

**PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN  
UNIVERSITAS MUHAMMADIYAH SEMARANG**

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Pengaruh terapi murotal Al-Quran terhadap penurunan skala nyeri pada pasien *post* operasi bedah jantung di Ruang HCU RSUP Dr. Kariadi Semarang

xv + 64 Halaman + 12 tabel + 1 bagan + 4 gambar + 8 lampiran

**Abstrak**

Pasien *post* operasi bedah jantung ketika merasakan nyeri selain diberikan terapi farmakologi juga dapat diberikan terapi non-farmakologi, salah satunya dengan menggunakan terapi murottal Al-Quran. Terapi murottal Al-Quran belum pernah dilakukan di Ruang HCU RSUP Dr. Kariadi Semarang sebagai salah satu intervensi untuk menurunkan sensasi nyeri pada pasien *post* bedah jantung, padahal berdasarkan tinjauan pustaka dan jurnal penelitian terkait murottal Al-Quran dapat menurunkan skala nyeri pada pasien. Tujuan dari penelitian ini untuk menganalisis pengaruh terapi murottal Al-Quran terhadap penurunan skala nyeri pada pasien *post* operasi bedah jantung di Ruang HCU RSUP Dr. Kariadi Semarang. Desain penelitian yang digunakan *one grup pre-test-posttest design*. Proses penelitian ini telah dilaksanakan pada tanggal 5 Desember 2017 sampai dengan 7 Januari 2018 di Ruang HCU RSUP Dr. Kariadi Semarang terhadap 15 pasien berdasarkan kriteria inklusi dan eksklusi yang telah ditentukan. Hasil *pre-test* menunjukkan rata-rata skala nyeri responden 3,27 (ringan), dan hasil *post-test* rata-rata skala nyeri 2,73 (ringan). Hasil uji *Wilcoxon* diperoleh *p-value* = 0,011 ( $< \alpha=0,05$ ), sehingga dapat disimpulkan bahwa terdapat perbedaan skala nyeri pada pasien *post* operasi bedah jantung sebelum dan sesudah diberikan terapi murottal Al-Quran. Saran supaya terapi murottal Al-Quran dapat digunakan dalam manajemen nyeri secara non-farmakologi, khususnya pada pasien *post* bedah jantung di RSUP Dr. Kariadi Semarang.

Kata Kunci : Murottal Al-Quran, skala nyeri, *post* operasi bedah jantung  
Pustaka : 30 (2008 – 2017)

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Mini thesis, March 2018

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The effectiveness of murottal therapy Al-Quran on the reduction of pain scale in post surgery patients of cardiac surgery in HCU Room Dr. Kariadi Hospital of Semarang.

xv + 64 pages + 12 tables + 1 chart + 4 pictures + 8 appendixes

*Abstract*

In addition to providing pharmacological therapy, pain in patients postoperative heart surgery can also be derived with non-pharmacological therapy, one of them by using murottal therapy Al-Quran. Al-Quran murottal therapy has not been done in HCU Room RSUP Dr. Kariadi Hospital as one of the interventions to reduce pain sensation in patients post cardiac surgery, whereas based on literature review and research journals related murottal Al-Quran can reduce the scale of pain in patients. The purpose of this study was to analyze the influence of murottal Al-Quran therapy on the reduction of pain scale in postoperative heart surgery patients in HCU Room Dr. Kariadi Hospital. The research design used one group pre-test-posttest design. This research process has been carried out on December 5, 2017 until January 7, 2018 in HCU Room Dr. Kariadi Hospital of Semarang to 15 patients based on specified inclusion and exclusion criteria. The pre-test results show the average of 3 responders' pain scale (mild), and post-test results on average pain scale 2 (mild). Wilcoxon test results obtained p-value = 0.011 ( $\alpha = 0.05$ ), so it can be concluded that there are differences in the scale of pain in patients post-operative heart surgery before and after given murottal therapy Al-Quran. The suggestion that murottal Koranic therapy can be used in non-pharmacologic pain management, especially in post-cardiac patients at Dr. Kariadi Hospital of Semarang.

Keywords : Murottal Al-Quran, pain scale, post heart surgery

References : 30 (2008 – 2017)