

The Effectiveness of Murottal Al-Quran Therapy in Reducing Excessive Anxiety

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ABSTRACT

Murottal Al-Qur'an is a form of music therapy with the sound of the Al-Qur'an which has a positive influence on the listener. Anxiety is an emotional condition that is usually characterized by worry, anxiety and fear. This research aims to determine the effectiveness of Al-Quran Murottal Therapy in Reducing Anxiety. Using a qualitative approach with a descriptive case study design. Data collection was carried out through interviews and direct observation, equipped with the Hamilton Anxiety Rating Scale questionnaire by Max Hamilton in 1959. The subject in this research was one person who had met the specified criteria. Subjects were given therapy by listening to surah Al-Fatihah, Al-Baqarah verse 225, AL- Ikhlas, Al-Falaq, and An-Nas. Done according to directions and ability for 10 minutes before going to bed at night. The instrument in this research was a smartphone to provide therapy listening to the Al-Quran.

Keywords: Therapy, Murottal Al-Quran, Anxiety

Introduction

Anxiety is an unpleasant subjective experience related to worry or tension, in the form of feelings of anxiety, tension, and emotions experienced by a person (Yunus, 2019). Anxiety is a certain condition (state anxiety) that arises when individuals face uncertain and uncertain situations, and doubt their ability to deal with these situations. This emotion is unpleasant for individuals and is not permanent or inherent in their personality (Ghufron, 2010). It arises as a reaction to internal tension in the body, caused by internal or external forces and controlled by the autonomic nervous system. For example, when a person faces a dangerous and frightening situation, his heart will beat faster, his breathing becomes labored, his mouth is dry, and his palms are sweaty. These reactions then trigger the onset of anxiety (Augustine, 1985).

People who experience anxiety can experience disturbances in personal balance, such as tension, unrest, anxiety, fear, nervousness, sweating, and so on. Anxious individuals feel confined and far from feeling free, so to achieve this freedom, they need to get out of anxiety. Therefore, anxiety needs to be controlled so that it does not interfere with personality, but rather becomes a source of motivation for positive progress (Hayat, 2014). According to Nelson-Jones (1995), anxiety is an integral part of living conditions, which means that everyone can experience anxiety. According to Barlow (2002), anxiety is related to self-concept or personality, which reflects a person's disposition to act with full interest and consistency over time or in various situations.

According to Corey (1996), the existential approach distinguishes two types of anxiety, namely normal anxiety and neurotic anxiety. Normal anxiety is a natural response to the event at

hand, and is a natural drive for change. It does not need to be eliminated as it can serve as motivation for positive change. Neurotic anxiety is anxiety that is out of proportion, arises out of consciousness, and tends to disrupt the individual's equilibrium.

According to Sigmund Freud (in Corey, 1996), anxiety is a state of tension that drives individuals to act. Freud identified three types of anxiety. First, reality anxiety is the fear of danger coming from the outside world. The level of this anxiety corresponds to the level of threat faced. Second, neurotic anxiety is the fear that instincts will get out of control and cause the individual to do something that could result in punishment. Third, moral anxiety is the fear of one's own conscience. Individuals with mature moral development tend to feel guilty if they do something that goes against their moral code or what their parents have instilled in them.

Various methods have been developed to treat anxiety, ranging from medical therapy to alternative approaches. One of the alternative methods that is getting more attention is therapy using murotal Al-Quran. Murotal Al-Quran as psychotherapy is a recording of Al-Quran verses recited in rhythm by a qari' (Al-Quran reader) clearly and tartil (Zakiyah, 2023). The human voice is a very effective healing tool, especially because the murotal Al-Quran is chanted using the human voice. This sound can reduce stress hormones, stimulate the production of natural endorphins, promote relaxation, and distract from anxiety, fear, and tension.

Every verse of the Quran has extraordinary healing powers (by Allah's permission) for certain diseases, among the surahs that are usually recited to make duqyah and soothe the soul are Al-Fatihah, Al-Baqarah (the 255th verse of Kursi), and the last three surahs in the Quran (Al-Ikhlash, Al-Falaq, An-Nas) as told by the Prophet (peace be upon him) (Shofa, 2020).

Al-Fatihah itself has an opening definition, the content of Surah Al-Fatihah itself discusses more about aqidah. Surah Al-Fatihah Allah SWT introduces himself as Rabb of the universe. Allah SWT also emphasizes that it is only to him that humans serve and ask for help, because Allah SWT is the almighty bag of all things. Rasulullah SAW said that surah Al-Fatihah is the best surah in the Qur'an. Murottal Al-Qur'an surah Al-Fatihah is a therapy that is said to be effective for eliminating fear, anxiety and anxiety.

Spiritually, listening to Ayat Kursi can provide calmness and strength, remind us of the greatness of Allah, and increase our sense of piety and faith. Psychologically, it can relieve stress, anxiety, and tension, as well as aid in meditation and relaxation. Overall, listening to Ayat Kursi regularly can provide inner peace and well-being for the soul and mind.

Surat al-Ikhlash is also called surat Ma'rifah (knowledge), surat Jamal (beauty), surat Tauhid (oneness), surat Najah (salvation), surat Nur (light), surat Mu'awidzah (protection), surat Mani'ah (prevention); because this letter prevents from the fitnah of the grave and the gusts of hell, and another name is surat Baraah (freedom); because this letter is free from associating partners with Allah (shirk). Listening to the murotal of Al-Ikhlash can increase understanding and appreciation of tawhid, strengthen belief in the oneness of Allah, and purify the heart from various forms of shirk and spiritual deviations. In addition, this murotal can also provide peace of mind, relieve anxiety, and help in maintaining focus and concentration in worship and daily activities.

Surah An-Nas is classified as a Madaniyah surah, there are 6 verses, 20 words, and 99 letters. And Surah Al-Falaq is classified as a Madaniyah surah, with 5 verses, 23 words, and 74 letters. These two surahs are commonly called surah al mu'awidzatain. Surah Al-Falaq warns of 3

characteristics: the dark night (ghasiq), the one who blows (an naffatsat), and envy (hasud). Surah An-Nas warns of 3 attributes: Robb, al Malik, Illah. Surah Al-Falaq means the safety of the nafs and body. And Surah An-Nas means the salvation of religion. Listening to murotal Al-Falaq and An-Nas can strengthen spiritual protection, repel negative energy, and increase one's faith and piety.

Method

This research uses a qualitative approach with a descriptive case study design. Case study is a research methodology whose essence in its discussion, a researcher must be more careful, attentive and thorough in revealing a case, an event, both individually and in groups (Tufik Hidayat, 2019). Data collection is done through interviews and direct observation. According to True (1983) in R. A Fadhallah (2021) an interview is an interactional communication with a predetermined purpose to explore a particular theme through a series of questions. Meanwhile, according to Sugiyono (2018) in Anis SW, et al (2024) observation as a data collection method that involves systematic observation and recording of all elements that exist in a symptom on the object of research. Equipped with the Hamilton Anxiety Rating Scale questionnaire by Max Hamilton in 1959, to become a research reference. The subject in this study is one person who has met the predetermined criteria. Subjects were given therapy by listening to surah Al-Fatihah, Al-Baqarah verse 225, AL-Ikhlash, Al-Falaq, and An-Nas. Performed according to direction and ability for 10 minutes before bed at night. The instrument in this study was a smartphone to provide listening therapy to the Koran.

Results

Based on research conducted with data collection techniques through observation and interviews involving 20-year-old female students who experience excessive anxiety disorders, it shows that Al-Qur'an murottal therapy has effectiveness in relieving excessive anxiety. Before the observation and interview, the first step taken is that the researcher asks the subject to fill out an evaluation form that the researcher has prepared beforehand to measure the anxiety level so that the researcher knows how high the level of anxiety the subject has. After that the subject was asked to do Qur'anic murottal therapy for one week based on the advice given by the researcher by listening to the holy verses of the Qur'an which the researcher had previously prepared and listened to when the subject would sleep at night for 10 minutes. After one week the subject was asked to do Qur'an murottal therapy, the next step was to re-measure to find out whether there was a change in the level of anxiety in the subject and the results the researcher got were a decrease in the level of anxiety in the subject. Based on the initial results, the subject always experiences anxiety when the subject will make a presentation in front of the class where the subject feels afraid, nervous and trembling. Thus, based on the results of the final measurement carried out after one week of the subject doing Qur'anic murottal therapy, there is a decrease in the level of anxiety that occurs in the subject from the initial measurement results.

Table 1. *The results of measurements before and after the Qur'an Murottal Therapy using the Hamilton Anxiety Rating Scale (HARS)*

Measurements	Total Scores	Category
Before therapy	34	Severe anxiety
After therapy	16	Mild anxiety

With assessment scores: < 14 = no anxiety, 14-20 = mild anxiety, 21-27 = moderate anxiety, 28-41 = Severe Anxiety, and 42-56 = Very Severe Anxiety.

Based on the results of the evaluation table above, it shows that Qur'anic murotal therapy has an effectiveness in reducing the excessive anxiety experienced by the subject, it can be seen from the total score before therapy amounted to 34 which indicates that the subject experienced anxiety disorders with severe anxiety categories, while the total score after the Qur'anic murotal therapy for one week the subject experienced a decrease with a score of 16 which indicates that the anxiety experienced by the subject is currently experiencing a change from severe anxiety to mild anxiety.

Discussion

The holy book of Muslims given by Allah SWT is the Qur'an. The Qur'an is the last holy book for all Muslims, and there will be no more holy books revealed after it. Therefore, the Qur'an has been the most complete guide for mankind since it was revealed 15 centuries ago and will remain relevant to the times, both now and in the future, until the Day of Judgment arrives (Wardhana, 2004).

The Qur'an is also known as As Shifa' because it has a function as a healer or cure for diseases that plague the heart. Another name for the Qur'ān is Al Hikmah or the Book of Wisdom, because it contains verses full of wisdom that are needed by mankind. In addition, the Qur'an contains many instructions, explanations, and information about these instructions, as well as distinguishing between right and wrong, so it is also called Al Bayan. As has been emphasized in the words of Allah SWT:

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِنْ رَبِّكُمْ وَشِفَاءٌ لِمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

Meaning: You people, surely there has come to you a lesson from your Lord and a cure for the diseases of the breast and guidance and mercy for those who believe. (Q. S. Yunus: 57)

Researchers found that Al-Qur'an murotal therapy can relieve excessive anxiety, this is in line with the theory that states that listening to Al-Qur'an murotal which contains elements of human voice and human voice is an extraordinary healing tool (Anggraini, 2019). Sound reduces stress hormones, activates natural endorphins, and creates a feeling of relaxation (Asrul, 2023).

The values of the Qur'an bring tranquility, comfort and security to the hearts of believers. They feel a pleasure that those who neglect the remembrance of Allah never had and never will. The Qur'an itself contains many verses stating that the Qur'an is a healing medicine. Qur'anic murottal, which is the recitation of the Qur'an, can provide tranquility, peace, and healing. The values of the Qur'ān will continue to create tranquility, comfort, and security in the hearts of those

who are full of faith, giving them pleasures that those who neglect to remember Allah have never had and will never be able to experience.

Qur'anic murottal therapy is a simple method that has a great impact on a person's stress and relaxation. It stimulates the release of endorphins and serotonin, which are natural substances in the body like morphine and melatonin, helping to reduce stress and emotional instability. The sound of the murottal enters the ear, vibrating the eardrum, the fluid in the inner ear, and the hair cells in the cochlea. Subsequently, these vibrations are relayed through the cochlear nerve to the brain, specifically to the limbic system that deals with emotional behavior. Like listening to music, murottal therapy activates the limbic system and helps a person feel relaxed (Wati, 2020).

Listening to and reading the Qur'an can calm the mind and make the brain more relaxed. This therapy is effective for curing psychiatric disorders such as depression and excessive anxiety, which often occur in pubescent adolescents when they cannot control their emotions and feel sad and depressed constantly. Any environment and condition can make them feel sad, and they often cry and wail heartbreakingly. Qur'anic murottal therapy can help cure these psychological disorders by strengthening our belief in ourselves and increasing our faith in Allah. In doing so, we become more aware of His power. If the heart is filled with faith and surrender to Allah, then we will feel calm and confident in facing everything that happens. Faith and obedience to Allah will bring peace to our hearts and feelings (Elzaky, 2014).

Based on the results of the research above, this is in line with previous research conducted by Z, Ricky & Rahma La Maru (2019) that Qur'anic murottal therapy has proven effective in reducing anxiety in patients experiencing anxiety. Similar research was also conducted by (Faradisi Firman, 2012) with the results of anxiety levels between before and after murottal therapy there is a significant difference, so that the provision of murottal therapy effectively reduces the patient's anxiety level, the anxiety level between after getting music therapy and murottal there is a significant difference, so that the provision of murottal therapy is more effective in reducing the patient's anxiety level compared to music therapy.

Research conducted (Rusdi, E, R. et al, 2020) also shows the results of statistical analysis that Al-Qur'an murottal therapy is effective in reducing the anxiety level of students before the skill laboratory exam at the Faculty of Nursing, Riau University with a p value of $0.000 < \alpha (0.05)$. Asrul (2023) also conducted a similar study and obtained the results that the Qur'anic murottal therapy can reduce anxiety in preoperative patients. Murottal Al-Qur'an is highly recommended to be heard so as not to think of bad things that can make feelings anxious.

Conclusion

Based on the results of the study it can be concluded that there is a significant decrease in the level of anxiety towards the level of excessive anxiety before and after being given Al-Quran Murottal therapy surah Al-Fatihah, Al-Baqarah verse 225, AL-Ikhlas, Al-Falaq, and An-Nas on the research subject. Al-Quran murottal therapy can be used as one of the therapies that can relieve excessive anxiety, as evidenced by the results of measurements before therapy gets a score of 34 which means it is included in the class of severe anxiety and after the provision of therapy gets a score of 16 which means it is included in the class of mild anxiety.

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