

**THE INFLUENCE OF MURROTAL AL QUR'AN SURAH AR-RAHMAN ON
THE LEVEL OF ANXIETY OF MATERNAL WOMEN AT KARTIKA
HUSADA HOSPITAL WEST KALIMANTAN**

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ABSTRACT

Background: Childbirth is a physiological thing for a mother, spontaneous labor occurs no more than 18 hours and occurs without complications. Anxiety during labor can trigger the release of excessive levels of catecholamines, resulting in decreased blood flow to the uterus and can cause a prolonged first stage of labor. Anxiety can be reduced by using relaxation and distraction therapy, including yoga, hypnotherapy, music and Murrotal Al-Qur'an. Listening to Murrotal can stimulate the brain to produce the hormone β -endorphin which can have a relaxing and calming effect.

Objective: To determine the effect of Murrotal Al-Qur'an Surah Ar-Rahman therapy on the anxiety level of mothers giving birth. **Method:** pre-experimental, with one group pre-test and post-test. The sampling method was by total sampling technique and the number of respondents was 30 respondents. Respondents were measured on the anxiety scale using the VNRSA and then listened to Murrotal Al-Qur'an Surah Ar-Rahmah for 15 minutes twice and given a break for 15 minutes, then their anxiety scale was measured again using the same scale. Then a statistical test was carried out using the Wilcoxon Sign Rank Test. **Results:** There was a decrease in the anxiety scale after being given Murrotal Al-Qur'an Surah Ar-Rahman therapy with an average value of $p=0.000 < \alpha=0.05$. **Conclusion:** Murrotal therapy of Al-Qur'an Surah Ar-Rahman is effective in reducing anxiety in mothers giving birth.

Keywords: Murrotal, Anxiety, Mother giving birth