

**THE EFFECT OF MUROTTAL THERAPY ON REDUCING
ANXIETY INTRIMESTER III PREGNANT WOMEN IN DEALING
WITH LABOR AT PMB SRI WAHYUNI**

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ABSTRACT

Background : Anxiety is a feeling of fear that is not clear and not supported by the situation. One source anxiety is pregnancy. In third trimester pregnant women, anxiety will reappear , marked by feeling fear and worry in the face of childbirth. Listening to murottal will have a calming and relaxing effect on a person so it is very effective for reducing anxiety. **Purpose** : To determine the effect therapy murottal to decrease in anxiety on Mother third trimester of pregnancy in the face of labour. **Methods** : This research is a quantitative study with Quasi Experiments Design . The research design used the One Group Pretest Posttest design. How to take sample with technique total sampling and the number of respondents as much 30 respondents. **Results** : The results of this study indicate that respondents before being given murottal therapy were at the level of severe anxiety, namely 16 respondents (53%). Meanwhile, most of the respondents after being given murottal therapy were at a mild level of anxiety namely 16 respondents (53%). The results of the Wilcoxon signed ranks test statistics are known to be Asymp. Sig. (2-tailed) value < 0.001. **Conclusion** : There is an effect of murottal therapy on reducing anxiety in third trimester pregnant women in facing labor.

Keywords : Pregnancy, Emergency, Murottal Therapy.