

TERAPI KOMBINASI MUROTTAL AL-QUR'AN DAN AFIRMASI POSITIF SEBAGAI INTERVENSI NONFARMAKOLOGIS TERHADAP TINGKAT KECEMASAN IBU HAMIL

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: <i>Al-Quran Recitation</i> <i>Anxiety Level</i> <i>Positive Affirmations</i></p>	<p>Kecemasan merupakan masalah psikologis yang sering terjadi sebagai respons perubahan fisiologis dan psikologis selama kehamilan. Kondisi ini berdampak pada mental ibu serta meningkatkan risiko komplikasi obstetri apabila tidak dikelola secara adekuat. Intervensi nonfarmakologis terapi murottal Al-Qur'an dan afirmasi positif aman, mudah diterapkan, serta sesuai dengan konteks agama dan budaya. Penelitian ini menganalisis efektivitas terapi kombinasi murottal Al-Qur'an dan afirmasi positif terhadap tingkat kecemasan ibu hamil. Desain quasi experimental; pretest posttest non equivalent control group. Sampel sejumlah 48 ibu hamil di Selopampang, Temanggung, dipilih secara purposive dan dibagi dua kelompok yaitu kelompok terapi kombinasi murottal Surah Maryam dan afirmasi positif, serta kelompok terapi kombinasi murottal tujuh surah (Al-Fatihah, An-Naas, Al-Falaq, Al-Ikhlas, Al-Insyirah, Ayat Kursi, dan Ar-Rahman) dan afirmasi positif. Pengukuran kecemasan menggunakan Zung Self-Rating Anxiety Scale (ZSAS). Analisis data menggunakan uji Wilcoxon dan uji Mann-Whitney. Hasil penelitian menunjukkan kedua intervensi ($p=0,005$ dan $p=0,014$) menurunkan tingkat kecemasan ibu hamil. Seluruh responden pada kategori kecemasan ringan setelah intervensi, dan tidak terdapat perbedaan efektivitas antara kedua kelompok ($p = 0,530$). Terapi kombinasi murottal Al-Qur'an dan afirmasi positif efektif menurunkan tingkat kecemasan ibu hamil, dengan kecenderungan efek yang lebih besar pada murottal Surah Maryam.</p>
	<p>ABSTRACT</p> <p><i>Anxiety is a psychological problem that often occurs as a response to physiological and psychological changes during pregnancy. This condition impacts the mother's mental and increases the risk of obstetric complications if not managed adequately. Non-pharmacological interventions of Quranic recitation and positive affirmations are safe, easy to implement, and appropriate to religious and cultural contexts. This study analyzed the effectiveness of combined Quranic recitation and positive affirmations on the anxiety levels of pregnant women. The design was quasi-experimental; pretest-posttest non-equivalent control group. A sample of 48 pregnant women in Selopampang, Temanggung, was purposively selected and divided into two groups: the combination therapy group of Surah Maryam recitation and positive affirmations, and the combination therapy group of seven surahs and positive affirmations. Anxiety was measured using the Zung Self-Rating Anxiety Scale (ZSAS). Data analysis used the Wilcoxon test and the Mann-Whitney test. The results showed that both interventions ($p=0.005$ and $p=0.014$)</i></p>

reduced the anxiety levels of pregnant women. All respondents were in the mild anxiety category after the intervention, and there was no difference in effectiveness between the two groups ($p=0.530$). The combination therapy of Al-Quran recitation and positive affirmations was effective in reducing the anxiety levels of pregnant women, with a tendency for a greater effect on the recitation of Surah Maryam

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