

**APPLICATION OF MUROTAL AL-QUR'AN THERAPY TO
REDUCE ANXIETY LEVELS IN PATIENTS
DIABETES MELLITUS**

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ABSTRACT

Background: Diabetes Mellitus (DM) is a disease characterized by elevated blood sugar levels exceeding normal limits due to abnormal insulin secretion, necessitating precise and serious management. DM requires lifelong therapeutic intervention and can lead to complications or even death. This condition often causes anxiety in sufferers. According to a report from the Surakarta City Health Office, the prevalence of DM in Surakarta in 2023 was 17,191. **Objective:** To determine the effect of applying Qur'an murotal therapy on anxiety levels in Diabetes Mellitus patients. **Method:** This study involves a case study with 2 respondents experiencing anxiety due to Diabetes Mellitus. The application used a descriptive design, conducted once daily for 3 consecutive days for 15 minutes each time. The measurement tool used was the HARS (Hamilton Anxiety Rating Scale) questionnaire. **Results:** There was a reduction in anxiety levels following the Qur'an murotal therapy, with Ms. S's anxiety decreasing from severe to moderate, and Mr. S's anxiety decreasing from moderate to mild. **Conclusion:** The application of Qur'an murotal therapy resulted in a reduction in anxiety levels in both respondents.

Keywords: Diabetes Mellitus, Anxiety, Murotal Therapy of Al-Qur'an Surah Ar-Rahman.