

**THE APPLICATION OF MUROTTAL AL-QUR'AN THERAPY ON
ANXIETY LEVELS IN PATIENTS WITH DIABETES MELLITUS IN THE
WORKING AREA OF THE SIBELA HEALTH CENTER SURAKARTA**

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Abstract

Background: *Diabetes Mellitus (DM) is a chronic disease that impacts not only physical health but also psychological well-being, one of which is anxiety. Unmanaged anxiety can exacerbate the clinical condition of DM patients. Interventions to address anxiety can be carried out through pharmacological and non-pharmacological treatments. One non-pharmacological therapy is listening to Murottal Al-Qur'an.* **Objective:** *This implementation aims to determine the effect of Murottal Al-Qur'an therapy on the level of anxiety in DM patients.* **Method:** *A case study with a pre-test and post-test design was used, involving two respondents who met the inclusion criteria. The Murottal therapy consisted of listening to the recitation of Surah Ar-Rahman by Muzammil Hasballah for 15 minutes daily over three consecutive days. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS).* **Results:** *The assessment scores indicated a reduction in anxiety levels in both respondents following the Quranic recitation therapy, with anxiety levels decreasing from severe and moderate to moderate and mild.* **Conclusion:** *Quranic recitation therapy is effective in reducing anxiety levels in DM patients. It represents a simple, affordable, and side-effect-free non-pharmacological option for managing anxiety.*

Keywords: *Diabetes Mellitus, Anxiety, Murottal Therapy*