

THE EFFECT OF MUROTTAL AL-QUR'AN THERAPY ON REDUCING ANXIETY IN THREE TRIMESTER PREGNANT WOMEN AT SANGGAU LEDO HEALTH CENTER

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ABSTRACT

Background: Anxiety during pregnancy triggers changes in physical activity, nutrition and sleep, which have an impact on changes in the mother's mood. Anxiety and depression disorders in pregnant women will affect fetal growth, premature birth, low birth weight. Based on data from the Indonesian Ministry of Health in 2018 and women's anxiety which occurred in West Kalimantan was 8.54% based on Rikesdas data in 2018. Al-Qur'an murottal therapy with regular rhythm and correct reading is also a capable Al-Qur'an music. brings calm and minimizes anxiety by 97%. **Purpose:** The aim of this research is to determine the effect of Al-Quran murottal therapy on reducing anxiety in pregnant women in the third trimester, when entering pregnancy in the third trimester the mother will feel anxious in the mother. **Method:** research This experiment uses a pre-experimental design with a one group pretest-posttest design approach. This research was located at the Sanggau Ledo Community Health Center, Lembang village, Sanggau hamlet, Sanggau Ledo sub-district, Bengkayang district, West Kalimantan province, from May to June 2024. The population in the study was 25 pregnant women in the third trimester who experienced anxiety. The sampling technique was carried out using non-probability sampling with a total of sampling. The research results were based on the characteristics of respondents who experienced anxiety before carrying out Al-Qur'an murottal therapy. 4 respondents (16%) experienced mild anxiety, 12 respondents (48%) experienced moderate anxiety, 9 respondents (36%) experienced severe anxiety. From the research results based on the characteristics of respondents after carrying out Al-Qur'an murottal therapy for 7 days, 10 respondents (40%) became not anxious, 14 respondents (56%) became mildly anxious, 1 respondent (4%) experienced severe anxiety. Analysis using the Wilcoxon test shows that Asymp.Sig (2-tailed) has a value of 0.000 <0.05. **Conclusion:** there is an effect of Al-Qur'an murottal therapy on reducing anxiety levels in third trimester pregnant women at the Sanggau Ledo Community Health Center

Keywords: anxiety, murottal Al-Quran, third trimester.