

## **Murottal Al-Qur'an Listening Therapy to Control Anxiety in Schizophrenia Sufferers**

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### **ABSTRACT**

Anxiety is a feeling that arises when someone is worried or afraid of something. Excessive anxiety can worsen the condition of someone who experiences it, so it needs to be overcome by using therapy listening to murottal Al-Qur'an. This therapy of listening to murottal Al-Qur'an provides a psychological influence in a positive direction, because something that is listened to will be conveyed to the brain for perception so that with this therapy of listening to murottal Al-Qur'an the quality of a person's awareness of God will increase and cause total surrender to God. Allah SWT. This making you feel calmer and more comfortable. The aim of this research is to determine the effect of listening to murottal Al-Qur'an as an anxiety control. This research uses a qualitative research method with a narrative approach and data collection for this research was carried out using interview and observation techniques. Judging from the effectiveness of using murottal listening therapy, it is hoped that this research will be beneficial for the lives of people who often experience anxiety.

**Keywords:** Murottal Therapy, Al-Qur'an, Anxiety

### **ABSTRAK**

Kecemasan merupakan adanya perasaan yang timbul ketika seseorang sedang mengkhawatirkan atau takut akan sesuatu. Rasa cemas yang berlebihan dapat memperburuk keadaan seseorang yang mengalaminya, sehingga perlu diatasi dengan menggunakan terapi mendengarkan murottal Al-Qur'an. Terapi mendengarkan murottal Al-Qur'an ini memberikan pengaruh psikologis ke arah yang positif, karena sesuatu yang didengarkan akan disampaikan ke otak untuk dipersepsikan sehingga dengan terapi mendengarkan murottal Al-Qur'an ini kualitas kesadaran seseorang terhadap Tuhan akan meningkat dan menyebabkan totalitas kepasrahan kepada Allah SWT. sehingga membuat perasaan menjadi lebih tenang dan nyaman. Tujuan dari penelitian ini adalah untuk mengetahui efek dari mendengarkan murottal Al-Qur'an sebagai pengendalian kecemasan. Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan naratif dan pengumpulan data penelitian ini dilakukan dengan menggunakan teknik wawancara dan observasi. Dilihat dari efektivitas penggunaan terapi mendengarkan murottal, maka penelitian ini diharapkan dapat bermanfaat bagi kehidupan manusia yang sering kali. Mengalami kecemasan.

**Keywords:** Terapi Murottal, Al-Qur'an, Kecemasan

### **Introduction**

Humans are often inseparable from health problems. Mental health is also an issue that is often experienced by humans. A mental or mental health disorder is a problem that occurs in mental function which includes emotions, thoughts, behavior, feelings, enthusiasm, desires, will and self-

attraction as well as perceptions so that it hinders a person's life process. According to *the World Health Organization* (WHO), mental health problems throughout the world have become a very serious problem, with at least around 1 in 4 people in the world experiencing mental problems. And WHO estimates that approximately 450 million people in the world have mental disorders. And there are around 14 countries that have approximately 76-85% of cases of critical mental disorders that do not receive healing therapy. The prevalence of people with chronic mental disorders in several countries is approximately 1.7/1000 people.

Mental disorders are often caused by anxiety. According to (Gunarso, nd, 2008) in (Wahyudi, Bahri, and Handayani 2019), anxiety is a feeling of worry or fear whose cause is not yet clear. Meanwhile, according to *the American Psychological Association* (APA) in (Muyasaroh et al. 2020), anxiety is an emotional state that appears when an individual is experiencing stress, and is characterized by feelings of tension, as well as thoughts that make the individual feel worried and is also accompanied by physical responses such as a beating heart, tightness, increased blood pressure, and so on. From this statement it can be interpreted that anxiety occurs because of emotions that cause excessive stress, causing feelings of tension and worry. Apart from that, according to Kholil Lur Rochman (2010: 104) in (Sari 2020), anxiety is a subjective feeling of disturbing mental tension as a general reaction to the inability to overcome a problem or the lack of a sense of security. Basically, anxiety is a person's psychological condition which is filled with fear and worry, where feelings of fear and worry about something that are not certain will happen.

Anxiety itself can cause various more serious mental health disorders if it is not treated seriously. According to Gail W. Stuart (2006), anxiety has levels, where the level shows how severe the anxiety a person is experiencing. There are 4 levels proposed by Gail, namely *Mild Anxiety*, *Moderate Anxiety*, *Severe Anxiety*, and *Panic Level*. Anxiety that has reached the severe stage, even at the level of panic, can cause one of the most serious psychiatric or mental disorders, namely schizophrenia. Schizophrenia itself is a mental disorder characterized by distortion of reality, disorganization, and psychomotor impairment. Schizophrenic patients often have difficulty distinguishing between reality and the content of their own thoughts (Tandon, et al., 2013). There are several symptoms in typical schizophrenic patients such as hallucinations, delusions, chaotic thought processes, and behavioral disorders which are called positive symptoms. This schizophrenic disorder has also been suffered by many people. According to *the World Health Organization* (WHO), in 2018 it was explained that there was a very significant increase in the proportion of schizophrenic mental disorders compared to basic health research in 2013, in Indonesia itself it rose from 1.7 per million to 6.7 per mile. Prevalence data (per mile) of households with household members (ART) experiencing schizophrenia/psychosis disorders in DIY province experienced an increase in people with schizophrenia mental disorders of 10.4 per mile (Risksdas, 2018). Anxiety that occurs in schizophrenic patients is often characterized by deep and ongoing fear resulting in disturbances in assessing reality, personality and behavior. In schizophrenic patients, there is a feeling of uncertainty, frequent arguments or fights, and erratic and angry anxious behavior (Hawari, 2014). In essence this anxiety most likely represents only a component of a broader set of anxiety symptoms in Schizophrenia patients, which may fluctuate throughout the course of the disease.

For someone who has anxiety, Murottal Al-Qur'an therapy can be used as a therapy to control their anxiety, especially for people with schizophrenia. Because basically schizophrenic patients who

experience anxiety can be treated with pharmacological and non-pharmacological therapy. Where pharmacological therapy uses drugs, while non-pharmacological therapy uses physiological methods. Al-Qur'an therapy itself is included in non-pharmacological therapy, which according to Mindlin (2009) is part of a musical instrument that has a process to reduce anxiety. Where the harmonization in music will enter the ear in the form of sound (audio), vibrate the eardrum, and can vibrate the hair cells in the cochlea and then through the cochlear nerve to the brain and create an imagination of beauty in the right brain and left brain which will have an impact in the form of comfort and changes in feelings. Apart from that, Al-Qur'an murottal therapy will also carry sound waves and encourage the brain to produce chemicals called *neuropeptides* when it is listened to. These molecules will affect the receptors in the body so that the body feels comfortable and relaxed. This will cause the pulse and heart rate to decrease (Al-Kaheel, 2010).

In research conducted by Asrul (2022) with the theme "Effectiveness of Murottal Al-Quran Therapy on Preoperative Patient Anxiety". He researched how Al-Qur'an murottal therapy can affect a patient's preoperative anxiety. In this study, a result was obtained where the level of anxiety in pre-operative patients after Al-Qur'an murottal therapy was carried out, the level of anxiety they experienced changed to not being anxious. This proves that Al-Qur'an therapy can have an effect on a person's anxiety. Apart from that, there is also research from Faridah (2018) regarding Murottal Therapy (Al-Qur'an) being able to reduce anxiety levels in pre-operative laparotomy patients. Where in this research the application of Al-Qur'an therapy apparently had an effect on the patient's anxiety level. From this research it can be seen that Al-Qur'an therapy is effective in a person's anxiety. Well, this can also happen to the anxiety experienced by schizophrenia sufferers. From the explanation above, we can also get a problem formulation, namely how the influence of Al-Qur'an therapy on controlling anxiety in schizophrenia sufferers. Where this research will focus on seeing and knowing how the influence of Al-Qur'an therapy on the anxiety of schizophrenia sufferers.

## **Method**

This research uses a qualitative research method with a narrative approach, and data collection for this research was carried out using interview and observation techniques. Narrative research according to James Schreiber and Kimberly Asner-Self (2011) is the study of individuals' lives as told through stories of their experiences, including discussions about the meaning of those experiences for the individual. Then the interview technique is a verbal question and answer process between two or more people directly. According to Sugiyono (2018), interviews are used as a data collection technique if you want to conduct a preliminary study to find problems that need to be researched, and also if the researcher wants to know things from respondents in more depth and the number of respondents is small. Meanwhile, according to Morissan (2017), observation data collection techniques are daily human activities using the five senses as the main tool. Where observation itself is a person's ability to use his observations through the work of the five senses. In this case, the five senses are used to capture the observed symptoms, what is captured is recorded and then the notes are analyzed.

Apart from that, in selecting subjects, researchers used the *Purposive Sampling technique*, where in this technique criteria are used in selecting subjects. Meanwhile, according to Jogiyanto (2014), *purposive sampling* is a sampling technique that is carried out by taking samples from the population

based on certain criteria. Technique This does not provide the same chance or opportunity for every member of the population to be selected as a sample. And the subject used in this research is someone who meets the criteria determined in the research. Where the criteria set in determining this subject are schizophrenic patients with anxiety disorders, and have high motivation to participate in therapy. In this research, researchers also used data analysis techniques applied by Ibrahim (2015), where data analysis according to Ibrahim is defined as the process of responding to data, compiling, sorting and processing it into a systematic and meaningful arrangement.

## Results

The Koran is the main source of teachings for Muslims. The Koran itself in the eyes of Muslims is something that is "multi-functional". The Al-Qur'an is not only used as reading material that has worship value, but is also used as the main reference for Muslims in dealing with existing social and transcendental problems. As a guide for mankind, the Qur'an has functions including *Al-Huda* (guidance), *Al-Furqan* (differentiating between what is right and what is false), *Al-Burhan* (proof of truth), *Al-Dzikr* or *Al-Tadzkirah* (warning), *Al-Syifa* (healing medicine), *Al-Mau'idhah* (advice, lessons), and *Al-Rahmah* (grace). Apart from that, as the final holy book, the Qur'an also functions as a guide for mankind until the end of time, and complements previous holy books, as well as being the main source of Islamic teachings brought by the Prophet Muhammad. From one of the functions of the Qur'an, namely al-syifa, namely healing, the Qur'an is believed by Muslims to be used as a cure for physical and physical illnesses. The use of verses from the Qur'an for the treatment of this kind of illness is a form of Islamic psychotherapy. What we know is that Islamic Psychotherapy is a process of treating mental and physical illnesses through psychological methods (Islamic therapy), both with verses from the Koran and Hadith. One form of Islamic psychotherapy from the Al-Qur'an is murottal Al-Qur'an. Murottal Al-Qur'an therapy itself is a type of non-pharmacological therapy that is used to reduce anxiety levels because it can cause a relaxation response in those who listen to it.

Anxiety is a form of a person's fear of something that is considered scary. According to Syamsu Yusuf (2009: 43), he stated that anxiety is neurotic helplessness, a feeling of insecurity, immaturity, and a lack of ability to face the demands of reality (the environment), difficulties and pressures of daily life. In context, excessive anxiety can trigger dangerous diseases if not treated. One of the mental illnesses that is quite dangerous for humans is Schizophrenia. Schizophrenia is a serious mental disorder characterized by basic personality disorders, typical distortions in the thought process. In people who suffer from schizophrenia, a person often experiences feelings of uncertainty, frequent arguments or fights, and also erratic anxious and angry behavior (Hawari, 2014). The anxiety that occurs and occurs in schizophrenic patients is usually characterized by deep and ongoing fear resulting in disturbances in assessing reality, personality and behavior.

As we know, Al-Quran murattal can be a therapy used to help counseling overcome anxiety problems experienced by someone. Therefore, this research was conducted to find out whether the Al-Qur'an is really effective in dealing with anxiety, and how the Al-Qur'an performs in dealing with anxiety that occurs in schizophrenia patients. In the research used on one of the subjects, namely JY, who is currently 24 years old. JY is currently busy working and currently JY also lives alone without

family. JY has been diagnosed with schizophrenia since 2016, where initially JY was diagnosed with chronic depression which occurred repeatedly, then after he experienced quite extreme thought patterns regarding wanting to commit suicide, he was finally diagnosed with schizophrenia.

JY experienced internal problems in his family where he thought that his family did not love him. This family problem is JY's biggest worry, causing him to experience schizophrenia. JY said that he was actually not too worried about the future or work, but his deepest fear was his family and how his relationship with his partner would be. The extreme thing that JY often does in dealing with his anxiety is to hurt himself or *Self Harm*, where JY does *Self Harm when he is confused about a problem, and he feels that Self Harm* or hurting himself is a way to prevent himself from hurt even further. JY also often heard whispers that suggested and told him to commit suicide to escape the problems he was facing.

Murottal Al-Qur'an Listening Therapy carried out by JY to control anxiety, has several stages that must be undertaken, namely (1) formulating the problem, in this problem formulation or problem disclosure, interviews are used to find out the problems faced by the subject, then (2) application of Al-Qur'an murottal therapy. The application of this therapy is carried out by the subject or JY over a period of a week in a row, and the application of therapy is carried out after every signal prayer or when he wants to sleep, (3) Meaning. At this meaning stage, JY will be asked to reflect that the verse of the Al-Qur'an has a good meaning for him. And finally (4) share experiences. At this stage, we as researchers will interview again to see and find out whether there are any changes or influences on the subject after being given therapy.

After therapy was carried out on JY, a result was obtained where JY felt calmer when he finished listening to the Murottal Al-Qur'an, JY felt that the anxiety he experienced gradually disappeared when listening to the Murottal Al-Qur'an, by listening to the Murottal Al-Qur'an It also makes him think more rationally so that he is not rash in making decisions. JY also feels that listening to Murottal Al-Qur'an makes him closer to Allah SWT, so it makes him comfortable and JY doesn't feel that he is alone. From the results obtained by JY as the subject, it shows that Murottal Al-Qur'an therapy has an effect on controlling anxiety for schizophrenia sufferers. The effect that one gets when someone listens to Murottal Al-Qur'an is that it makes someone calmer, more relaxed and has more rational thinking. this has a good impact on a person's cognitive and behavior.

Murottal Al-Qur'an therapy can have an effect because according to Mindlin (2009) basically, when listening to Murottal Al-Qur'an there is beautiful harmonized music and it will enter the ear in the form of sound (audio), vibrating the eardrum, shaking the fluid in the inner ear. , and vibrates the hair cells in the cochlea which then travels through the cochlear nerve to the brain and creates images of beauty in the right brain and left brain which will have an impact in the form of comfort and changes in feelings. This change in feelings is caused by music being able to reach the left region of *the cerebral cortex*.

## **Discussion**

The results of the study showed that listening to the Murottal Al-Qur'an therapy had an effective effect on controlling anxiety in schizophrenia sufferers, which was demonstrated by the subject's behavior experiencing positive changes. Where the subject is calmer regarding the problems

they face, then the subject also becomes more relaxed, and cognitively it makes the subject think more logically and rationally, thereby making the subject not act rashly when facing problems such as injuring themselves and so on.

This research shows that Listening to Murottal Al-Qur'an therapy has a positive impact on the anxiety suffered by someone who suffers from schizophrenia. Where the mindset of a person with schizophrenia is synonymous with hallucinations, and his extreme thoughts can be calmed by chanting the holy verses of the Koran. This also shows that the function of the Qur'an as al-syifa or healer has proven to be effective in dealing with a person's mental or mental problems. The Qur'an itself has a positive psychological influence on people who hear it so that people who listen to the holy verses of the Qur'an feel more peaceful, sincere and calm.

Results of previous research conducted by Muhammad Chairil Ibnu Saleh, Dwi Martha Agustina, Lukmanul Hakim (2018). Where in this research, we looked at the influence of murottal Al-Qur'an on the anxiety level of heart patients. And the results of the research obtained turned out that murottal Al-Qur'an had a positive influence on the anxiety of heart patients. Patients said that when listening to murottal Al-Qur'an, it made the heart feel calm, comfortable, feelings of worry seemed to disappear. Apart from that, there is also research conducted by Linda Wati, Nurhusna, and Indah Mawarti (2020) where Murottal Al-Qur'an Listening Therapy has an influence on the anxiety of *Pre-Coronary Angiography patients*, where in this research the results obtained were that Murottal Al-Qur'an therapy and has an influence on the patient's level of anxiety before coronary angiography. There is a decrease in anxiety in *pre-coronary angiography patients* who have been given therapy. this also shows that listening to the Murottal Al-Qur'an therapy is also effective for anxiety in *pre-coronary angiography patients*.

### **Conclusion**

Murottal Al-Quran listening therapy is very influential and effective for managing anxiety, this is proven by the results of our research by interviewing clients who experience anxiety as schizophrenia sufferers who often experience nightmares, attempt suicide by taking sleeping pills and *self-harm*, we provide treatment in the form of Listen to Murottal Al-Quran after Isha prayers or before going to bed for one week with a duration of 4-5 minutes. We chose this time because at that time a person's brain is running optimally and is the most effective time for someone to think about their life, besides that at that time someone will usually think about every problem that leads to anxiety.

After the treatment of listening to the murottal Koran for one week, the client experienced drastic changes, the client felt there were changes such as being calmer and better after listening to the murottal Koran and the level of anxiety he experienced as a schizophrenic sufferer was relatively reduced. Listening to murottal Al-Quran is a non-pharmacological therapy that has a very good effect on managing anxiety. Because, the sound waves produced from the murottal Al-Quran will vibrate the cells in the body, giving rise to imaginations of beauty in the right and left brain, thus providing a sense of comfort and therapy. When the murottal Al-Quran is played, it can build molecules that will influence the body's receptors so that it feels more relaxed and reduces stress. pulse and heart

rate, especially for someone with schizophrenia who usually has hallucinations, delusions or other negative thought patterns such as thinking about committing suicide or hurting other people.

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