

**APPLICATION OF QUR'ANIC MUROTAL THERAPY COMBINED WITH
DEEP BREATHING RELAXATION ON THE PAIN LEVEL OF
PATIENTS DURING URINARY CATHETER INSERTION IN
EMERGENCY ROOM OF dr. SOEHADI PRIJONEGORO
HOSPITAL SRAGEN**

Halim Betta Sugiri¹, Hermawti², Waluyo³

'Aisyiyah University, Surakarta^{1,2}, dr. Soehadi Prijonegoro Hospital Sragen³

Halimbetta.students@aiska-university.ac.id

ABSTRACT

Background: Urinary catheter insertion is an invasive procedure that often causes pain due to friction between the catheter and the urethra. This pain can lead to discomfort and stress for patients. Preliminary observations over three days found that all patients who underwent urinary catheter insertion in the Emergency Room reported pain. One non-pharmacological method that can be used to reduce pain is the combination of Qur'anic murotal therapy and deep breathing relaxation. **Objective:** To examine the results before and after the implementation of the combination of Qur'anic murotal therapy and deep breathing relaxation on the pain level of patients undergoing urinary catheter insertion in the Emergency Room of RSUD dr. Soehadi Prijonegoro Sragen. **Method:** This study used a descriptive case study design involving two respondents. **Result:** The first respondent's pain level decreased from moderate to mild, while the second respondent's pain level decreased from severe to moderate after the combination therapy intervention. **Conclusion:** The combination of Qur'anic murotal therapy and deep breathing relaxation can reduce the pain level of patients during urinary catheter insertion. **Keywords:** Urinary catheter, pain, murotal Qur'an, deep breathing relaxation.