

**THE APPLICATION OF MUROTTAL AL-QUR'AN SURAH
AR-RAHMAN USTAZ HANAN ATTAKI STUDENT
STRESS LEVELS AT UNIVERSITY
'AISYIYAH SURAKARTA**

ABSRTACT

Nurrul Nuha Tasliyah, Irma Mustika Sari
Study Program of Nursing (DIII Keperawatan), 'Aisyiyah Surakarta University.
*Email : nurul234nuha@gmail.com

Background: High levels of stress can result in biological, psychological and social problems and even serious harm to a person. Emotional prevalence in Central Java is characterized by 95,461 depressive symptoms. Stress in students can originate from activities and also academic assignments. **Objective:** Therapy that can be carried out by Muslims with an Islamic approach, namely psychoreligious by listening to the holy verses of the Koran or murottal Al-Qur'an. This research aims to determine the effect of providing murottal Al-Qur'an on stress levels in students at 'Aisyiyah University, Surakarta. The research respondents were students at 'Aisyiyah University, Surakarta, female, aged 18-22 years, from the faculty of health sciences and not deaf. **Methods:** This study measured the stress level of the pretest and posttest design. The subjects of this study amounted to 2 respondents. The questionnaire used in this study was the DASS (Depression Anxiety Stress Scale) questionnaire to measure student stress levels. **Results:** Before being given murottal Al-Qur'an the level of stress was high, and after being given murottal Al-Qur'an the level of stress was mild. **Conclusion:** The results show that there is a significant reduction in stress levels in 'Aisyiyah Surakarta University students, after being given Al-Qur'an murottals.

Keywords: *Stress, Students, College students .*

