

# THE EFFECT OF MUROTTAL AUDIO THERAPY ON PATIENT'S ANXIETY LEVEL IN THE ISOLATION ROOM COVID 19 BANGIL HOSPITAL

Ika Fitriana Rahayu<sup>1</sup>, Noer Saudah<sup>2</sup>, Catur Prasastia<sup>3</sup>.

<sup>1</sup>STIKESBina Sehat PPNI Mojokerto

<sup>2</sup> STIKES Bina Sehat PPNI Mojokerto

<sup>3</sup> STIKES Bina Sehat PPNI Mojokerto

Email :

<b>ABSTRACT</b>	<b>Keywords</b>
<p><i>The COVID-19 pandemic has become a severe stressor that can affect mental health and increase the patient's level of anxiety. <b>The purpose</b> of this study was to determine the effect of giving murottal audio therapy on the anxiety level of patients in the covid 19 isolation room. <b>This research method</b> was a Pre Experiment with a Pre-Posttest Control Group Design approach with a simple random sampling technique. The variable studied was the provision of murottal audio therapy on the patient's anxiety level in the covid 19 isolation room. <b>The results</b> showed a statistical test with the Wilcoxon Signed Ranks Test on the anxiety level in the treatment group showing <math>p = 0.002</math> (<math>p &lt; 0.05</math>), which means that pre- test and post-test in the treatment group there is a significant difference in anxiety levels. Meanwhile this is due to murottal reading, a Muslim, whether they speak Arabic or not, can feel enormous physiological changes. Reducing depression, anxiety, sadness, getting peace of mind, warding off various diseases are common influences that are felt</i></p>	<p><b>Audio Therapy, Murottal, Anxiety, Covid 19</b></p>

## INTRODUCTION

COVID-19 began to occur in December 2019, the outbreak of this virus first occurred in the city of Wuhan in the Central Hubei Province of China (Hosue, 2019). At the beginning of March 2020, Indonesia reported the first case of positive COVID-19 patients and since then there has been an increase in the number, both those with the status of People Under Monitoring (ODP), Patients Under Supervision (PDP), and PDPs who have tested positive for COVID-19 It falls into the category of a pandemic. The incidence of Covid-19 cases continues to increase from day to day so that people are increasingly depressed because they are worried about their health, and their families (Hosue, 2019).

The COVID-19 pandemic causes mental health problems which are expected to increase day by day during this epidemic (Hosue, 2019). According to WHO, in 2020 the mental health problems that occurred during the COVID-19 pandemic were increased stress and anxiety. Increased stress and anxiety during this pandemic is caused by social media constantly discussing the status of the pandemic and the presence of inaccurate or excessive information from the media, which can affect mental health and increase anxiety levels and cause people to feel depressed and emotionally exhausted (Hosue, 2019).

Based on data from the Pasuruan Regency Covid Group in December 2020, the total number of COVID-19 cases was 2,075 patients, of which 1,724 recovered, 173 patients were treated at Bangil Hospital, 22 patients were treated in isolation buildings, 156 patients died. Meanwhile, as many as 58 suspected patients were hospitalized, 1 suspected self-isolation patient. From the information from the Public Relations Officer of the Bangil Hospital, the Covid-19 bedroom capacity of the Bangil Hospital was initially 83 beds, then added 13 to 96 beds. This shows an increase in the number of COVID-19 patients being hospitalized. The number of patients in the Covid-19 Isolation Room in December 2020, the total

number of COVID-19 patients was 98 people, with 76 patients returning home recovered, 16 patients dying, and 6 people moving to the intensive care unit with worsening conditions. In February 2021 a total of 128 patients with the number of recoveries 87 people, 11 people died, 30 people moved to the intensive care unit due to worsening conditions.

Anxiety is an event that easily happens to a person due to certain non-specific factors (Sari, 2017). Information related to COVID-19 that is not yet known to be true can trigger anxiety. Lahargo said that around 1,522 users who had used the service so far, there were three psychological problems encountered, namely anxiety, depression and psychological trauma. Of the number of service users, 63% of them experience anxiety and 66% are depressed. (Task Force for the Acceleration of Handling Covid 19, 2020). From sports science and education journal data that a person's level of anxiety when facing the covid 19 pandemic or what is called the corona virus is 39.1% facing excessive anxiety levels, 48.9% facing anxiety normal and 12% did not experience anxiety (Gumantan, Mahfud, & Yuliandra, 2020). From PDSKJI data (Association of Indonesian Mental Health Specialists) from 183 people as many as 80% experienced symptoms of stress and psychological trauma due to experiencing or witnessing unpleasant events related to covid 19. Then from data analysis 2,364 self-checks at PDSKJI in 34 provinces throughout Indonesia which In research, as many as 69% experienced psychological problems, including 68% experiencing anxiety, 67% experiencing depression, 77% experiencing psychological trauma.

Based on a preliminary study conducted by researchers on December 20, 2020 using observation and interview methods, researchers saw that there were problems with anxiety cases in all patients as many as 22 (100%) people in the COVID-19 isolation room had higher levels of anxiety and somatization symptoms. This shows that the patient bears not only physical pain, but also mental disorders and psychological trauma such as anxiety. Several aspects that affect the mental condition of Covid-19 patients can be broken down into four cases, firstly, the transmission route of distribution which requires the patient to be in a position of contact with the environment and even medical personnel. Second, Covid-19 is a new virus, on the one hand, making people less knowledgeable about the characteristics and the method of transmission, on the other hand, the antiviral has not been found. Third, in a short time, Covid-19 patients increased in a short time, plus the contribution of social media reporting on the issue of the spread of Covid-19 made the level of patient trauma increase. The findings in the field are based on several research results that have been reported by the authors, the fear of patients who have been diagnosed has a level of fear and worry and disrupts the patient's sleep pattern. Of course this triggers a series of physiological events that cause a decrease in the level of immunity. After experiencing a clinical disorder similar to some of the symptoms of COVID-19, the patient must then undergo treatment separately and be monitored regularly by medical staff. During the isolation period, the patient is faced with a closely guarded situation. This allows a lack of face-to-face communication, depression and anxiety (Jannah, 2020).

The impact if anxiety is allowed to drag on, it can cause psychological, physical, and cognitive disorders, even leading to suicide. Therefore, the psychiatrist at the Wonosari Hospital and the PKU Muhammadiyah Wonosari Hospital Ida Rochmawati explained that it is important to recognize the symptoms of anxiety so that a person can help himself or herself so as not to cause physical symptoms or exacerbate existing symptoms. The long-term negative effects of anxiety disorders are depression, insomnia, chronic pain, loss of interest in sex, substance abuse disorders, suicidal thoughts, and difficulties in school, work, and social environments (Dian, 2018).

One of the distraction techniques used to treat anxiety in patients is murottal Al-Quran therapy. From the research data of STIKES Muhammadiyah Lamongan students, respondents were 32 preoperative patients, the results showed that preoperative laparotomy patients before being given murottal therapy (Al-

Qur'an) experienced moderate anxiety by 56.2% and severe anxiety by 43.8%. After being given murottal therapy (Al-Qur'an) it was found that most (65.6%) experienced mild anxiety levels, meaning that there was an effect of giving murottal therapy (Al-Qur'an) to decrease anxiety levels (Faridah, 2015). Al-Murottal is collection of readings of the verses of the Qur'an which aims to preserve the Qur'an by recording the reading of the Qur'an. It is known that there are reading laws (tajwid) that must be considered in reading the Qur'an. Therefore, to strengthen (tahqiq) the preservation of the Qur'an, recording media is used. 4 The results of research on the effect of the Qur'an on the body's organs, have proven successful only by listening to the reading of the verses of the Qur'an, a Muslim, both Arabic-speaking and non-Arabic, can feel enormous physiological changes. Reducing depression, anxiety, sadness, gaining peace of mind, warding off various diseases are common influences felt by people who are the object of research (Aji, 2013).

Based on the data on this phenomenon, the researchers wanted to provide an intervention by giving Murottal Audio Therapy to the Anxiety Levels of Patients in the Covid-19 Isolation Room at Bangil Hospital, Pasuruan Regency.

## METHOD

This research method is Pre Experiment with Pre–Posttest Control Group Design approach. The population in this study were all 30 COVID-19 patients who were hospitalized in the Covid19 Isolation Room of Bangil Hospital in May 2021. The sampling technique in this study was Probability Sampling with a random sampling technique. The sample size was 15 people who were given the intervention. The research instrument used a questionnaire (HARS). Data analysis used the Wilcoxon Signed Rank Test.

## RESULTS

**Table 4.1** Frequency Distribution of Respondents Characteristics Based on age, gender, marital status, education level, employment status in the Covid19 isolation room at Bangil Pasuruan Hospital in May 2021

No	Age	Intervensi group	
		Frekuensi (n)	Persentase (%)
1	30-39 Tahun	6	40,0
2	40-49 Tahun	4	26,7
3	50-59 Tahun	3	20,0
4	60-69 Tahun	2	13,3
<b>Gender</b>			
1	Man	5	33,3
2	Woman	10	66,7
<b>Marital status</b>			
1	Married	7	46,7
2	Doesn't married	2	13,3
3	Discover	4	26,7
4	Widower	2	13,3
<b>Education level</b>			
1	Not school	2	13,3
2	Elementary	5	33,3
3	Junior high school	5	33,3
4	Senior high school	3	20,0
<b>Job Status</b>			
1	Unemployment	6	40,0
2	Enterpriser	5	33,3
3	etc	4	26,7
<b>Total</b>		<b>15</b>	<b>100</b>

Table 4.1 above shows that the characteristics of respondents based on age are at most 30-39 years old as many as 6 respondents (40.0%). Most of the respondents' gender based on distribution data showed that in the control group the respondents were women with a prevalence of 10 respondents (66.7%). The distribution of the marital status of the respondents in the control group were those who were married, as many as 7 respondents (46.7%). The most recent education distribution of respondents in the treatment group was elementary school 5 respondents (33.3%), junior high school 5 respondents (33.3%). While the distribution of work of respondents in the treatment group is not working as many as 6 respondents (40.0%).

**Table 4.3 Distribution of Anxiety Levels in Treatment Group Respondents in the Covid19 Room at Bangil Hospital, Pasuruan Regency in May 2021**

No	Anxiety Level	Intervention Group			
		Pre-test		Post-test	
		n	%	n	%
1	Not Anxiety	0	0	3	20,0
2	Low	3	20,0	10	66,7
3	Currently	5	33,3	0	0
4	Heavy	7	46,7	2	13,3
5	Very Heavy	0	0	0	0
<b>Total</b>		<b>15</b>	<b>100</b>	<b>15</b>	<b>100</b>
<i>Wilcoxon Signed Ranks Test</i>				<b>p= 0,002</b>	

Source: Primary Data, May 2021

Based on table 4.3 explains the distribution of respondents' anxiety levels in the treatment group. In the treatment group, most of the respondents' anxiety levels in the pre-test were severe anxiety levels as many as 7 respondents (46.7%). Post-test distribution data in the treatment group showed that there was a decrease in the level of respondents' anxiety to mild as many as 10 respondents (66.7%). Meanwhile, 2 respondents (13.3%) in the treatment group were still in the heavy category.

The results of the statistical test with the Wilcoxon Signed Ranks Test on the level of anxiety in the treatment group showed  $p = 0.002$  ( $p < 0.05$ ) which means that the pre-test and post-test in the treatment group there are significant differences in anxiety levels. For the value of  $Z_{count} = -3.145$  which is smaller than  $Z_{0.05} = 1.96$ , then  $H_0$  is accepted, which means that there is a significant effect of murottal audio therapy on reducing the level of anxiety of patients in the Covid19 room at Bangil Hospital, Pasuruan Regency.

## DISCUSSION

### 1.Characteristics of Respondents in the Covid19 isolation room at Bangil Pasuruan Hospital in May 2021

Table 4.1 above shows that the characteristics of respondents based on age are at most 30-39 years old as many as 6 respondents (40.0%). Hurlock in Wawan and Dewi (2010) that the more old enough, the level of maturity and strength of a person will be more mature in thinking and working. Singgih in Hendra (2011) suggests that the older a person is, the better his mental development processes will be. However, at a certain age, the increase in this mental development process is not as fast as when it was a teenager, so it affects behavior. Including the ability of intelligence, namely the ability to think abstractly is very influential on individual behavior. Respondents in this study indicate that most of the respondents belong to the age of young adults, at this age respondents still have mental maturity that is still not stable so that it affects emotional development, and usually respondents have a fairly good thought process to be able to know what and how the level of anxiety is. are facing in the current situation.

Based on the gender factor, most of the respondents' gender based on the distribution data showed that in the treatment group there were 10 respondents (66.7%). According to researchers, this is because women who experience anxiety are caused because in general women have higher levels of anxiety. In line with the research conducted by Marchelia (2014), the female gender experienced more anxiety than the male, as many as 115 respondents (95.04%) and 6 respondents (4.96%). Women are more likely to feel anxious often because women have a tendency to easily experience fatigue, mood changes and cognitive problems.

Based on marital factors, the distribution of marital status of respondents in the treatment group was mostly married, amounting to 7 respondents (46.7%). This study is in accordance with previous research by Puteri (2020) which stated that most of the married patients were treated in the Covid19 Isolation Room of RSUD dr. Pirngadi experiences varying degrees of anxiety. This is because marital status has a close relationship with great responsibilities when married, there is a dual role (as wife and as mother). If these roles and responsibilities cannot be carried out in harmony, it can cause severe anxiety that affects the mental health of the person. For those who are married, health is the main thing and the presence of great responsibilities or demands can trigger a person's level of anxiety (Robbins, 2003).

Based on the last education factor, the most respondents in the treatment group were elementary school 5 respondents (33.3%), junior high school 5 respondents (33.3%). The higher a person's education, the easier it is to receive information. On the other hand, a lack of education will hinder the development of a person's attitude towards the newly introduced values. Education is needed to get information for example things that have just been introduced. Education is needed to get information, for example things that support health so that it can affect a person, including behavior and how to deal with anxiety in himself that will affect his life and mental health (Wawan and Dewi, 2010). The results of this study indicate that most of the respondents have elementary and junior high school education backgrounds. In this education, it can be categorized as secondary education so that respondents can understand the anxiety they are experiencing, even to overcome it themselves, so that undesirable things do not happen to mental health.

## **2. Anxiety Levels in Respondents prior to therapy in the Covid19 Room at Bangil Hospital, Pasuruan Regency in May 2021**

Based on table 4.2 explains the distribution of respondents' anxiety levels in the treatment group. In the treatment group, most of the respondents' anxiety levels in the pre-test were severe anxiety levels as many as 7 respondents (46.7%). This is in line with the research conducted by Adhe Primadita with the title The Effectiveness of Classical Music Therapy Interventions Against Stress in patients at RSUD Semarang. The results showed that the Wilcoxon test results obtained a significance value of  $p = 0.000$  which is smaller than  $p = 0.05$ . The results of this study indicate that there is an effect of giving music therapy on the patient's stress level.

Syamsu Yusuf stated that anxiety (anxiety) is a neurotic inability, feeling disturbed, immature and powerless in dealing with the existing reality (environment), difficulties and pressures of everyday life. Agreeing with this statement, Kartini Kartono explained that anxiety is a form of fear and worry about certain things without definite clarity. Reinforced by Sarlito Wirawan that anxiety is an unclear fear of an object and does not have a specific reason (Egziabher & Edwards, 2013).

Anxiety is also a state in which behavior patterns are represented by emotional states resulting from unpleasant thoughts and feelings (Egziabher & Edwards, 2013). Everyone has their own anxieties. Many things are worried by each individual, for example on health, social relations, exams, careers,

environmental conditions are some of the things that can be a source of someone's anxiety. It is considered normal if an individual is a little anxious about these aspects of life.

### **3. Analysis of Anxiety Levels in Treatment Group Respondents in the Covid-19 Room at Bangil Hospital, Pasuruan Regency in May 2021**

Based on table 4.2 explains the distribution of respondents' anxiety levels in the treatment group. In the treatment group, most of the respondents' anxiety levels in the pre-test were severe anxiety levels as many as 7 respondents (46.7%). Post-test distribution data in the treatment group showed that there was a decrease in the level of respondents' anxiety to mild as many as 10 respondents (66.7%). Meanwhile, 2 respondents (13.3%) in the treatment group were still in the heavy category. This is due to the many burdens of the patient's mind which can be seen from the look and gestures, this is due to family factors, health conditions, responsibilities as the head of the household. This is what makes the respondent not change even though he is given murotal therapy in his anxiety. For his calmness, it was only slightly visible at the beginning of the murotal playing, after that the respondent began to get restless again as if he was glaring at his current condition.

Meanwhile, based on graph 4.1 explaining the percentage of the treatment group there was no decrease or increase before and after the anxiety level of the treatment group. Giving Murotal Irama Nahawand therapy to the treatment group, most of the anxiety became mild. Murotal Rhythm Nahawand therapy is an intervention given to change the functional consequences from negative to positive. This is because listening to Murotal Nahawand rhythms can calm, reconcile, and reassure, namely Nahawand rhythms (Kristriyono 2017).

Physiologically, the beautiful murotal harmonization will attract the ear in the form of sound vibrating the eardrum, shaking the fluid in the inner ear, and vibrating the hair cells in the coglea which will then pass through the cochlear nerve to the brain and create an imagination of beauty in the right brain and left brain which will provide impact in the form of comfort and changes in feelings (Nataliza, 2012). Furthermore, it stimulates the hypothalamus to reduce the production of CRF (Corticotropin Releasing Factor). CRF will stimulate the anterior pituitary gland to decrease the production of ACTH (Adeno Cortico Tropin Hormone) and stimulate the production of endorphins which will relax the client. A decrease in ACTH and an increase in endorphins can also reduce peripheral resistance and cardiac output so that blood pressure decreases (Valentino & Bockstaele, 2008). Psychologically, giving murotal nahawand rhythms will lead to self-confidence, a sense of optimism, bring calm, peace, and feel the presence of God (Rohmi Handayani et al, 2014). Hawari (2013) believes that listening to Murotal is a therapy that can foster a deep sense of security, peace and tranquility as a gift from God. The existence of God Spot in the central nervous system (brain) makes a person calm, feel solemnity, peace, and a sense of closeness to Allah SWT. Murotal Al-Quran Irama Nahawand therapy is a form of nursing intervention given to patients with different levels of anxiety in order to achieve positive functional consequences.

The results of the statistical test with the Wilcoxon Signed Ranks Test on the level of anxiety in the treatment group showed  $p = 0.002$  ( $p < 0.05$ ) which means that the pre-test and post-test in the treatment group there are significant differences in anxiety levels.

According to Notoatmodjo (2010) in the process of giving an intervention or stimulus, there will be a reciprocal process between various factors, including: learning subjects, teachers, learning methods and techniques, learning aids, and materials or materials being studied. Giving Murotal Irama Nahawand therapy is a form of modality therapy that can be done as a complementary therapy. Aspects of religiosity in the form of elements of meditation and relaxation in Murotal Irama Nahawand therapy

can be used as a coping mechanism that can raise the body's resistance naturally. In addition, a high level of religiosity can also improve the patient's mood and make a person healthy.

The results of this study are supported by the results of research conducted by Ahmad Al Qadiy on the effect of murottal therapy for the organs of the body, the study succeeded in proving that only by listening to murottal readings, a Muslim, whether they speak Arabic or not, can feel enormous physiological changes. Reducing depression, anxiety, sadness, gaining peace of mind, warding off various diseases are common influences felt by people who are the object of research (Al-Kaheel, 2011). The results of this study are also supported by Martinez (2009), which is about music therapy.

The results of this study are also supported by research conducted by Wijanarko (2006), regarding the effectiveness of music therapy in reducing the anxiety level of clients in the ICU-ICCU room at Mardi Rahayu Kudus Hospital. The result of this study is that there is a significant influence on the average level of anxiety between the intervention group and the control group towards the provision of music therapy. Comparison of anxiety between the group given murottal and the control group, it was found that there was a decrease in anxiety in the treatment group. The average anxiety scale in the treatment group decreased from 34.00 to 17.27. While in the control group, the average anxiety scale only decreased but not as in the treatment group, from 33.93 to 33.00.

Murottal therapy has a positive psychological impact, this is because when murottal is heard and reaches the brain, this murottal will be translated by the brain. Our perceptions are determined by all that has been accumulated, desires, desires, needs and preconceived notions (Oriordan, 2002). With murottal therapy, the quality of one's awareness of God will increase, whether the person knows the meaning of the Qur'an or not. This awareness will lead to total submission to Allah SWT, in this state the brain is in waves at a frequency of 7-14 Hz, this is an optimal state of brain energy and can get rid of stress and reduce anxiety (Mac Gregor, 2001).

## CONCLUSION

From the results of this study, it can be proven that murottal audio therapy can affect the anxiety level of patients in the Covid-19 isolation room at Bangil Pasuruan Hospital so it is very important for hospitals to use Nahawand rhythm murottal therapy for the process of reducing anxiety levels so that all patients undergoing inpatient treatment at Bangil Pasuruan Hospital going well and for further researchers to develop further research in classical music therapy on stress levels so that it can be used as a reference in the development of nursing science such as the use of other non-pharmacological methods to reduce anxiety.

## REFERENCES

- Hosue, R. (2019). Covid 19 Dalam Perspektif Pendidikan. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699.
- WHO. (2020). Novel Coronavirus (2019-nCoV) situation report. WashingtonDC: WHO Bull.
- Gumantan, A., Mahfud, I., & Yuliandra, R. (2020). Pemberlakuan New Normal Dan Pengetahuan. *Sport Scienc and Education Journal*, 1(2), 18–27.
- Jannah. (2020). Jurnal Penelitian Kesehatan Suara Forikes. *Jurnal Penelitian Kesehatan Suara Forikes*, 11(2).
- Aji, P. (2013). Program div fisioterapi fakultas ilmu kesehatan universitas muhammadiyah surakarta 2013. *Program Div Fisioterapi Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta 2013*.

Egziabher, T. B. G., & Edwards, S. (2013). Konsep Kecemasan. *Africa's Potential for the Ecological Intensification of Agriculture*, 53(9), 1689–1699.

Al Kaheel. (2011). *Al-Qur'an The Healing Book*. Jakarta : Tarbawi Press