

The Effect of Murotal Therapy of Surat Ar-Rahman with Translation on the Anxiety Level of Patients Treated in the ICU Room of Roemani Muhammadiyah Hospital, Semarang

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Abstract : Patient anxiety in the ICU can be overcome in several ways, one of which is non-pharmacological therapy, namely by providing murotal therapy with Surat Ar-Rahman with translation. The aim of this research is to find out whether there is an effect of murotal therapy of the Ar-Rahman letter with translation on the anxiety level of patients being treated in the ICU at Roemani Muhammadiyah Hospital. The research method used was a quasi experiment with a one group pre-post test design. This research was carried out in the ICU room at Muhammadiyah Hospital Semarang in July – August 2024 on 40 respondents. The sampling technique used was purposive sampling. The intervention was given for 2 days and each intervention was given 20 minutes. Data collection used the HARS questionnaire. The test used in the research was the Wilcoxon test. The spss test results show a P Value of 0.000 (P Value < 0.05) so it can be concluded that H₀ is rejected and H_a is accepted. Of the 40 respondents showing negative ranks there were 40 respondents, positive ranks 0 respondents and ties 0 respondents. There is an influence of murottal therapy of the letter Ar-Rahman with translation on the level of anxiety of patients being treated in the ICU of the Roemani Muhammadiyah Hospital, Semarang.

Keywords : ICU; Anxiety; Murotal Therapy of Surat Ar-Rahman

Introduction

The intensive care unit (ICU) is a special unit of the hospital dedicated to for the care of patients requiring life support and for those at risk high risk of organ failure and death (Ervin, 2018) ICU is a unit care for patients with life-threatening chronic illnesses that require ongoing care, monitoring, and use of supportive equipment and medications to save lives. (Kosasih, 2019)

Patients receiving ICU care and dying in the ICU due to critical illnesses number 1.1-7.4 million (WHO, 2020). Each year, the number of critically ill patients treated in the ICU increases by 9.8-24.6%. In 2019, the incidence of critically ill patients in Indonesia was recorded at 33,148 people, while the mortality rate for intensive care unit patients was 36.5%. (Ministry of Health of the Republic of Indonesia, 2019). The number of ICU units in Indonesia has reached 81,032 beds in 2,979 hospitals and 52,719 critically ill patients have been treated as of 2021, meaning the average ICU occupancy in Indonesia reached 64.83 percent in 2021 (Ministry of Health, 2021).

Patients treated in the *Intensive Care Unit (ICU)* have high mortality and morbidity rates. Critically ill patients require intensive care and monitoring of every procedure performed, requiring continuous and ongoing medical records. Patients treated in the ICU are likely to experience psychological problems, including anxiety disorders, depression, and psychosis.

Anxiety is an individual's response to an unpleasant situation and is experienced by all living beings. Anxiety is an emotional and subjective experience without a specific object, causing people to feel a sense of apprehension (worry) as if something bad is about to happen. It is generally accompanied by autonomic symptoms that last for some time (Pieter et al., 2019).

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Unmanaged anxiety can have a harmful effect on recovery illness and well-being overall, including during the weaning stage prolonged use of the ventilator and recovery time, increased workload for breathing, fatigue, increased pressure acute blood loss and increased incidence anxiety, leading to depression patients after being treated in the ICU. Non-pharmacological therapies are often performed For reducing anxiety, among other things with distraction techniques, deep breathing relaxation, music therapy, listening to murottal al-Quran and muscle relaxation techniques progressive (Berman, 2018)

One non-pharmacological therapy that is quite effective and can be applied to critically ill patients in the ICU experiencing anxiety is Quranic recitation therapy. This therapy has immense benefits, but not many people are willing to try it. This is truly unfortunate, considering that this therapy not only provides a means of getting closer to Allah SWT but has also been proven effective in reducing anxiety levels (Saleh et al., 2018).

Murottal works by providing a relaxing effect so that it calms the mind and provides a relaxing effect from all tension and stress. (Suryani, 2016) . Listening to the recitation of the holy verses of the Quran has a significant effect in reducing the tension of the reflexive nerves, and these results are recorded and measured quantitatively and qualitatively by a computer-based tool. The effects that occur are changes in electrical currents in the muscles, changes in the skin's ability to capture electrical conduction, changes in blood circulation, changes in heart rate, and blood levels in the skin. These changes indicate relaxation or a decrease in the tension of the reflexive nerves which results in vasodilation and an increase in blood levels in the skin, accompanied by an increase in skin temperature and a decrease in heart rate. (Rilla et al., 2014) .

One of the letters in the Koran that has priority is Surah Ar Rahman. Through this letter, Allah seems to be giving us a signal about the human nature of being forgetful, ungrateful and unwilling to think. These three traits are always possessed by humans. and may Allah always forgive our every sin. And when we read the sentence "fabiayyi alla iraabikumaa tukadzdzibaan" and then we say "la bisyay-in min alaika rabbi akdzibu" (none of your blessings, O my Lord, I will deny) if I read it at night and then die, then his death is like the death of a martyr. and if you read it during the day and die, your death will be like the death of a martyr (Mahlufi, 2016) .

The high ICU occupancy rate at Roemani Hospital averages 55% - 70% each month, meaning the high number of patients means nurses are less than optimal in providing non-pharmacological therapy to reduce the anxiety levels of patients treated in the ICU. One non-pharmacological therapy that is quite effective and can be applied to critically ill patients in the ICU who experience anxiety is the recitation of the Quran, Surah Ar-Rahman, with translation.

From the description of the problem above, the research question is as follows: "Is there an influence of Murottal Therapy of Surah Ar-Rahman with Translation on the Anxiety Level of Patients Treated in the ICU of Roemani Muhammadiyah Hospital?"

Research Methodology

research method used was *a quasi-experimental design with a one-group pre-post test design*. This study was conducted in the ICU room of Muhammadiyah Hospital Semarang in July - August 2024 on 40 respondents. The *sampling technique* used was *purposive sampling*. The intervention was given for 2 days and each intervention was given 20 minutes. Data collection used the HARS questionnaire . The test used in the study was the Wilcoxon test

Results And Discussion

A. Analysis Univariate

1. Characteristics of Patients Treated in the ICU

Table 1 Frequency Distribution of Respondent Characteristics in the ICU of Roemani Hospital, July - August 2024

n = 40

Characteristics	Frequency (F)	Percentage (%)
Age		

26 – 35 Years	2	5.0
36 – 45 Years	13	32.5
46 – 59 Years	25	62.5
Total	40	100
Gender		
Man	29	72.5
Woman	11	27.5
Total	40	100
Education		
No school	1	2.5
Elementary	2	7.5
Middle School		
SENIOR HIGH SCHOOL	22	55.0
College	14	35.0
Total	40	100
Work		
ASN	6	15.0
Private	22	55.0
Retired	4	10.0
Doesn't work	8	20.0
Total	40	100

Based on table 1, the characteristics of patients treated in the ICU, based on age, the most vulnerable were 46-59 years old, totaling 25 patients (62.5%). Based on gender, the most were male, totaling 29 patients (72.5%). Based on education, the most were high school graduates, totaling 22 patients (55.0%), and based on occupation, the majority of patients worked in the private sector, totaling 22 patients (55.0%).

2. Anxiety levels before and after therapy of murottal surat Ar-Rahman with translation

Table 2 Frequency distribution of anxiety levels before intervention in patients in the ICU at Roemani Hospital, July - August 2024

n = 40

Anxiety Level	Before Intervention	
	Frequency (F)	%
Light	21	52.5
Currently	19	47.5
Total	40	100

Table 2 shows the level of anxiety of patients treated in the ICU before undergoing murottal therapy for the Ar Rahman letter with translation. Most of them were categorized as mildly anxious, amounting to 21 patients (52.5%) and 19 patients (47.5%) were categorized as moderately anxious.

Table 3 Frequency distribution of anxiety levels after intervention in patients in the ICU at Roemani Hospital, July - August 2024

n = 40

Anxiety Level	After Intervention	
	Frequency (F)	%
No Worries	31	77.5
Light	9	22.5

Total	40	100
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From table 3, it is shown that the level of anxiety of patients treated in the ICU after undergoing murottal therapy of the Ar Rahman letter with translation, the majority of whom were categorized as not anxious, amounting to 31 patients (77.5%), and 9 patients (22.5%) were categorized as mildly anxious.

B. Bivariate Analysis

To find out the effect of patient anxiety before and after the therapy of murotal Al-Quran Surah Ar-Rahman with translation, a *Wilcoxon test* was carried out .

Table 4 Differences in anxiety levels before and after the therapy of murotal Al-Quran Surah Ar-Rahman with translation of patients in the ICU of Roemani Hospital, August – September 2024

n = 40

Variables		n	Mean rank	P Value
After anxiety score – Before anxiety score	Negative ranks	40	20.50	0.000
	Positive ranks	0		
	Ties	0		
	Total	40		

the *Wilcoxon* test results show a P Value of 0.000 (P Value <0.05), so it can be concluded that H0 is rejected and Ha is accepted, meaning that there is an effect of providing murotal therapy of the Ar-Rahman letter with translation on the level of anxiety of patients in the ICU room of Roemani Muhammadiyah Hospital, Semarang. The table also shows that the anxiety scores of all 40 respondents are negative ranks, meaning there is a decrease in the level of anxiety of patients from before and after the intervention.

Discussion

A. Analysis Univariate

1. Respondent's age

The results of the study of patients treated in the ICU based on the age range of 46-59 years, amounting to 25 patients (62.5%). This result is in line with the research conducted by (Guna Nada, 2020) which stated that the majority of patients treated in the ICU room of Muwardi Solo Hospital were aged 50-60 years, amounting to 58%. Another study conducted in the Critical Unit Room stated that the most patients based on age ranged from 56-65 years, amounting to 28.1% (Rosanti, 2022). Meanwhile, research conducted by (Norvahnita A, 2023) at Mekar Sari Hospital stated that the most patients were aged <60 years, amounting to 65.4%.

The older a person gets, the better their maturity level, although this is not absolute. Maturity influences a person's coping mechanisms, making it harder for more mature individuals to experience anxiety because they have a greater ability to adapt to anxiety than those who are less mature (Danu, 2021). This theory concludes that the more mature a person is, the better their adaptation mechanisms are to anxiety. Age is correlated with experience, and experience is correlated with knowledge, understanding, and perspectives on a disease or event, thus shaping perceptions and attitudes. Maturity in the thought process of adults makes it more likely that individuals will use good coping mechanisms compared to children.

2. Gender

The results of the study showed that the majority of patients treated in the ICU were male, totaling 29 patients (72.5%). An adult male has a stronger mental attitude

towards something that is perceived as threatening to them compared to women's mental health. Men have lower levels of anxiety because they possess more knowledge and information due to more frequent interaction with the outside world, while women have higher levels of anxiety because most of them are housewives with limited interaction with their environment, thus limiting their knowledge and information (Salsabila, 2022).

The results of this study are in line with the research conducted by (Norvahnita A, 2023) which stated that most of the patients treated in the ICU of Mekar Sari Hospital were male, as many as 69.2%, in contrast to researcher Rosanti (2022) who stated that of 167 HCU-ICU patients at the West Bandung Regency State Hospital, the majority were female, amounting to 63.5%. This is also supported by the results of research at Moewardi Solo Hospital conducted by (Guna Nada, 2020) which obtained data on female respondents, 15 respondents (65.2%) and 8 male respondents (34.8%). Gender also affects the level of anxiety. Based on the results of the study, women tend to experience anxiety than men, this is because in this study women were at the age of menopause.

During menopause, estrogen and progesterone hormones decrease and cause psychological symptoms characterized by irritability, depression, anxiety, and decreased memory (Agusriyanto, 2021).

3. Anxiety level before therapy of murottal surat Ar-Rahman with translation

The results of the study showed that most of the patients treated in the ICU were categorized as mild anxiety, totaling 21 patients (52.5%) with symptoms of anxiety, unable to rest peacefully, difficulty sleeping, tense faces and still found patients with moderate anxiety 19 patients (47.5%) with symptoms of anxiety, fear of their own thoughts, lethargy, restlessness, restless sleep, sadness, palpitations, restlessness. These results are different from those of researcher Yeni Sulistyowati (2021) who found that patients treated in the ICU of Aminah Hospital had anxiety levels before the intervention, mostly in the moderate category (74%). This is also supported by the results of researchers in the ICU/CVCU Murni Teguh Memorial Hospital, where patient anxiety was in the severe category with a percentage of 18 or 54.5% (Sidauruk, 2023).

Patients treated in the Intensive Care Unit (ICU) have high mortality and morbidity rates. Critically ill patients require intensive care and monitoring for every procedure performed, requiring continuous and ongoing medical records. Patients treated in the ICU are likely to experience psychological problems, including anxiety disorders, depression, and even psychosis (Yuliani, 2023).

4. Anxiety level after murottal therapy of the Ar-Rahman letter with translation

The results of the study after providing audio therapy in the form of listening to the murottal of Surah Ar-Rahman along with its translation, most of the patients were categorized as not anxious, amounting to 31 patients (77.5%) of all respondents experienced a decrease in anxiety scores. The results of other researchers who are in line at Panyabungan Regional Hospital stated that after providing murottal therapy al-Quran 33.3% of patients were categorized as not anxious (Simamora, 2021). These results differ from research conducted at Aminah Hospital which showed that the majority of respondents experienced a decrease in anxiety levels after the intervention (murottal therapy) and there were several respondents who did not experience a decrease in anxiety levels after murottal therapy (Sulistyowati, 2021).

Non-pharmacological therapies that are often performed For reducing anxiety, among other things with distraction techniques, deep breathing relaxation, music therapy, listening to murottal al-Quran and muscle relaxation techniques progressive (Berman, 2018)

One non-pharmacological therapy that is quite effective and can be applied to critically ill patients in the ICU experiencing anxiety is Quranic recitation therapy. This therapy has immense benefits, but not many people are willing to try it. This is truly unfortunate, considering that this therapy not only provides a means of getting closer to Allah SWT but has also been proven effective in reducing anxiety levels (Saleh et al., 2018).

B. Bivariate Analysis

The results of the study showed that there was an effect of providing murottal therapy of the Al-Quran Surah Ar-Rahman with translation on the level of anxiety of patients in the ICU room of Roemani Muhammadiyah Hospital Semarang by showing a P Value of 0.000

(P Value <0.05). The results of this study are in line with the research of Sulistyowati (2021) that there was an effect of reducing the level of anxiety before and after providing murottal therapy of the Al-Qur'an on reducing the level of anxiety. This result is also supported by researcher Prakasa (2023) who stated that there was an effect of reducing the level of anxiety before and after being given murottal therapy of the Al-Quran in patients treated in the ICU. Based on research on the effect of murottal therapy of the Al-Quran on the level of anxiety in patients in the Alamanda room of Ullin Hospital Banjarmasin, it shows that the $p\text{ value} = 0.001$ (<0.005) which means there is an effect of murottal therapy on the level of anxiety of patients (Saleh, Agustina, & Hakim, 2018).

Conclusion And Suggestions

It can be concluded that there is an influence of murottal therapy of the letter Ar-Rahman with translation on the level of anxiety of patients treated in the ICU Room of Roemani Muhammadiyah Hospital based on the results of the Wilcoxon test with a P Value of 0.000 (P Value <0.05). Therefore, it is hoped that nurses and hospital institutions will improve the quality of services, especially nursing interventions oriented towards non-pharmacological nursing in the ICU room, in the form of Audio Relaxation Therapy: Murottal Al-Qur'an (Surat Ar-Rahman and its translation) in reducing the level of anxiety of patients and it is hoped that it can be applied in every other treatment room.

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