

ABSTRAK

Kehamilan merupakan suatu fase yang ditunggu-tunggu oleh pasangan. Pada trimester III sebagian besar ibu hamil muncul perasaan cemas yang menimbulkan dampak secara fisiologis maupun psikologis pada ibu dan janin. Ibu hamil perlu dalam keadaan tenang dan membahagiakan. Tindakan yang dapat dilakukan untuk mengurangi kecemasan diantaranya terapi murottal Al-Qur'an dan terapi musik klasik karena dengan mendengarkan lantunan Al-Qur'an dan musik klasik dapat menenangkan jiwa seseorang, sehingga dapat mengurangi kecemasan. Tujuan dari penelitian ini untuk mengetahui efektivitas terapi murottal Al-Qur'an dan terapi musik klasik terhadap kecemasan ibu hamil trimester III.

Metode penelitian ini *quasy eksperiment* dengan *desain two group pre post test design*. Teknik pengambilan sampel yang digunakan dengan metode *purposive sampling* dengan besar sampel 30 ibu hamil trimester III, sampel dibagi 2 kelompok terapi murottal Al-Qur'an dan terapi musik klasik. Pengukuran kecemasan menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS). Analisis yang digunakan rata-rata dan uji *T-test*.

Hasil penelitian ini menunjukkan rata-rata kecemasan sebelum diberikan terapi murottal sebesar 23.13, rata-rata kecemasan sesudah diberi terapi murottal 18.13 dan rata-rata kecemasan sebelum diberikan terapi musik klasik sebesar 25.07, rata-rata kecemasan sesudah diberikan terapi musik klasik sebesar 19.80. Dapat disimpulkan bahwa terapi murottal Al-Qur'an dan terapi musik klasik efektif terhadap penurunan kecemasan ibu hamil trimester III di wilayah kerja Puskesmas Linggar dengan hasil yang didapat $p=0.000$ (<0.05). Terapi murottal Al-Qur'an dan musik klasik dapat digunakan sebagai intervensi yang tepat untuk membantu menurunkan kecemasan pada ibu hamil trimester III.

Kata kunci : Kecemasan, Murottal Al-Qur'an, Musik Klasik
Daftar Pustaka : 23 Buku (2005-2021)
1 website (2021)
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ABSTRACT

Pregnancy is a phase that couples look forward to. In the third trimester , most pregnant women experience feelings of anxiety that have a physiological and physiological impact on the mother and fetus. Pregnant women need to be calm and happy. Actions that can be taken to reduce anxiety include murottal Al- Qur'an therapy and classical music therapy because listening to the chanting of the Qur'an and classical music can calm one's soul, so as to reduce anxiety. The purpose of this study was to determine the effectiveness of murottal Al- Qur'an therapy and classical music therapy on the anxiety of third trimester pregnant women .

This research method is quasi experimenter with two . design group pre post test design . The sampling technique used was purposive sampling with a sample size of 30 pregnant women in the third trimester , the sample was divided into 2 groups for murottal Al- Qur'an therapy and classical music therapy. Anxiety measurement using Hamilton 's questionnaire Anxiety Rating Scale (HARS) as many as 14 questions. The analysis used the average and the T - test .

The results of this study showed the average anxiety before being given murottal therapy was 23.13, the average anxiety after being given murottal therapy was 18.13 and the average anxiety before being given classical music therapy was 25.07, the average anxiety after being given classical music therapy was 19.80. It can be concluded that murottal Al- Qur'an therapy and classical music therapy are effective in reducing the anxiety of pregnant women in the third trimester in the working area of the Linggar Health Center with $p = 0.000 (<0.05)$. Murottal Al- Qur'an therapy and classical music can be used as appropriate interventions to help reduce anxiety in third trimester pregnant women.

Keywords : Anxiety, Murottal Al-*Qur'an*, Classical Music

Bibliography : 23 Books (2005-2021)

1 Website (2021)

20 Journals (2013-2021)