

AL-QUR'AN READINGS TO PREVENT POSTPARTUM BLUES

Oktavia Afifah Ardianti

Oktaviaafifah11@gmail.com

'Aisyiyah University Surakarta

SUMMARY

Postpartum blues is a form of emotional disturbance in the mother due to adjustment to the birth of the baby, disorders that occur such as irritability, frequent crying, feelings that are sometimes easily excited but also easily feel sad. In Indonesia, 50% - 70% of postpartum women experience this disorder. Efforts to prevent this disorder from occurring are murottal Al-Qur'an therapy.

The research results of Dr. Al-Qadhi, a psychiatric doctor, recitation of the Al-Qur'an has a big influence up to 97% in giving birth to peace of mind and curing illness. Al-Qur'an therapy when heard to the mother will bring sound waves and encourage the brain to produce in the body so that the result is that the body feels comfortable decreasing stress, obtains peace of the soul warding off various kinds of disease. In the translation of the letter Al-Isra:82 says "and We send down from the Al Qur'an something that is an antidote and a mercy for those who believe".

Keywords: *postpartum blues, murottal therapy, function of therapy.*