

QUR'ANIC RECITATION DAN AFIRMASI POSITIF; INTERVENSI YANG EFEKTIF UNTUK MENINGKATKAN KEBERSYUKURAN IBU HAMIL

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Article Info	ABSTRAK
<p>Article History: Received 19/09/2025. Revised - Accepted 30/09/2025.</p> <hr/> <p>Keywords: Gratitude; Positive Affirmation; Quran Recitation</p>	<p>Kebersyukuran memiliki hubungan yang sangat kuat dengan kecemasan ibu hamil. <i>Qur'anic recitation</i> mampu menurunkan hormon stress, menurunkan distraksi terhadap perasaan takut, cemas, dan tegang, menciptakan suasana rileks, memperlambat detak jantung, aktivitas gelombang otak, dan denyut nadi. Afirmasi positif membantu individu lebih mencintai diri sendiri, memandang dunia sebagai tempat yang aman, dan meningkatkan kepercayaan diri. Tujuan penelitian ini untuk mengetahui efektivitas <i>Qur'anic recitation</i> dan afirmasi positif terhadap tingkat kebersyukuran ibu hamil. Desain penelitian <i>Quasy Experiment, pretest posttest Non Equivalent Control Group Design</i>. Sampel penelitian ibu hamil di Selopampang, Temanggung menggunakan Teknik <i>Purposive Sampling</i> sesuai kriteria inklusi yaitu Islam, mampu mengoperasikan <i>smart phone</i>, dan mengalami kecemasan serta kriteria eksklusinya tidak mengikuti intervensi sesuai prosedur penelitian. Berdasarkan kriteria diperoleh 48 responden yang terbagi 2 kelompok intervensi. Kelompok satu <i>Qur'anic recitation</i> surah Maryam serta afirmasi positif, dan kelompok dua <i>Qur'anic recitation</i> 7 surah yaitu Al Fatihah, An Naas, Al Falaq, Al Ikhlas, Al Insyirah, Ayat Kursi dan Ar Rahman serta afirmasi positif. Hasil penelitian menunjukkan bahwa ada perbedaan tingkat kebersyukuran ibu hamil sebelum dan sesudah intervensi pada kedua kelompok (<i>p value 0,000</i>; <i>p value 0,000</i>). <i>Qur'anic recitation</i> 7 surah lebih efektif meningkatkan kebersyukuran ibu hamil (<i>p value 0,015</i>). Rata-rata perubahan tingkat kebersyukuran pada kelompok surah Maryam 1,33 sedangkan kelompok 7 surah 2,21. <i>Qur'anic recitation</i> dan Afirmasi Positif terbukti memberikan efek signifikan dalam menciptakan relaksasi dan menurunkan tingkat kecemasan sehingga meningkatkan kebersyukuran ibu hamil.</p> <p>ABSTRACT</p> <p><i>Qur'anic Recitation and Positive Affirmations: Effective Interventions to Increase Pregnant Women's Gratitude</i> <i>Gratitude has a strong association with anxiety in pregnant women. Qur'anic recitation is known to reduce stress hormones, minimize fear and tension, create a relaxed atmosphere, and slow down heart rate, brain wave activity, and pulse. Meanwhile, positive affirmations help individuals develop self-love, view the world as a safe place, and increase self-confidence. This study aimed to examine the effectiveness of Qur'anic recitation combined with positive affirmations on gratitude levels among pregnant women. A quasi-experimental design with a pretest-posttest non-equivalent control group was employed. The sample</i></p>

consisted of 48 pregnant women in Selopampang, Temanggung, recruited using purposive sampling according to inclusion criteria: being Muslim, able to operate a smartphone, and experiencing anxiety. Exclusion criteria were non-adherence to the intervention procedures. Respondents were divided into two intervention groups. Group one received Qur'anic recitation of Surah Maryam and positive affirmations, while group two received Qur'anic recitation of seven surahs (Al-Fatihah, An-Naas, Al-Falaq, Al-Ikhlās, Al-Insyirah, Ayat Kursi, and Ar-Rahman) along with positive affirmations. Results demonstrated significant differences in gratitude levels before and after intervention in both groups ($p = 0.000$; $p = 0.000$). Furthermore, Qur'anic recitation of seven surahs was more effective in improving gratitude ($p = 0.015$). The mean change in gratitude scores was 1.33 in the Surah Maryam group compared to 2.21 in the seven-surah group. These findings confirm that Qur'anic recitation combined with positive affirmations has a significant effect in promoting relaxation and reducing anxiety, thereby enhancing gratitude levels among pregnant women.

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