

The Influence of the Chanting of Qur'an Verses By Birth Attendant Against Decreased Anxiety In Mothers Maternity: An Intervention Effectiveness Study Spiritual

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Abstract—Childbirth is a special moment in a woman's life. However, this process often presents various physical and psychological challenges, especially when entering the active phase of childbirth. Therapy in the form of chanting verses of the Qur'an carried out by delivery companions is one of the non-pharmacological methods that is believed to be able to provide a sense of calm and reduce Anxiety. This study aims to evaluate the effectiveness of Qur'anic chanting therapy by childbirth assistants in lowering the level of Anxiety in maternity mothers at Poned UPTD Luragung Health Center, Kuningan Regency. **Methods:** This study is a quantitative study with a pre-experimental design. The research design used is a group Pretest-Posttest Design. The research sample was taken using an accidental sampling technique, with 20 respondents giving birth from April to May 2024. The instrument used was a questionnaire to measure anxiety levels. Data analysis was carried out using a t-test to compare the level of Anxiety before and after the intervention in the form of chanting Qur'an verses by the delivery companion. The recitation of Qur'an verses is carried out based on the ability of each birth companion. **Results:** The results of the study showed that before being given the recitation of Qur'an verses, the majority of respondents experienced a level of severe Anxiety, which was as many as 15 people (75%). After the intervention, most of the respondents experienced a decrease in Anxiety into the mild anxiety category, which was as many as nine people (45%). Data analysis with paired sample t-test showed a t-count value of 5.304 with a p-value of 0.001 (p-value < 0.05), which indicates a significant difference in anxiety levels before and after being given the recitation of Qur'anic verses.

Conclusion: The chanting of Qur'an verses by delivery assistants has been proven to be effective in reducing the level of Anxiety in maternity mothers at the Poned

UPTD Luragung Health Center, Kuningan Regency. Therefore, the integration of spiritual aspects in childbirth services is very important to be carried out. This can help create services that are more meaningful, humane, and in accordance with the needs and values embraced by the community.

Keywords— *Emergency; Childbirth; Recitation of Quranic Verses*

I. INTRODUCTION

Childbirth is a natural process as well as an extraordinary moment for a woman. However, this process often triggers psychological disorders, such as Anxiety, especially when entering the active phase of labor. Based on data from the World Health Organization (WHO), more than 5 million women in Indonesia give birth every year, with around 15,000 of them dying during pregnancy or childbirth. Globally, about 80% of maternal mortality is caused by five main obstetric factors that are the direct cause, namely postpartum bleeding, infection, unsafe abortion, eclampsia, and prolonged labor [1].

Although Anxiety does not directly cause death, its impact on the labor process is significant. Anxiety can reduce uterine contractions, which risks prolonging the duration of labor, and increasing the incidence of uterine atonia. These factors cause bleeding, infection, and fatigue in the mother, as well as the risk of shock. For babies, maternal Anxiety increases the likelihood of premature birth and low birth weight (BBLR) [2]. In addition, Anxiety can trigger an increase in blood pressure in the mother during childbirth, which has the potential to cause hypertension, preeclampsia, and eclampsia [3].

The Anxiety experienced by mothers in childbirth is often triggered by various questions and images that arise in their minds, such as whether the delivery process will go smoothly, whether the baby will be born safely, and the perception of society that still views childbirth as a gamble between life and death. In addition, a lack of social support from a partner, family, or friends can worsen the mother's emotional state and further increase the level of Anxiety felt [4].

Efforts to reduce Anxiety in maternity require a comprehensive approach, covering spiritual and social aspects. Based on the results of the study, the therapy of listening to the Qur'an reading has been proven to be effective in lowering anxiety scores. This intervention not only provides a calming effect psychologically, but also strengthens the spiritual dimension, thus helping the mother to feel calmer and more confident during the delivery process. [5], [7]. This effort involves a direct relationship with the creator (Allah SWT), which can stimulate the hypothalamus and amygdala to oscillate positively. This process triggers an increase in the secretion of endorphins, which function as the body's natural calming hormones and lower anxiety levels. Thus, spiritual intervention through the recitation of the Qur'an not only provides an emotional calm, but also contributes to physiological processes that favour the reduction of Anxiety during childbirth [8], [9].

In addition to the spiritual aspect, the social aspect also plays an essential role in the delivery process, one of which is by involving a delivery companion. A companion's presence can provide a sense of security and calm for the maternity mother, which is urgently needed now. Qur'anic recitation therapy combined with social support from the delivery companion is an effective strategy to prepare the mother mentally, reduce Anxiety, and create a more positive atmosphere during the delivery process [10], [11].

The results of a preliminary study conducted at the Luragung Health Center in January 2024 showed that most maternity mothers experienced Anxiety. The efforts made by midwives to reduce maternal Anxiety are limited to relaxation techniques such as taking deep breaths and providing motivation. Meanwhile, support from the family in the form of swiping and praying was also given, but it was not compelling enough to significantly reduce Anxiety. Therefore, a more comprehensive effort is needed to provide more optimal services in reducing Anxiety, namely a combination of spiritual and social approaches, such as the delivery companion's recitation of Qur'an verses. Based on this, the researcher is interested in researching the effectiveness of childbirth assistants' Qur'an chanting in reducing Anxiety in maternity at the PONED UPTD Luragung Health Center, Kuningan Regency.

II. METHOD

This research method is a quantitative research with an experimental Design. The research design uses a group Pretest post-test design. The sampling technique uses accidental sampling of as many as 20 mothers giving birth from April to

May 2024. The instrument used in this study was in the form of a HARUS questionnaire. Data analysis used the T-test to test the level of Anxiety before and after being given the intervention of reading the Quran by the delivery companion. The implementation technique is in the form of reading the Qur'an directly by the birth companion during the first or active phases. In contrast, the Qur'an verses that are read are adjusted to the ability to read the birth companion.

III. RESULTS AND DISCUSSION

The results of the univariate analysis showed that the level of Anxiety of pregnant women before the Al-Quran reading therapy was carried out by the companions of 20 respondents, most of whom experienced very severe Anxiety as many as 15 people (75%) and after reading the Al-Quran most of them experienced mild Anxiety as many as nine people (45%).

TABLE I. FREQUENCY DISTRIBUTION OF ANXIETY LEVELS BEFORE AND AFTER THE RECITATION OF THE QURAN

Anxiety Level	Before the Quran is Recited		After reciting the Qur'an	
	f	%	f	%
No Anxiety	0	0	6	30
Mild Anxiety	0	0	9	45
Moderate Anxiety	1	5	5	25
Severe Anxiety	4	20	0	0
Very Severe Anxiety	15	75	0	0
Total	20	100	20	100

The results of the bivariate analysis were obtained with a t calculation of 5,304 with a p-value of 0.001 (p-value < 0.05). H_a was accepted, so it can be concluded that the birth companion's reading of the Qur'an significantly influenced the reduction of maternity anxiety at the PONED UPTD Luragung Health Center, Kuningan Regency, in 2024

TABLE II. THE EFFECTIVENESS OF QURAN READING BY CHILDBIRTH COMPANIONS

Variable	Mean	Std. Deviation	t-count	P Value
Before Therapy	45.15	7.081	5.304	0.001
After Therapy	16.00	5.477		

Based on the results of the study, before being given Al-Qur'an reading therapy, most of the respondents experienced a very high level of Anxiety. The Anxiety felt by most mothers in childbirth is triggered by several factors, such as fear of labour pain, fear of the baby having a disability, and the possibility of complications during the delivery process that can lead to death, both for mother and baby. This Anxiety

arises due to the perception that childbirth is a process that poses a high risk to the safety of the mother and baby. The results of this study are in line with the research [12] that most mothers experience severe Anxiety in the active phase of labour. Anxiety in childbirth is caused by a variety of factors, including concern about the course of the delivery process, fear of the pain that will be experienced, and drastic changes in the levels of the hormones estrogen, progesterone, and cortisol. These hormonal changes can affect the physical and psychological condition of the mother, which in turn triggers increased Anxiety during the labour process. Sharp hormonal changes can make mothers feel more vulnerable and anxious about the delivery process [13].

According to El Amin [9], Anxiety is an unpleasant feeling that arises as a reaction to various emotional conditions, especially when a person experiences emotional distress or internal conflict. In childbirth, Anxiety can trigger the body to release the hormone catecholamines spontaneously. Increased levels of this hormone lead to vasoconstriction of blood vessels, which increases maternal blood pressure, reduces blood flow to the uterus, decreases the uteroplacental flow, and reduces uterine contraction activity. This can extend the duration of labour and increase the risk of other complications [2].

If Anxiety is not handled correctly, this can affect the course of childbirth. Anxiety can cause a slow opening of the cervix, increase pain during labor, as well as prolong the duration of labour. In addition, Anxiety can lead to ineffective contractions of the uterus, which in turn inhibits blood circulation from the uterus to the placenta. This can harm the fetus, as the supply of oxygen and nutrients needed by the fetus becomes limited [1].

Qur'anic recitation therapy is one of the effective non-pharmacological methods to overcome Anxiety. This therapy falls under the category of religious treatment, which utilizes chanting verses of the Qur'an to calm the individual. In some studies, the Qur'an is known as As-Shifa, which means that the Qur'an is a cure for various types of physical and non-physical diseases. The Qur'an can cure non-physical diseases, such as disorders of the heart and soul, which include Anxiety, Anxiety, and feelings of sadness and heartache [14]. Reading the Qur'an has been linked to decreased cortisol levels, a hormone associated with stress. This decrease in cortisol levels can create a more relaxed and calm state, which can help the mother give birth to reduce Anxiety and tension. With a more comfortable body condition, the delivery process has the potential to take place more smoothly and faster, thereby increasing a more positive childbirth experience for mothers and babies [15], [16].

The results of the paired sample T-test obtained a t-count result of 5,304 with a p-value of 0.001 (p-value < 0.05). Then H_0 was accepted, so it can be concluded that there is a significant influence of Qur'an Reading Therapy by childbirth assistants on reducing Anxiety in maternity at PONED UPTD Luragung Health Center, Kuningan Regency in 2024. This study's results align with the research [17]. Mothers who were given Qur'an reading therapy showed better results than mothers who were given classical music therapy. This is

because the recitation of the Qur'an can form a new coping mechanism that is effective in overcoming Anxiety when facing childbirth. One of the most significant needs of maternity mothers is spiritual support, namely awareness of the presence of Allah SWT.

With Qur'an therapy, the quality of awareness to surrender to Allah SWT can increase, whether the mother knows the meaning of the Qur'an or not. Conversely, although music therapy can temporarily lower anxiety levels, after the therapy session is over, the maternity mother returns to the existing stressor, which causes Anxiety to increase again. In addition, the results of Yuniwati's research [11] Reciting the Qur'an can help improve the emotional stability of the birth mother, provide calmness, and support stress management during the labour process. The emotional regulation resulting from listening to the Qur'an is crucial in dealing with the pain and uncertainty that often occur during childbirth. Mothers can overcome emotional and physical challenges more effectively with better emotional stability, resulting in a smoother delivery process and a more positive childbirth experience. Likewise, the results of Widya Rahayu's research [14] showed that the average level of Anxiety of mothers in childbirth before carrying out Murottal Al-Qur'an therapy was 42.59.

In contrast, after therapy, the level of Anxiety decreased to 15.23. Listening to the verses of the Qur'an can bring peace of mind and encourage mothers to surrender, with the thought that everything is the will of Allah. Although the mother may not fully understand the meaning of these verses, sincerity and resignation in listening to the recitation of the Qur'an give a sense of readiness to face all risks that may occur during childbirth.

The calmness felt by the maternity mother when listening to the verses of the Qur'an is even stronger, especially if the person who reads it is a birth attendant. This is due to the mother's feelings of feeling more connected to Allah SWT and the support provided by the family. Spiritual connection with Allah SWT, along with emotional support from a companion, helps relieve the mother's Anxiety during childbirth. As a result, mothers in labor experience decreased pain and can have a more positive experience during the delivery process.

IV. CONCLUSIONS

The application of Qur'anic chanting therapy has been proven to be effective in reducing the level of anxiety of maternity mothers. The effectiveness of this therapy is due to its ability to lower levels of stress hormones (cortisol) and increase emotional calm. In addition, if the recitation of the Qur'an is carried out by a delivery companion, the calming effect felt by the mother becomes stronger because of the emotional and spiritual connection. Therefore, the application of this therapy can be one of the recommended interventions in midwifery services to improve emotional stability and a better childbirth experience for mothers. To reinforce these findings, it is recommended to conduct further research with randomized controlled trials using larger samples

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