and facts that hindered the results of the study, so this research does not conflict with research that has been carried out by previous researchers. Clinically, the murottal al-quran intervention can be an alternative intervention to reduce anxiety levels in clients with chronic diseases such as asthma in hospitals and health centers.

Keywords: *anxiety, asthma, murottal Al-Quran*