

**PENGARUH TERAPI MUROTTAL AL-QUR'AN TERHADAP STRES
KERJA PADA PERAWAT PELAKSANA DI RUANG ICU
RSUD MAJALAYA TAHUN 2025**

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ABSTRAK

Stres kerja bisa terjadi juga pada perawat yang bisa berdampak negatif terhadap perawat sendiri maupun terhadap pelayanan kesehatan yang diterima pasien. Tujuan dalam penelitian ini mengetahui pengaruh terapi murottal al-Qur'an terhadap stres kerja pada perawat pelaksana di ruang ICU RSUD Majalaya. Metode Penelitian berupa *pre experiment* dengan pendekatan *one group pretest-posttest design*. Populasinya adalah perawat pelaksana di ruang ICU RSUD Majalaya sebanyak 31 orang. Sampel di ambil secara *consecutive sampling* sehingga didapatkan 15 orang. Analisis data menggunakan analisis univariat dengan distribusi frekuensi dan analisis bivariat menggunakan uji *Wilcoxon*. Hasil penelitian didapatkan tingkat stres kerja sebelum intervensi lebih dari setengahnya dengan kategori sedang. Tingkat stres kerja setelah intervensi sebagian besar dengan kategori ringan. Terdapat pengaruh terapi murottal al-Qur'an terhadap stres kerja pada perawat pelaksana di ruang ICU RSUD Majalaya (*p-value* 0,001<0,05). Murottal al-Qur'an memberikan efek menenangkan serta membantu melepaskan hormon endorphen yang dapat memicu perasaan rileks sehingga perawat bisa merasa lebih tenang setelah mendengarkan Murottal al-Qur'an. Saran perawat bisa meluangkan waktu untuk mendengarkan Murottal al-Qur'an.

Kata Kunci : Murottal Al-Qur'an, Perawat, Stres
Referensi : 17 buku (tahun 2018-2022)
37 jurnal (tahun 2018-2024)

***THE EFFECT OF MUROTTAL AL-QUR'AN THERAPY ON WORK STRESS
IN ICU NURSES AT MAJALAYA REGIONAL HOSPITAL IN 2025***

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ABSTRACT

Work stress can also occur in nurses which can have a negative impact on the nurses themselves and on the health services received by patients. The purpose of this study was to determine the effect of murottal al-Qur'an therapy on work stress in nurses in the ICU room of Majalaya Regional Hospital. The research method was a pre-experiment with a one-group pretest-posttest design approach. The population was 31 nurses in the ICU room of Majalaya Regional Hospital. The sample was taken by consecutive sampling so that 15 people were obtained. Data analysis used univariate analysis with frequency distribution and bivariate analysis using the Wilcoxon test. The results of the study showed that the level of work stress before the intervention was more than half in the moderate category. The level of work stress after the intervention was mostly in the mild category. There was an effect of murottal al-Qur'an therapy on work stress in nurses in the ICU room of Majalaya Regional Hospital ($p\text{-value } 0.001 < 0.05$). Murottal al-Qur'an has a calming effect and helps release endorphin hormones that can trigger feelings of relaxation so that nurses can feel calmer after listening to Murottal al-Qur'an. Nurses' suggestions include taking the time to listen to Murottal Al-Quran.

Keywords : Murottal Al-Quran, Nurses, Stress

*References : 17 books (2018-2022)
37 journal (2018-2024)*