

Universitas Ngudi Waluyo  
Program Studi Sarjana Kebidanan (S-1), Fakultas Kesehatan  
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Aprillia Rahmasanti  
Hapsari Windayanti, S.SiT., M.Keb  
152191229

**Perbedaan Kecemasan Ibu Hamil Trimester III Sebelum dan Sesudah Pemberian Murottal Al-Qur'an Surah Ar-Rahman di Wilayah Kerja Puskesmas Kaliabang Tengah Kota Bekasi**

**ABSTRAK**

Kecemasan pada ibu hamil mencapai 373.000.000 di Indonesia dan 107.000.000 (28,7%) kejadian kecemasan pada ibu hamil terjadi saat mendekati persalinan. Dampak dari kecemasan dapat menyebabkan depresi setelah melahirkan, berpengaruh pada kesehatan, kesejahteraan dan perkembangan bayi. Terapi murottal Al-Qur'an dapat menghasilkan *endorphin* alami, menurunkan hormon stress, dan merileksasikan sehingga dapat menurunkan kecemasan. Tujuan penelitian ini adalah untuk mengetahui perbedaan kecemasan ibu hamil trimester III sebelum dan sesudah pemberian murottal Al-Qur'an Surah Ar-Rahman di wilayah kerja Puskesmas Kaliabang Tengah Kota Bekasi.

Desain penelitian yang digunakan *Quasy Experimental* dengan pendekatan *One Group Pretest-Posttest*. Populasi penelitian ini adalah seluruh ibu hamil trimester III yang berada di wilayah kerja Puskesmas Kaliabang Tengah Kota Bekasi berjumlah 68 ibu hamil dan sampel berjumlah 18 ibu hamil, dengan teknik *purposive sampling*. Pengumpulan data dilakukan dengan pengisian kuesioner PASS (*Perinatal Anxiety Screening Scale*).

Analisa data menggunakan *uji wilcoxon* karena data berdistribusi tidak normal. Hasil penelitian ini yaitu ada perbedaan kecemasan ibu hamil trimester III sebelum dan sesudah pemberian murottal Al-Qur'an Surah Ar-Rahman ( $p < 0,001$ ).

Terapi murottal Al-Qur'an dapat dijadikan sebagai salah satu alternatif untuk menurunkan kecemasan pada ibu hamil khususnya pada umat muslim. Hasil analisis univariat yaitu kecemasan ibu hamil trimester III sebelum pemberian murottal Al-Qur'an dengan rata-rata cemas ringan dan kecemasan ibu hamil trimester III sesudah pemberian murottal Al-Qur'an dengan rata-rata tidak cemas. Hasil analisis bivariat yaitu ada perbedaan kecemasan ibu hamil trimester III sebelum dan sesudah pemberian murottal Al-Qur'an Surah Ar-Rahman ( $p < 0,001$ ). Setelah diberikan terapi murottal terjadi penurunan kecemasan sebanyak 8 point.

**Kata kunci :** Kecemasan ibu hamil trimester III, Murottal

Ngudi Waluyo University  
Study Program of Midwifery Bachelor (S-1), Health Faculty  
Final Project, December 2020  
Aprillia Rahmasanti  
Hapsari Windayanti, S.SiT., M.Keb  
152191229

**Differences in Anxiety of Third Trimester Pregnant Women Before and After Giving Murottal Al-Qur'an Surah Ar-Rahman in The Working Area of The Kaliabang Tengah Public Health, Bekasi City**

**ABSTRACK**

*Anxiety in pregnant women reaches 373.000.000 in Indonesia and 107.000.000 (28,7%) the incidence of anxiety in pregnant women occurs when approaching delivery. The effects of anxiety can cause depression after childbirth, affecting the health, well-being, and development of the baby. Murottal Al-Qur'an therapy can reduce anxiety. The purpose of this study was to determine the differences in the anxiety of third trimester pregnant women before and after giving murottal Al-Qur'an Surah Ar-Rahman in the working area of Puskesmas Kaliabang Tengah, Bekasi City.*

*The research design used was Quasy Experimental with the One Group Pretest-Posttest approach. The population of this study was all pregnant women in the third trimester who were in the working area of Puskesmas Kaliabang Tengah, Bekasi City, amounting to 68 pregnant women and a sample of 18 pregnant women, with a purposive sampling technique. The data was collected by filling out the PASS (Perinatal Anxiety Screening Scale) questionnaire.*

*Data analysis used the Wilcoxon test because the data were not normally distributed. The result of this study is that there is a difference in the anxiety of third trimester pregnant women before and after giving murottal Al-Qur'an Surah Ar-Rahman ( $p < 0.001$ ).*

*Murottal Al-Qur'an therapy can be used as an alternative to reduce anxiety in pregnant women, especially among Muslims. The results of the univariate analysis were the anxiety of third trimester pregnant women before giving murottal Al-Qur'an with an average of mild anxiety and third trimester pregnant women anxiety after giving murottal Al-Qur'an on average were not anxious. The results of the bivariate analysis were differences in the anxiety of third trimester pregnant women before and after giving murottal Al-Qur'an Surah Ar-Rahman ( $p < 0.001$ ). After being given murottal therapy, there was a decrease in anxiety by 8 points.*

**Key words :** *Anxiety of third trimester pregnant women, Murottal*