

# “PENGARUH TERAPI MUROTTAL AL-QUR’AN DALAM MENGURANGI KECEMASAN PADA IBU PREMENOPAUSE DI RS CAMATHA SAHIDYA BATAM”

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## ABSTRAK

**Background :** *Pre-menopause is a physiological condition in women who have entered the aging process which is characterized by decreased levels of the hormone estrogen from the ovaries which play an important role in reproduction and sexuality. By 2025, the number of premenopausal women in the world is estimated at around 1.2 billion with an average age 40-50 years (WHO, 2020). Anxiety that arises in women who experience premenopausal syndrome is often associated with anxiety in dealing with a situation that was never worried before (Nasution, 2019). Efforts to reduce anxiety can be done by means of pharmacology (drugs) or non-pharmacological therapy, one of which is listening to Murottal Al-Quran therapy. Objective: To determine the effect of Murotta Al-Quran therapy on reducing anxiety in premenopausal women. **Research Methods:** Quantitative with a pre-experimental research design. The location in this study was in Batam Camatha Sahidya Hospital with a population of all women aged 40-50 years. Using the Consecutive Sampling technique, there are 20 respondents. **The results** of the study show a p value of 0.000 thus ( $0.000 < 0.05$ ). **The conclusion** of this study is that there is an effect of Al-Quran Murottal Therapy on reducing Anxiety of Premenopausal Mothers at Camatha Sahidya Hospital Batam.*

**Keywords :** Anxiety, Murottal Al-Quran, Premenopause