

THE INFLUENCE OF PROVIDING MUROTTAL AL-QUR'AN THERAPY ON REDUCING DYSMENORRHEA IN STUDENTS AT MTs NEGERI 5 SRAGEN

Putri Kartini Permata Sari¹, Kamidah²
202016033.students@aiska-university.ac.id
Univercity of 'Aisyiyah Surakarta

ABSTRACT

Background: Based on data from BPS Sragen district, there will be 569 cases of dysmenorrhoea in 2023. Menstrual pain is one of the disorders experienced by almost all women when menstruating. The symptoms that often appear during dysmenorrhoea are pain in the lower abdomen that spreads to the waist which usually begins to be felt 2-3 days before menstruation. Listening to murottal provides effective results in efforts to reduce dysmenorrhoea. **Objective:** To determine the effect of Al-Qur'an murottal therapy on reducing primary dysmenorrhoea. **Method:** The type of research used is quantitative with a pre-experimental method with a one group pre test post test type research design. The sampling method was by simple random sampling technique and the number of respondents was 20 respondents. **Research results:** Wilcoxon test results based on the level of dysmenorrhoea before and after treatment showed a significant value of $0.000 < 0.05$ with an average value of 10.50%. **Conclusion:** There is an effect of providing Al-Qur'an murottal therapy on reducing dysmenorrhoea in female students at MTs Negeri Sragen.

Key words: Dysmenorrhoea, murottal al-Qur'an