

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN  
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

**Karya Ilmiah Berbasis Evidence Based Practice, Februari 2026**

**Tahniah Luthfiyana, S. Kep**

**Asuhan Keperawatan Pada Ibu Hamil Trimester III Dengan Kecemasan Melalui Penerapan Murrotal Al-Quran Di Desa Karya Indah**

Xiv + 39 halaman + 6 tabel + 6 lampiran

**ABSTRAK**

Selama proses kehamilan perubahan psikologi yang terjadi pada ibu hamil seringkali menyebabkan terjadinya kecemasan terutama pada ibu hamil trimester III, hal ini dikarenakan semakin dekat dengan proses persalinan. Dampak dari kecemasan selama kehamilan adalah ibu berisiko mengalami ketidakseimbangan emosional setelah melahirkan atau dikenal dengan *baby blues* dan depresi postpartum serta lemahnya *bonding attachment* antara ibu dan bayi. Selain berdampak negatif terhadap ibu, kecemasan pada ibu juga dapat berpengaruh terhadap bayi yang berada dikandungan seperti gangguan tumbuh kembang pada bayi, berat badan lahir rendah (BBLR) dan peningkatan aktifitas Hipotalamus Hipofisis Adrenal (HHA). Kecemasan pada ibu hamil dapat diatasi dengan terapi non-farmakologis, salah satu terapi non-farmakologis yang dapat dilakukan untuk mengatasi kecemasan adalah murrotal Al-Quran. Tujuan dari studi kasus ini adalah untuk melakukan asuhan keperawatan pada ibu hamil trimester III dengan kecemasan melalui penerapan murrotal Al-Quran di Desa Karya Indah dengan jumlah responden 1 orang ibu hamil. Penelitian ini menggunakan pendekatan studi kasus (case study) dengan desain deskriptif. Pengukuran tingkat ansietas klien dilakukan berdasarkan indikator kuesioner *Pregnancy Related Anxiety Questionnaire-Revised* (PRAQ-2) Standar Luaran Keperawatan Indonesia (SLKI) sesuai dengan diagnosa ansietas. Implementasi terapi relaksasi murrotal al-qur'an dilaksanakan selama 3 sesi dalam satu minggu selama  $\pm$  20 menit/sesi. Hasil: menunjukkan adanya penurunan tingkat kecemasan pada pasien. Kesimpulan: Terapi relaksasi non-farmakologis murrotal Al-Qur'an terbukti efektif dalam menurunkan tingkat ansietas pada ibu hamil trimester III.

**Kata Kunci** : Kehamilan, Ansietas, Murrotal, Relaksasi  
**Daftar Pustaka** : 25 (2017-2025)

**PROFESSIONAL NURSE PROGRAM FACULTY OF NURSING  
PAYUNG NEGERI PEKANBARU INSTITUT OF HEALTH SCIENCE**

*Evidence Based Practice, February 2026*

**Tahniah Luthfiyana, S. Kep**

**Nursing Care for Third Trimester Pregnant Women with Anxiety Through the Application of Al-Quran Murrotal in Karya Indah Village**

*Xiv + 39 + 6 Tabels + 6 appendixes*

**ABSTRACT**

*During pregnancy, psychological changes that occur in pregnant women often cause anxiety, especially in the third trimester, as the labor process approaches. The impact of anxiety during pregnancy is that the mother is at risk of experiencing emotional imbalance after giving birth, known as baby blues and postpartum depression, as well as weak bonding attachment between mother and baby. In addition to having a negative impact on the mother, anxiety in the mother can also affect the baby in the womb, such as growth and development disorders in the baby, low birth weight (LBW), and increased activity of the Hypothalamus Pituitary Adrenal (HPA). Anxiety in pregnant women can be overcome with non-pharmacological therapy, one of the non-pharmacological therapies that can be done to overcome anxiety is the Quranic recitation. The purpose of this case study is to provide nursing care to pregnant women in the third trimester with anxiety through the application of Quranic recitation in Karya Indah Village with 1 pregnant woman as a respondent. This study uses a case study approach with a descriptive design. Measurement of client anxiety levels was carried out based on the indicators of the Pregnancy Related Anxiety Questionnaire-Revised (PRAQ-2) questionnaire of the Indonesian Nursing Outcome Standards (SLKI) in accordance with the anxiety diagnosis. Implementation of the Al-Quran murrotal relaxation therapy was carried out for 3 sessions in one week for ± 20 minutes / session. Results: showed a decrease in the level of anxiety in patients. Conclusion: Non-pharmacological relaxation therapy of the Al-Quran murrotal has been proven effective in reducing anxiety levels in pregnant women in the third trimester.*

**Keywords** : Pregnancy, anxiety, murrotal, relaxation

**Reference** : 25 (2017-2025)