



## THE EFFECT OF MUROTTAL QUR'AN THERAPY TOWARDS REDUCING PAIN IN LABOR ACTIVE PHASE

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**Abstract, Background:** Labor pain can cause stress which causes excessive release of catecholamine and steroid hormones. One of the non-pharmacological therapies in reducing labor pain in labor is using Murottal Al-Qur'an therapy. This therapy can help reduce the pain that mothers feel because Murottal Al-Qur'an therapy is proven to activate body cells by converting sound vibrations into waves that are captured by the body, reducing pain receptor stimuli and stimulated brain to secrete endogenous natural opioid analgesics to block nociceptors painful.

**Method:** The Evidence Based Case Report method is carried out through searches on Google Scholar and the Garuda Portal. The intervention method was carried out by asking the mother to listen to the Murottal Al-Qur'an using earphones for 15 minutes.

**Result:** The results of the intervention in the application of murottal Al-Qur'an showed a significant difference with a decrease in 2 scales, namely from moderate pain 4-6 to mild pain 1-3.

**Conclusion:** Murottal Al-Qur'an therapy has an effect on reducing labor pain in the first stage of active labor.

Keywords: Murottal Al-Qur'an Therapy, Labor Pain

### Background

Normal labor is the process of expelling the products of conception (fetus and uri) which have been at term and can spontaneously live outside the uterus. At the end of pregnancy the uterus becomes progressively more sensitive until finally strong rhythmic contractions occur and the baby is born. The main focus of normal labor care is to prevent complications. This is a paradigm shift from waiting and dealing with complications, to preventing complications during labor and after the newborn will reduce maternal and newborn

morbidity and mortality<sup>1</sup>. Normal labor and birth is the process of expulsion of the fetus that occurs at term (37-42 weeks), born spontaneously with a percentage of the back of the head that takes place within 18 hours, without complications to both the mother and fetus<sup>2</sup>.

Pregnancy and childbirth is a historical period in the cycle of a woman's life. However, during labor a woman experiences a natural process that causes pain. Pain in labor is a normal condition, as long as it can be tolerated by the mother<sup>3</sup>. Pain is an unpleasant and complex condition, where pain is a very individual

phenomenon with sensory and emotional components.

Pain in labor occurs from the beginning of labor until complete dilatation in approximately 12-18 hours. However, many women cannot tolerate the pain because it is influenced by stress called fear, tension, pain (fear, tension, pain). This creates tension or panic that causes pain.

Labor pain can cause stress which causes excessive release of catecholamine and steroid hormones. This hormone causes smooth muscle tension and vasoconstriction of blood vessels. This results in decreased uterine contractions, decreased uteroplacental circulation, reduced blood and oxygen flow to the uterus, and the onset of uterine ischemia which increases pain impulses. If this situation is not immediately addressed, it will further increase the existing worry, tension, fear, and stress<sup>4</sup>.

Pain scale reduction can be done through pharmacological and non-pharmacological measures. Non-pharmacological measures can be used as a complement to the administration of analgesics, but non-pharmacological measures are not intended as a substitute for analgesics<sup>5</sup>. One of the non-pharmacological therapies that can be used to reduce labor pain is the distraction technique, where this method diverts the patient's attention to other things so that the patient will forget the pain they are experiencing. reduce labor pain. The recitation of the holy verses of the Qur'an can stimulate Delta waves that cause listeners to feel calm, peaceful, and comfortable<sup>6</sup>.

## Methods

The researchers conduct a literature search in Garuda and Google Scholar by using the keywords Murottal Al Qur'an Therapy, Labor and Pain by Boolean operator of "OR" and "AND". The journal searching on E-Data based, which is a publication in the last four years (2018-2022), ull-text, research design is Literature Review in English or Indonesian language.

The article which the complete text is chosen will be analyze/reviewed, which consist of 3 aspects that is a validity of research, the clinical importance of the result, and its applicability or its relevance toward the existing clinical problem. The chosen article will also be determined for its evidence strength degree or the level of evidence, which is described in a table, so that in that table will display a precision, consistency, compatibility, and controversy of the result, including which evidence which is the best evidence.

## Results and Discussion

There were differences in the control group and the experimental group in the research of M. Alfian Raja Kb, Hasnah, Muaningsih. With the results of statistical tests using the independent sample t-test, the average post-test score in the experimental group was 6.40 with a standard deviation of 0.986 and the control group was 7.40 with a standard deviation of 1.183. The results of the analysis obtained p value  $(0.018) < (0.005)$ , it can be concluded that there is a significant difference.

The average pain intensity after the intervention between the experimental group and the control group. After being given murottal Al-Qur'an therapy, it was found that the intensity of labor pain in the active phase of the first stage in the experimental group decreased.

Therapy in the form of sound can regulate hormones related to stress, including ACTH, prolactin and growth hormone and can increase levels of endorphins so as to reduce pain.

Sound therapy also causes the release of endorphins by the pituitary gland, which can change mood or feelings. A calm psychological state will affect the limbic system and autonomic nervous system which causes relaxation, safety, and fun so that it stimulates the release of gamma amino butric acid, encephalin and beta endorphins chemicals which will eliminate pain and anxiety neurotransmitters. Endorphins are polypeptides containing 30 amino acid units that bind to opiate

receptors in the brain and are neurotransmitters that interact with morphine receptor neurons to reduce pain<sup>7</sup>.

In the research of Sintia Taubatul Fitri, Rudiyanto, Indah Christiana, the results of the research. Maternity mothers who received murottal Al-Quran therapy experienced calm and decreased quality of labor pain in the first stage.

First stage maternity mothers who received murottal Al-Quran therapy experienced calm and decreased quality of perceived first stage labor pain. This is because the sound of reading the Qur'an received by the earlobe will be channeled into the ear canal and hit the tympanic membrane, making it vibrate. These vibrations will be transmitted to the bones of hearing that are linked to one another. The sound vibrations will be channeled to the VII nerve (vestibule cochlearis) to the brain, precisely in the hearing section. From this section, the signal for reading the Koran is transmitted to the posterotemporal temporal lobe of the brain, known as the Wemicke area. Then the brain will produce chemicals called neuropeptide substances. This molecule will attach to the receptors and provide feedback in the form of pleasure and comfort<sup>8</sup>.

Murottal Al-Quran is also able to stimulate the parasympathetic nervous system which has the opposite effect with the sympathetic nervous system, so that there is a balance in the two autonomous nervous systems. This is the basic principle of the onset of the relaxation response, which is a balance between the sympathetic and parasympathetic nervous systems. Relaxed conditions can reduce pain in the first stage of labor<sup>9</sup>.

In the application of the Evidence Based Case Report for handling the intensity of pain in inpartu mothers, this refers to the research conducted by M. Alfian Raja Kb, Hasnah, Muaningsih (2018), Sintia Taubatul Fitri, Rudiyanto, Indah Christiana (2021), which in this study discusses journals about the use of murottal therapy as an effort to reduce pain intensity in inpartum mothers by asking the mother to listen to the chanting of the Murottal Al-

Qur'an using earphones for 15 minutes so it is hoped that this therapy can stimulate delta waves which cause the listener to be calm, peaceful and comfortable so that the hypophysis and hypothalamus release endorphins as natural analgesics.

In this case, based on the anamnesis that has been done, the mother said she felt heartburn that radiated to the waist, causing pain. After measuring the level of pain using the Numeric Rating Scale (NRS) 0-10 with 0 being no pain, 1-3 mild pain, 4-6 moderate pain, 7-9 severe pain and 10 severe pain, on the results of the tests carried out before the procedure. the mother's intervention points to the number 4-6 which means moderate pain.

Labor pain can cause stress which causes excessive release of hormones such as catecholamines and steroids. This hormone can cause smooth muscle tension and vasoconstriction of blood vessels. This can result in decreased uterine contractions, decreased uteroplacental circulation, reduced blood and oxygen flow to the uterus, and the onset of uterine ischemia which increases pain impulses<sup>10</sup>. The number of primigravida mothers who experienced severe pain was 46%, 64% had moderate and mild pain, while in multigravida 37% of mothers who gave birth experienced severe pain, and 63% experienced moderate and mild pain.

In childbirth, anxiety, panic, and fear of extreme pain are often felt by the mother which can interfere with the labor process and result in the length of the labor process<sup>11</sup>. Anxiety is a vague and diffuse worry, associated with feelings of uncertainty and helplessness<sup>12</sup>.

After a pre-test was carried out on the mother and it was found that the mother had moderate pain, then an intervention was given by asking the mother to listen to the murottal Al-Qur'an using earphones for 15 minutes after being given the intervention and then a reassessment of the level of pain felt by the mother. The post-test used the Numeric Rating Scale (NRS) after the mother listened to murottal and the mother said that the pain felt by the mother was slightly reduced, after previously being

at 4-5, the post-test showed that the mother's pain level was at number 1 -3 which means mild pain and the mother experienced a decrease in pain intensity from before the intervention.

Referring to the above, Murottal is a voice recording of the Qur'an sung by a Qori '(reader of the Qur'an). Recitation of the Qur'an physically contains elements of the human voice, the human voice is an amazing healing instrument and the most accessible tool. Sound can reduce stress hormones, activate natural endorphins, increase feelings of relaxation, and distract from fear, anxiety and tension, improve the body's chemical system so that it lowers blood pressure and slows breathing, heart rate, pulse, and brain wave activity. . This deeper or slower breathing rate is very good for causing calm, emotional control, deeper thinking and better metabolism because murottal reading of the Qur'an has a constant, regular rhythm and there are no sudden changes in rhythm<sup>13</sup>.

Murottal therapy using a tape recorder, cassette tape reading the Koran and earphones consisting of short surahs in juz 30 which are easier to memorize and familiar to people's hearing, are listened to for 15 minutes giving a positive psychological impact, this is because when murottal is heard and reaches to the brain, then this murottal will be translated by the brain, so that the chanting of the holy verses of the Qur'an can stimulate delta waves which cause the listener to feel calm, peaceful, and comfortable so that it can reduce a person's pain scale<sup>14</sup>. So the purpose of audioanalgesia therapy is to relieve pain, because it can divert pain stimuli to the sound that is heard. Murottal Qur'an is one type of audioanalgesia that can be given to pregnant women. Murottal is the art of reading the Qur'an that focuses on the truth of the readings and songs of the Qur'an.

Listening to the chanting of the holy verses of the Qur'an will feel more beautiful and touching when sung with a beautiful rhythm, so that by providing murottal Qur'an therapy to maternity mothers, it can help mothers in reducing labor pain and is also useful as an antidote and can also be a

healer of various human problems<sup>15</sup>.

## Conclusion

The application of Al-Quran murottal therapy can be used as an alternative in reducing labor pain in the first stage of the active phase.

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