

**THE EFFECT OF AL-QUR'AN SURAH AL ISRA' MUROTTAL THERAPY
ON THE LEVEL OF DYMENORRHES IN ADOLESCENT FEMALES AT
MADRASAH ALIYAH NEGERI 1 KARANGANYAR**

Dita Kusuma Fatmawati, Sitti Rahma Soleman

ditak773@gmail.com

University of 'Aisyiyah Surakarta

ABSTRACT

Background: According to WHO (World Health Organization) the incidence of dysmenorrhea in Indonesia is 55%. According to the Central Java Provincial Health Office, the prevalence of dysmenorrhea reaches 56%. Preliminary studies at Madrasah Aliyah Negeri 1 Karanganyar show that the majority complain about dysmenorrhea where students experience learning difficulties and activities where students get permission to go to the UKS and return home. One of the treatments for dysmenorrhea is murottal al-Qur'an therapy. **Objective:** To determine the effect of murottal al-Qur'an surah al-isra' therapy on the level of dysmenorrhea in adolescent females at Madrasah Aliyah Negeri 1 Karanganyar. **Methods:** Quasi experimental design in quantitative research with One Group of Pre-test and Post-test it uses probability sampling technique with stratified random sampling method, the total sample is 15 respondents. The data collection uses the Numeric Rating Scale (NRS) instrument. **Results:** After analyzing the data using the Wilcoxon test, the median value before the intervention given is 3,00 the after the intervention given is 2.00 and Asymp.Sig.(2-tailed) (0.000) <0.05. **Conclusion:** There is an effect of murottal Al-Qur'an Surah Al-Isra' therapy on the level of dysmenorrhea in adolescent females at Madrasah Aliyah Negeri 1 Karanganyar.

Keywords : Dysmenorrhea, Al-Qur'an Murottal Therapy, Adolescent Female