

## ABSTRACT

### **Murottal Therapy to Reduce Anxiety in Mild Preeclampsia Pregnant Women in Gemolong Health Center**

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**Background:** Preeclampsia is the cause of 15-20% of deaths of pregnant women worldwide. The number of cases of maternal mortality in Sragen in 2017 was 11 cases, with the number of maternal deaths due to hypertension in pregnancy as many as 32.97%. anxiety is considered a risk factor for preeclampsia. Anxiety for pregnant women and fetuses has many adverse effects. One way to reduce anxiety in pregnant women is with murottal therapy. The murottal therapy given is Surah Ar-Rahman which has a therapeutic effect because it has meaning about the merciful nature and loving nature of Allah. **Objective:** To describe the results of murottal therapy to reduce anxiety in pregnant women with mild preeclampsia. **Method:** this study uses a descriptive case study design. The subjects of this study were two pregnant women with mild preeclampsia who had anxiety. The study was conducted by listening to Murottal Surah Ar-Rahman for 15 minutes in 7 days, to determine the anxiety level of the respondents, the researchers used an interview and the T-MAS (Taylor Manifest Anxiety Scale) questionnaire. **Results:** there was a decrease in anxiety for the two respondents, before the therapy was carried out the two respondents both had moderate levels of anxiety, then after being given murottal therapy the level of anxiety of the two respondents dropped to a level of mild anxiety. **Conclusion:** the application of murottal therapy can reduce anxiety in mild preeclampsia pregnant women.

**Keywords:** Anxiety, mild preeclampsia, Murottal therapy, T-MAS.