PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN

INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

Tugas Akhir, Februari 2026

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Penerapan Terapi Audio Murotal Surah Ar-Rahman Terhadap Pasien Halusinasi Pendengaran Di RSJ Tampan Provinsi Riau

Xiv + 88 Halaman + 7 Tabel + 6 Lampiran

ABSTRAK

Halusinasi pendengaran merupakan gejala dominan pada pasien skizofrenia yang sering memicu komplikasi klinis serius, seperti perilaku kekerasan dan percobaan bunuh diri. Di RSJ Tampan Provinsi Riau, prevalensi halusinasi mencapai angka yang signifikan, sehingga diperlukan intervensi komplementer guna mendukung efektivitas terapi farmakologis. Terapi audio murotal Surah Ar-Rahman merupakan salah satu bentuk intervensi psikoreligius yang dipercaya mampu menstimulasi gelombang otak untuk menciptakan efek relaksasi dan ketenangan emosional. Penelitian ini bertujuan untuk menganalisis penerapan terapi audio murotal Surah Ar-Rahman dalam menurunkan skor halusinasi pada pasien dengan gangguan persepsi sensori di RSJ Tampan Provinsi Riau. **Metode:** Penelitian ini menggunakan pendekatan studi kasus berbasis *Evidence Based Practice* (EBP) terhadap dua orang subjek (Tn. N dan Tn. A) dengan diagnosis gangguan persepsi sensori: halusinasi pendengaran. Intervensi diberikan selama lima hari berturut-turut dengan frekuensi tiga kali sehari selama 20 menit per sesi. Instrumen yang digunakan meliputi lembar observasi dan standar evaluasi berdasarkan Standar Luaran Keperawatan Indonesia (SLKI). **Hasil:** Setelah dilakukan intervensi selama lima hari, kedua subjek menunjukkan penurunan frekuensi halusinasi dan perbaikan kontrol diri yang signifikan. Skor evaluasi SLKI menunjukkan peningkatan pada Tn. N *pretest* 18 menjadi *postest* 22 dan Tn. A *pretest* 16 menjadi *postest* 20, yang mengindikasikan bahwa masalah persepsi sensori telah teratasi secara klinis. Pasien melaporkan merasa lebih tenang dan mampu mengalihkan suara-suara bisikan melalui pendengaran murotal tersebut. **Kesimpulan** Penerapan terapi audio murotal Surah Ar-Rahman efektif dalam menurunkan tingkat halusinasi pendengaran pada pasien gangguan jiwa. Terapi ini direkomendasikan sebagai salah satu terapi modalitas non-farmakologis yang dapat diintegrasikan dalam asuhan keperawatan jiwa di rumah sakit.

Kata Kunci : Halusinasi Pendengaran, Terapi Murotal, Surah Ar-Rahman.
Daftar Pustaka **:** 8 (2022-2025)

NERS STUDY PROGRAM NURSING FACULTY INSTITUT OF HEALTH SCIENCES PAYUNG NEGERI PEKANBARU

Final Project, February 2026

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Application of Audio Therapy of the Surah Ar-Rahman Recitation for Auditory Hallucination Patients at Tampan Mental Hospital, Riau Province

Xiv + 88 Pages + 7 Tables + 6 Appendices

ABSTRACT

Auditory hallucinations represent a prevalent clinical symptom in schizophrenia, often leading to severe complications such as self-harm, violence, and social isolation. While pharmacological treatments are primary, they often fail to fully mitigate positive symptoms and may induce adverse metabolic effects. Consequently, non-pharmacological complementary interventions, such as psychoreligious therapy, are increasingly recognized for their potential to foster emotional stability and cognitive focus. This study aimed to evaluate the application of Murottal audio therapy (specifically Surah Ar-Rahman) in reducing hallucination scores among patients diagnosed with sensory perception disorders at RSJ Tampan, Riau Province. ***Methods*** *A clinical case study approach based on Evidence-Based Practice (EBP) was employed, involving two male subjects (Mr. N and Mr. A) diagnosed with auditory hallucinations. The intervention consisted of listening to the rhythmic recitation of Surah Ar-Rahman for 20 minutes, administered three times daily over five consecutive days. Data were collected using observation sheets and evaluated using the Indonesian Nursing Outcome Standards (SLKI) indicators.* ***Results*** *Post intervention data revealed a significant reduction in hallucination symptoms and an improvement in sensory perception. SLKI scores increased from 18 to 22 for Mr. N and from 16 to 20 for Mr. A, indicating clinical improvement. Both subjects reported feeling more relaxed and tranquil, noting that the audio therapy effectively diverted them from hallucinatory whispers.* ***Conclusion*** *The implementation of Murottal audio therapy of Surah Ar-Rahman is an effective non-pharmacological intervention for reducing the intensity of auditory hallucinations. This spiritual-based approach is recommended as a supportive modality in psychiatric nursing care to enhance patient relaxation and self-control.*

Keywords : Auditory Hallucinations, Murotal Therapy, Surah Ar-Rahman.

Bibliography : 8 (2020-2025)