

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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**ASUHAN KEPERAWATAN GAWAT DARURAT DENGAN PENERAPAN
TERAPI MUROTTAL AL-QUR'AN PADA PERMASALAHAN ANSIETAS
PENDERITA PENYAKIT JANTUNG DI RUANG IGD RSUD ARIFIN
ACHMAD PEKANBARU PROVINSI RIAU**

xii + 51 Halaman + 1 Skema + 13 Tabel + 8 Lampiran

ABSTRAK

Ansietas adalah perasaan takut akan terjadinya sesuatu yang disebabkan oleh antisipasi bahaya dan merupakan sinyal yang membantu individu untuk bersiap mengambil tindakan apabila menghadapi ancaman. Terapi non-farmakologi yang dapat digunakan yaitu terapi relaksasi berupa terapi Murottal Al-Qur'an. Hal ini dikarenakan otak memproduksi neuropeptide yang akan mengangkut reseptor-reseptor yang berada di tubuh sehingga rileks. Penelitian ini bertujuan untuk menjelaskan mengevaluasi penerapan terapi murottal al-qur'an pada permasalahan ansietas penderita penyakit jantung di ruang IGD RSUD Arifin Achmad Provinsi Riau. Metode pelaksanaan yaitu studi kasus dengan teknik pengumpulan data melalui observasi, wawancara terhadap tingkat ansietas, dan pemeriksaan fisik secara langsung. Penelitian dilakukan pada 23 Januari 2025. Sampel yang digunakan berjumlah 2 orang. Terapi Murottal Al-Qur'an yang diberikan selama ± 15 menit. Indikator keberhasilan pelaksanaan tindakan dilakukan dengan melihat tanda dan gejala ansietas yang menjadi kriteria hasil yang tercantum pada buku Standar Luaran Hasil Keperawatan (SLKI) sebelum dan sesudah diberikannya intervensi. Selain itu, peneliti juga menggunakan instrument berupa kuesioner *Hospital Anxiety and Depression Scale* (HADS) kategori "Anxiety (A)". Hasil penelitian kedua pasien menunjukkan tingkat ansietas menurun yang ditandai dengan verbalisasi khawatir akibat kondisi yang dihadapi menurun, perilaku tegang menurun, keluhan pusing menurun, palpitasi menurun, diaphoresis menurun, tremor menurun, frekuensi napas menurun, frekuensi nadi menurun, dan tekanan darah menurun. Selain itu, tingkat ansietas berdasarkan kuesioner HADS menunjukkan penurunan pada kedua pasien. Penelitian ini merekomendasikan perawat agar dapat mengatasi ansietas pada pasien dengan penyakit jantung sesuai Standar Operasional Prosedur (SOP) yang tersedia.

Kata Kunci : Ansietas, Murottal Al-Qur'an, Penyakit Jantung
Daftar Pustaka : 39 (2014-2024)

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**EMERGENCY NURSING CARE WITH THE APPLICATION OF
MUROTTAL AL-QUR'AN THERAPY ON THE PROBLEM OF ANXIETY OF
PATIENTS WITH HEART DISEASE IN THE EMERGENCY
DEPARTMENT INSTALLATION**

Xii + 51 Pages + 1 Scheme + 13 Tables + 8 Attachments

ABSTRACT

Anxiety is a feeling of fear of something happening caused by the anticipation of danger and is a signal that helps individuals to prepare to take action when facing a threat. Non-pharmacological therapy that can be used is relaxation therapy in the form of Murottal Al-Qur'an therapy. This is because the brain produces neuropeptides that will transport receptors in the body so that it relaxes. This study aims to explain to evaluate the application of murottal al-qur'an therapy on the problem of anxiety of heart disease patients in the emergency room of Arifin Achmad Hospital Riau Province. The method of implementation is a case study with data collection techniques through observation, interviews on the level of anxiety, and direct physical examination. The research was conducted on 23 January 2025. The samples used were 2 people. Al-Qur'an Murottal Therapy is given for $\pm$ 15 minutes. Indicators of the success of the implementation of the action are carried out by looking at the signs and symptoms of anxiety which are the outcome criteria listed in the Nursing Outcome Standards (SLKI) book before and after the intervention is given. In addition, researchers also used an instrument in the form of a Hospital Anxiety and Depression Scale (HADS) questionnaire in the 'Anxiety (A)' category. The results of the study of the two patients showed a decreased level of anxiety which was marked by verbalisation of worry due to the conditions faced decreased, tense behaviour decreased, complaints of dizziness decreased, palpitations decreased, diaphoresis decreased, tremors decreased, breathing frequency decreased, pulse frequency decreased, and blood pressure decreased. In addition, the level of anxiety based on the HADS questionnaire showed a decrease in both patients. This study recommends nurses to be able to overcome anxiety in patients with heart disease according to the available Standard Operating Procedures (SOP).

Keywords : Anxiety; Murottal Al-Qur'an; Cardiovascular Disease

References : 39 (2014-2024)