

# EDUCATIONAL MEDIA POCKET BOOK ABOUT WATER ABOMINATION THERAPY AND MURROTAL QUR'AN IN OVERCOMING ANXIETZ OF PREGNANT WOMEN IN THE FINAL TRIMESTER

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## SUMMARY

**Background:** Anxiety in third-trimester pregnant women is a common psychological disorder that often arises before labor. If not properly managed, anxiety can negatively affect the physical and psychological condition of the mother, as well as fetal development. One of the non-pharmacological approaches to reduce anxiety is through ablution (wudhu) and listening to Qur'anic recitation (murottal), which provide calming effects both spiritually and emotionally. **Objective:** This project aims to develop educational media in the form of a pocketbook on ablution and murottal Qur'an therapy as an alternative method to reduce anxiety in third-trimester pregnant women. **Method:** The pocketbook was designed using the Canva application, with material compiled based on literature review and midwifery education principles. **Results:** The final product is a 28-page pocketbook containing information about ablution and murottal Qur'an therapy. This educational media is considered effective in helping reduce anxiety levels in third-trimester pregnant women. **Conclusion:** The pocketbook titled "Ablution and Murottal Qur'an Therapy to Overcome Anxiety in Third-Trimester Pregnant Women" can serve as an effective educational tool benefiting both pregnant women and healthcare providers in promotive and preventive midwifery care.

**Keywords:** Pregnant women, Anxiety, Ablution, Murottal Qur'an.