

TADABBUR AL-QUR'AN TO REDUCE Anxiety in PRIMIGRAVID TRIMESTER III PREGNANT WOMEN

ESSENCE

Pregnancy is a physiological process experienced by women, but not all women have a smooth pregnancy process. Pregnant women are very sensitive and fragile, many fears arise about the dangers that might occur to the mother and her fetus. Therefore specific psychological changes can be presumed based on biological changes during pregnancy.

III trimester stage, pregnant women are often called the waiting and alert period. Anxiety in pregnant women is anxiety that is felt by pregnant women related to themselves and the baby in their womb. It is affected by previous pregnancies or trauma from seeing pregnant people in general. The Qur'an has special features and psychological miracles, this is because every verse in the Qur'an contains curative healing and emphasizes the emergence of positive emotions.

To measure anxiety in pregnant women, the output of this pocket book uses the Hars scale, the method used is to do the tadabbur therapy of the Al-Qur'an surah Maryam which is carried out for a week in a row, read one sheet every day. In this method, the provider does not need to guide the therapy, because it can be done individually at home.

After 1 week of doing tadabbur Al-Qur'an with surah Maryam, the results can be seen whether the mother feels calmer in her current condition, and whether the points of anxiety after reading surah Maryam are reduced than before, if the answer is reduced it means that it indicates success in chanting surah Maryam, but if the answer is still the same then the contemplation of surah Maryam can be continued for some time to come.

Keywords: Pregnancy, Anxiety, and Tadabbur Al-Qur'an