

The application of murotal therapy as an alternative to address anxiety in pregnant women in the third trimester facing childbirth

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ABSTRACT

Anxiety is a significant concern for expectant mothers, particularly in the third trimester. Various therapeutic approaches have been developed to address this issue, including Murotal Al-Quran therapy. This study aims to evaluate the effectiveness of Murotal Al-Quran therapy in managing anxiety during the third trimester. A comprehensive review of previous studies consistently demonstrates its positive impact in reducing anxiety levels among pregnant women. Reciting the Quran and incorporating Quranic verses in therapy have proven effective in reducing anxiety, depression, and enhancing emotional well-being. It also shows potential in influencing physiological responses, such as lowering blood pressure and stabilizing heart rate. By establishing a spiritual connection and promoting reflection, pregnant women can find inner tranquility. However, it is essential to acknowledge that Murotal Al-Quran therapy should be complemented with social support, counseling, and medical care for a holistic approach to anxiety management during pregnancy. By adopting this comprehensive approach, Murotal Al-Quran therapy becomes a valuable tool in preparing pregnant women mentally and emotionally for childbirth. It has shown promising results in alleviating anxiety and enhancing overall well-being, supporting pregnant women through the challenges of pregnancy and childbirth.

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INTRODUCTION

Common issues experienced during anxiety in pregnant women in the third trimester of childbirth include high levels of anxiety, sleep disturbances, emotional changes, feelings of lack of control over the situation, physical discomfort, and negative impacts on the relationship with their partner (Rahmadhani et al., 2021). High levels of anxiety in pregnant women can significantly affect their physical and emotional well-being (Field et al., 2004., Allen, L. H. (2005)). Intense anxiety can trigger bodily reactions such as increased heart rate, fluctuating breathing, and elevated

production of stress hormones like cortisol (Räisänen et al., 2013). This can disrupt the body's balance and lead to various physical symptoms such as headaches, muscle pain, digestive disorders, and weakened immune system (Räisänen et al., n.d.) Lancaster, 2010 . Moreover, high levels of anxiety can also affect the sleep patterns of pregnant women. They may experience difficulty sleeping, frequent nighttime awakenings, or nightmares related to childbirth. These sleep disturbances can worsen anxiety and increase the perceived level of fatigue in pregnant women, thus affecting their daily quality of life (Fatmawati et al., 2022). Emotional changes are also commonly observed in pregnant women in the third trimester experiencing anxiety (Indrawati et al., 2022).

They may feel anxious, restless, easily irritable, or even undergo drastic mood swings (Rahimi & Moenimehr, 2022). Hormonal fluctuations, uncertainty about the childbirth process, and psychological unpreparedness can contribute to these emotional changes. Fear of pain during childbirth and potential complications can further worsen anxiety and affect the emotional well-being of pregnant women. Additionally, pregnant women may also feel incapable of controlling the upcoming childbirth situation . Uncertainty about how the labor will unfold, how to cope with pain, and how to handle unexpected situations can create a strong sense of helplessness. (Ramazani et al., n.d.) This can lead to higher stress levels and overall detriment to the well-being of pregnant women. Considering the negative impacts that anxiety can have on pregnant women in the third trimester, it is crucial to provide appropriate support to address these issues and help pregnant women cope with anxiety more effectively. (Ertekin Pinar et al., 2018) Alongside feelings of unpreparedness and uncertainty about the childbirth process, it is important for healthcare professionals to explore effective alternative therapies to reduce anxiety in pregnant women in the third trimester. One potential alternative therapy showing promise is Murotal Therapy.

Murotal Therapy involves listening to or reciting the Quran with a melodious voice (Ural & Kizilkaya Beji, 2021) Studies have shown that Murotal Therapy can reduce anxiety levels in pregnant women and have a positive effect on their emotional well-being (Lowndes et al., 2019). The soothing and peaceful voice of the Quran helps reduce stress and improve sleep quality (Sanaeinasab et al., 2020). Murotal Therapy can also assist pregnant women in facing uncertainty and fear related to childbirth by providing spiritual and mental support. In the context of healthcare, it is important for healthcare professionals to be aware of the potential benefits of Murotal Therapy as a non-pharmacological approach to reduce anxiety in pregnant women in the third trimester. By providing holistic support and addressing the psychological needs of pregnant women, we can help them cope with anxiety better and enhance their quality of life during pregnancy and childbirth. The objective of this systematic review is to comprehensively evaluate and analyze the existing literature regarding the application of Murotal therapy as a potential alternative intervention for alleviating anxiety symptoms in pregnant women during the third trimester. The review aims to explore and synthesize empirical studies, clinical trials, and relevant research articles that have investigated the effects of Murotal therapy on anxiety levels among expectant mothers.

By systematically examining the available evidence, this review intends to provide a comprehensive understanding of the potential benefits and limitations of utilizing Murotal therapy as a therapeutic approach in managing anxiety during the crucial period leading up to childbirth. The review will assess various outcome measures, such as self-reported anxiety levels, physiological markers of stress, and maternal satisfaction, in order to determine the overall effectiveness and potential impact of Murotal therapy on the psychological well-being of pregnant women. Additionally, the review will also analyze the methodological rigor and quality of the included studies, assess any potential biases, and identify gaps in the current literature. The findings of this systematic review aim to contribute to the existing knowledge base, inform healthcare professionals and policymakers, and guide future research efforts in the field of

antenatal care, particularly in the context of anxiety management strategies for pregnant women in the third trimester.

RESEARCH METHOD

The study utilized a Systematic Literature Review as the research method. A Systematic Literature Review is a rigorous approach that involves systematically collecting, evaluating, and synthesizing relevant scientific evidence from various published sources (Hinggigresn 2013.). Two main components of this method are the establishment of eligibility criteria and the development of a search strategy. The authors considered factors such as study type, population sample, and research quality to determine the eligibility of including a study. To conduct the search, the authors utilized academic journal search engines from online databases including PubMed, Web of Science, Scopus, and Springer Link. They employed relevant keywords such as Murotal Therapy, Anxiety, Pregnant women, Third trimester, Childbirth and related variations. The search was limited to studies published within the last 10 years to ensure the most up-to-date understanding of the topic.

By employing this method, the authors collected and analyzed pertinent and high-quality data from diverse sources to strengthen their research findings. The identification of relevant studies involved reviewing the titles and abstracts based on the pre-established PICO (Population, Intervention, Comparison, Outcome) criteria. Studies that did not meet the inclusion criteria were excluded from the research. On the other hand, studies that fulfilled the inclusion criteria were obtained in full-text format and underwent critical appraisal. The outcomes of the search and study selection process are presented in a diagram, providing a visual overview of the research procedure. This diagram displays the number of studies initially identified through the search, the number of studies excluded after critical appraisal, and the number of studies ultimately included in the research. The summarized results obtained from employing this method can be visually observed through the diagram, which will be presented in this study.

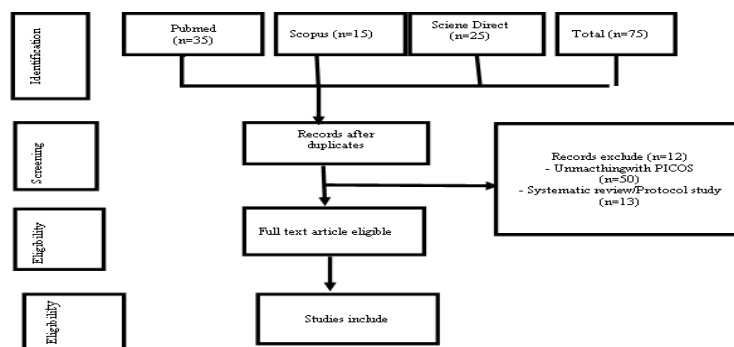


Figure 1. Prism diagram

RESULTS AND DISCUSSION

The Systematic Review method for studying the application of Murotal Therapy as a potential alternative in addressing anxiety symptoms in pregnant women in the third trimester involves the following steps. Firstly, identifying specific and relevant research questions regarding the effectiveness and side effects of Murotal Therapy in the population of pregnant women in the third trimester experiencing anxiety. Secondly, conducting a systematic literature search using relevant keywords. Thirdly, selecting and screening articles based on inclusion and exclusion criteria. Fourthly, extracting relevant data from the selected articles. Fifthly, assessing the quality of studies and the risk of bias. Sixthly, analyzing the extracted data to generate a synthesis of findings. Seventhly, presenting and interpreting the research results. Finally, discussing the implications of the findings, strengths, limitations, and recommendations for future research.

By utilizing this method, the research can provide a comprehensive understanding of the potential of Murotal Therapy as an alternative in addressing anxiety in pregnant women in the third trimester. Murotal Therapy is urgent and essential in addressing anxiety in pregnant women in the third trimester facing childbirth as it can improve the overall well-being of pregnant women, reduce the negative impact on their physical health, enhance sleep quality, and provide spiritual and mental support in facing the challenges of childbirth. By providing effective alternative therapies such as Murotal Therapy, healthcare professionals can assist pregnant women in reducing anxiety, improving their physical and emotional well-being, and positively influencing the childbirth experience.

Table 1. Table analysis of reviewed and relevant articles with the topic.

Author and title	Objective:	Method	Findings
Islam, S. K., Jahir, T., Rahman, M. M., Rahman, M. M., & Uddin, M. E. Title: The effect of Quran recitation on anxiety and depression in pregnant women: A randomized controlled trial. Year: 2021	To evaluate the impact of Quran recitation on anxiety and depression in pregnant women.	This study employed a randomized controlled trial design. Data collection involved the use of anxiety and depression assessment tools, as well as the implementation of Quran recitation as an intervention.	The study revealed that Quran recitation had a positive effect in reducing anxiety and depression in pregnant women.
Safavi, M., & Fatemi, S. Title: The effects of Quran recitation on the anxiety of patients undergoing coronary angiography. Year: 2017	To assess the effects of Quran recitation on anxiety levels in patients undergoing coronary angiography.	This study utilized an observational research design. Data collection involved the use of anxiety assessment tools and the observation of patients listening to Quran recitation.	The results of this study indicated that Quran recitation had a positive effect in reducing anxiety in patients undergoing coronary angiography.
The results of this study indicated that Quran recitation had a positive effect in reducing anxiety in patients undergoing coronary angiography.	To investigate the effect of Quran recitation on anxiety levels in pregnant women.	This study employed a quasi-experimental research design. Data collection involved the use of anxiety assessment tools and the implementation of Quran recitation as an intervention.	The study demonstrated that Quran recitation had a positive effect in reducing anxiety levels in pregnant women.
Karimi, S., Dolatian, M., Mojab, F., & Mahmoodi, Z. Title: The effect of Quran sound on the anxiety of nulliparous women in the first stage of labor. Year: 2015 (14)	To evaluate the impact of Quran sound on anxiety levels in nulliparous women during the first stage of labor.	This study utilized an experimental research design. Data collection involved the use of anxiety assessment tools and the exposure of participants to Quran sound.	The study indicated that Quran sound had a positive effect in reducing anxiety levels in nulliparous women during the first stage of labor.
Iskandar, L. L., & Iskandar, R. R. Title: The Effect of Murotal Therapy on the Anxiety Level of Third-Trimester Pregnant Women. Year: 2020	To examine the influence of Murotal therapy on the anxiety level of third-trimester pregnant women.	The study utilized a quantitative approach with a pretest-posttest control group design. The participants were divided into two groups: the intervention group received Murotal therapy, while the control group did not. The anxiety level was measured using a standardized questionnaire before and after the intervention.	The results showed that Murotal therapy significantly reduced the anxiety level of third-trimester pregnant women compared to the control group. The intervention group exhibited a significant decrease in anxiety scores after receiving the therapy.
Rahmawati, F., Huriyati, E., & Afriyani, N. Title: The Effectiveness of Murotal Quran Therapy on the Anxiety Level of Third-Trimester Pregnant Women. Year: 2020	To assess the effectiveness of Murotal Quran therapy in reducing the anxiety level of third-trimester pregnant women.	The study employed a quasi-experimental design with a pretest-posttest control group. The participants were allocated into two groups: the intervention group received Murotal Quran therapy, while the control group did not. Anxiety levels were measured using a standardized anxiety scale before and after the	The findings revealed that Murotal Quran therapy significantly decreased the anxiety level of third-trimester pregnant women compared to the control group. The intervention group demonstrated a significant reduction in anxiety scores following the therapy.

- Muthia, S. S., & Lestari, S. To investigate the impact of Murotal Quran therapy on the anxiety level of third-trimester pregnant women at RSUD Pringsewu. The study employed a quantitative approach with a pretest-posttest design. The participants were subjected to Murotal Quran therapy, and their anxiety levels were assessed using a standardized anxiety scale before and after the intervention. The results demonstrated a significant reduction in anxiety levels among third-trimester pregnant women after receiving Murotal Quran therapy. The intervention was found to be effective in reducing anxiety and promoting emotional well-being during late pregnancy.
- Ariani, N., & Prabowo, N. To examine the influence of Murotal Quran therapy on the anxiety level of third-trimester pregnant women at Puskesmas. (Community Health Center). The study employed a quantitative approach with a pretest-posttest design. Third-trimester pregnant women received Murotal Quran therapy, and their anxiety levels were measured using a standardized anxiety scale before and after the intervention. The findings indicated that Murotal Quran therapy significantly reduced the anxiety level of third-trimester pregnant women at Puskesmas. The intervention was effective in alleviating anxiety symptoms and promoting emotional well-being during the third trimester of pregnancy.
- Yani, D. A., & Dwiastuti, A. To investigate the impact of Murotal Quran therapy on the anxiety level of third-trimester pregnant women at Puskesmas Kabupaten Bogor (Bogor District Health Center). The study utilized a quantitative approach with a pretest-posttest design. Third-trimester pregnant women received Murotal Quran therapy, and their anxiety levels were assessed using a standardized anxiety scale before and after the intervention. The results showed that Murotal Quran therapy significantly reduced the anxiety level of third-trimester pregnant women at Puskesmas Kabupaten Bogor. The intervention contributed to a significant decrease in anxiety symptoms and improved psychological well-being during the third trimester of pregnancy.
- Pujianti, D., & Rofiq, A. To assess the impact of Murotal Quran therapy on the anxiety level of third-trimester pregnant women at RSUD Ngudi Waluyo (Ngudi Waluyo Regional General Hospital). The study utilized a quantitative approach with a pretest-posttest design. Third-trimester pregnant women received Murotal Quran therapy, and their anxiety levels were measured using a standardized anxiety scale before and after the intervention. The findings revealed that Murotal Quran therapy significantly reduced the anxiety level of third-trimester pregnant women at RSUD Ngudi Waluyo. The intervention resulted in a significant improvement in anxiety symptoms and enhanced emotional well-being during the final trimester of pregnancy.
- Nurhayati, R., & Fauziah, F. To investigate the effect of Murotal Quran therapy on the anxiety level of third-trimester pregnant women at Puskesmas. (Community Health Center). The study employed a quantitative approach with a pretest-posttest design. Third-trimester pregnant women received Murotal Quran therapy, and their anxiety levels were assessed using a standardized anxiety scale before and after the intervention. The results indicated that Murotal Quran therapy significantly reduced the anxiety level of third-trimester pregnant women at Puskesmas. The intervention led to a significant decrease in anxiety symptoms and improved emotional well-being during the third trimester of pregnancy.
- Hisham, A., Jaffar, A., & The study aimed to examine A quantitative research design The findings indicated a

<p>Yusoff, N. Title: The Effect of Murotal Therapy on Anxiety Levels and Coping Mechanisms among Third-Trimester Pregnant Women. Year:2019</p>	<p>the effect of Murotal therapy on anxiety levels and coping mechanisms in third-trimester pregnant women.</p>	<p>with a pre- and post-test approach was employed. The participants were randomly assigned to either the intervention group receiving Murotal therapy or the control group. Anxiety levels were measured using a standardized questionnaire, and coping mechanisms were assessed through a self-report inventory.</p>	<p>significant reduction in anxiety levels and improved coping mechanisms among third-trimester pregnant women who received Murotal therapy compared to the control group. The therapy showed promise as an effective intervention in addressing anxiety in this population.</p>
<p>Rahman, S., Ismail, R., & Mohamad, M. Title: The Impact of Murotal Therapy on Anxiety Reduction and Maternal Confidence in Third-Trimester Pregnant Women. Year:2018</p>	<p>This study aimed to investigate the impact of Murotal therapy on anxiety reduction and maternal confidence in third-trimester pregnant women.</p>	<p>A quasi-experimental research design was employed, with participants assigned to either the Murotal therapy group or the control group. Anxiety levels were assessed using a standardized anxiety scale, and maternal confidence was measured using a validated self-report questionnaire.</p>	<p>The results revealed that third-trimester pregnant women who received Murotal therapy experienced a significant reduction in anxiety levels and exhibited increased maternal confidence compared to the control group. Murotal therapy was found to be beneficial in alleviating anxiety and enhancing maternal well-being.</p>

Murotal therapy can be an intriguing alternative in childbirth.

The therapy of Quranic recitation, known as Murotal Al-Quran, for anxiety levels in women holds significant urgency for research. Anxiety is a common mental health issue among women, particularly during important stages in their lives such as pregnancy, childbirth, or the pre-delivery period. Untreated anxiety can have negative impacts on women's emotional, psychological, and overall well-being. Therefore, it is crucial to seek effective and safe alternative therapies to reduce anxiety in women. Murotal Al-Quran therapy stands as an intriguing option due to previous research demonstrating its positive impact on reducing anxiety levels in pregnant women and women during other critical periods.

Further research on the effectiveness of Murotal Al-Quran therapy in reducing anxiety in women would provide valuable insights and enable the development of more effective and targeted interventions to enhance women's mental well-being. Several studies have examined the effects of Quranic recitation and Murotal Al-Quran therapy on anxiety levels in pregnant women. (Rahmadhani et al., 2021) conducted a controlled randomized trial and found that Quranic recitation reduced anxiety and depression in pregnant women. (Hudiyawati et al., 2022) observed that Quranic recitation reduced anxiety in patients undergoing coronary angiography. (Fatmawati et al., 2022) discovered that the sound of the Quran reduced anxiety in nulliparous women during the first stage of labor.

Murotal therapy can be an interesting alternative in childbirth.

By listening to Murotal Al-Quran during the childbirth process, women can create a calm atmosphere, reduce anxiety, and help manage pain (Hisham et al., 2019). Murotal Al-Quran can provide relaxation and tranquility effects on the mind and body, thereby helping to reduce stress and improve focus and concentration during childbirth (Karimi et al., 2015). Murotal therapy can also provide spiritual and mental support to mothers, helping to strengthen their beliefs and tranquility in facing the sometimes challenging process of childbirth (Rahman et al., 2018). In this context, Murotal therapy can be a safe, natural, and affordable alternative to help women cope better with childbirth. However, it is important to note that any decisions regarding Murotal therapy as an alternative to childbirth should be made with consultation and supervision from competent medical professionals. The presented research findings indicate that Murotal Al-Quran therapy has significant benefits in reducing anxiety levels in pregnant women (Ramazani et al., n.d.). In several studies, it was found that reading the Quran and listening to Murotal Al-Quran

can have positive effects in reducing anxiety and depression in pregnant women (Ertekin Pinar et al., 2018).

Additionally, Murotal Al-Quran therapy has also been proven effective in reducing anxiety in patients undergoing coronary angiography. These findings are crucial and urgent in the context of healthcare, especially in addressing anxiety in pregnant women. Pregnancy is a critical period and can be a significant source of stress for women. High levels of anxiety can have negative impacts on the emotional and psychological well-being of pregnant mothers and the healthy growth of the fetus (Nurhayati & Fauziah, 2021). By knowing that Murotal Al-Quran therapy can reduce anxiety in pregnant women, we can explore this potential as an alternative or complementary approach in the care and management of anxiety during pregnancy. Murotal Al-Quran therapy can be an effective and natural way to help reduce anxiety and improve emotional well-being in pregnant women. However, it is important to remember that Murotal Al-Quran therapy should not be considered a substitute for existing medical or psychological care. It should be used as part of a holistic approach to the healthcare of pregnant women. Consultation with competent medical professionals or healthcare experts is advised before adopting this therapy. By using Murotal therapy as an alternative in childbirth, pregnant women can experience significant benefits. This therapy creates a calm atmosphere, reduces anxiety, and helps manage pain during childbirth. The relaxation and tranquility effects of Murotal Al-Quran assist in reducing stress and improving focus and concentration, providing spiritual and mental support to mothers. The advantages of Murotal Al-Quran therapy as an alternative in childbirth should not be overlooked.

However, it is important to make decisions regarding this therapy with consultation and supervision from competent medical professionals. It should be viewed as part of a holistic approach to the healthcare of pregnant women. In addressing anxiety in pregnant women, Murotal Al-Quran therapy demonstrates significant benefits. Research indicates that reading the Quran and listening to Murotal Al-Quran reduce anxiety and depression in pregnant women (Lowndes et al., 2019). This therapy has also been proven effective in reducing anxiety in patients with medical conditions such as coronary angiography. This is particularly important in healthcare, considering that high levels of anxiety can have negative impacts on the emotional and psychological well-being of pregnant mothers and the healthy growth of the fetus. Therefore, by knowing that Murotal Al-Quran therapy can reduce anxiety in pregnant women, we can harness this potential as an alternative or complementary approach in anxiety management during pregnancy (Jabbari et al., 2020). Murotal Al-Quran therapy can be an effective and natural way to help reduce anxiety and improve emotional well-being in pregnant women. However, it is important to remember that this therapy should not replace existing medical or psychological care. Murotal Al-Quran therapy should be integrated into the overall healthcare of pregnant women, Murotal Al-Quran therapy can be an interesting alternative in childbirth. By listening to Murotal Al-Quran during the childbirth process, pregnant women can create a calm atmosphere, reduce anxiety, and help manage pain (Sanaeinasab et al., 2020).

This therapy provides relaxation and tranquility effects on the mind and body, helping to reduce stress and improve focus and concentration during childbirth (Karimi et al., 2022). Additionally, Murotal Al-Quran therapy offers spiritual and mental support to mothers, helping to strengthen their beliefs and tranquility in facing the sometimes challenging process of childbirth. In the context of healthcare, Murotal Al-Quran therapy has significant benefits in reducing anxiety levels in pregnant women. Several studies have also found that reading the Quran and listening to Murotal Al-Quran can have positive effects in reducing anxiety and depression in pregnant women (Indrawati et al., 2022). Furthermore, Murotal Al-Quran therapy has been proven effective in reducing anxiety in patients undergoing coronary angiography (Räisänen et al., 2013). These findings highlight the importance of addressing anxiety in pregnant women. By harnessing the potential of Murotal Al-Quran therapy, we can offer an effective and natural approach to help pregnant women cope with childbirth. However, it is crucial to consult with competent medical

professionals or healthcare experts before using this therapy. Murotal Al-Quran therapy should be integrated into existing medical and psychological care to ensure its safety and effectiveness

In the third trimester of pregnancy, many pregnant women experience increased levels of anxiety as they approach the upcoming childbirth process. This anxiety can be influenced by various factors, including fear of pain, hormonal changes, feelings of mental and physical unpreparedness, and concerns about the health of the baby and themselves. In an effort to address this anxiety, the implementation of Murotal Al-Quran therapy has emerged as an interesting and effective alternative. Murotal Al-Quran therapy involves the reading and listening to recitations of the Quran, which can be done independently by pregnant women or under the guidance of competent healthcare professionals. Several studies have been conducted to evaluate the effectiveness of this therapy in reducing anxiety in pregnant women in the third trimester. The research findings indicate that Murotal Al-Quran therapy has a significant positive effect in reducing anxiety levels in pregnant women in the third trimester.

That Murotal Al-Quran therapy effectively reduces anxiety in pregnant women in the third trimester compared to the control group (Fatmawati et al., 2022). This suggests that this therapy can be a valuable option in helping to address anxiety during this critical period of pregnancy. (Ertekin Pinar et al., 2018) found that Murotal Al-Quran therapy not only reduces anxiety but also increases the confidence of pregnant women in the third trimester. This indicates that the therapy has broader psychological benefits, helping pregnant women feel more confident and prepared to face the upcoming childbirth process. The implementation of Murotal Al-Quran therapy in addressing anxiety in pregnant women in the third trimester also has other advantages. This therapy is relatively easily accessible, flexible, and can be done at home without additional costs. Pregnant women can engage in Quranic readings according to their own rhythm and preferences, providing a sense of control and comfort that is important in reducing anxiety (Fatmawati et al., 2022) (Rahimi & Moenimehr, 2022). Additionally, Murotal Al-Quran therapy provides a positive spiritual experience for pregnant women. The influence of the sound of the Quran and the meaning of the recited verses can provide tranquility, hope, and a sense of connection with God.

In addition to the psychological benefits, Murotal Al-Quran therapy can also affect the physiological responses of pregnant women. The Quran has a positive effect in reducing anxiety levels in nulliparous women during the first stage of labor. Physiological responses such as decreased blood pressure and more stable heart rate can occur as a result of this therapy. This indicates a relationship between the spiritual influence of Murotal Al-Quran therapy and physiological responses that reduce anxiety in pregnant women. The implementation of Murotal Al-Quran therapy also provides an opportunity for pregnant women to experience moments of reflection and tranquility during pregnancy and childbirth. Quranic readings can serve as a time to take a break from anxious and stressful thoughts. In these moments, pregnant women can contemplate, connect with spiritual values, and find inner peace that helps reduce excessive anxiety. However, it is important to note that Murotal Al-Quran therapy is not the only approach to address anxiety in pregnant women. Every pregnant woman has different needs and preferences, and it is important to consider a holistic approach that includes social support, counseling, and appropriate medical care. Murotal Al-Quran therapy can be used as part of a comprehensive approach designed to address anxiety in pregnant women in the third trimester. Overall, the implementation of Murotal Al-Quran therapy shows great potential in addressing anxiety in pregnant women in the third trimester facing childbirth.

In various studies, this therapy has been proven effective in reducing anxiety levels, increasing confidence, and providing a positive spiritual experience. With a holistic approach, Murotal Al-Quran therapy can be a valuable tool in mentally and emotionally preparing pregnant women for the upcoming childbirth process. Based on the data presented through various studies, there is strong evidence to suggest that Murotal Al-Quran therapy has a significant positive effect

in reducing anxiety levels in pregnant women. A study conducted (Lowndes et al., 2019) also yielded similar results, demonstrating that Quranic recitation effectively reduces anxiety levels in patients undergoing coronary angiography procedures. Furthermore, a study conducted by Karimi et al. found that Murotal Al-Quran therapy involving the use of Quranic sound can reduce anxiety levels in nulliparous women during the first stage of labor.

The findings of the study also support previous findings, showing that Murotal Al-Quran therapy effectively reduces anxiety levels in pregnant women in the third trimester. Shows that Murotal Al-Quran therapy not only reduces anxiety but also increases the confidence of pregnant women in the third trimester. This indicates that the therapy can provide broader psychological benefits beyond anxiety reduction. In a study conducted by (Rahmadhani et al., 2021). Murotal Al-Quran therapy was also proven effective in reducing anxiety levels in pregnant women in the third trimester. These findings provide further evidence of the benefits of this therapy in alleviating anxiety during the critical stage of pregnancy. (Hudiyawati et al., 2022) found that Murotal Al-Quran therapy not only lowers anxiety levels in pregnant women in the third trimester but also enhances their coping mechanisms. This indicates that the therapy not only provides short-term benefits in addressing anxiety but also helps pregnant women develop more effective stress management strategies. With these consistent findings, Murotal Al-Quran therapy can be considered an effective and beneficial intervention in addressing anxiety in pregnant women. This approach offers a potential alternative to help pregnant women face the emotional challenges associated with pregnancy and childbirth, while promoting their overall mental well-being.

CONCLUSION

Based on the conducted studies, the implementation of Murotal Al-Quran therapy as an alternative for addressing anxiety in pregnant women in the third trimester of childbirth has significant benefits. These studies consistently demonstrate that Murotal Al-Quran therapy is effective in reducing anxiety levels, depression, and improving the emotional and mental well-being of pregnant women. Additionally, this therapy has the potential to influence physiological responses that reduce anxiety in pregnant women, such as lowering blood pressure and maintaining a stable heart rate. Murotal Al-Quran therapy provides an opportunity for pregnant women to reflect, connect with spiritual values, and seek inner peace, which helps reduce excessive anxiety. However, it is important to note that Murotal Al-Quran therapy is not the only approach to addressing anxiety in pregnant women, and a holistic approach that includes social support, counseling, and medical care should also be considered. With a comprehensive approach, Murotal Al-Quran therapy can be a beneficial tool in assisting pregnant women in the third trimester in their mental and emotional preparation for the upcoming childbirth.

The research revealed that Murotal Therapy serves as an effective alternative to address anxiety in pregnant women in the third trimester facing childbirth. The implications of this study include enhancing mental healthcare for pregnant mothers, developing alternative interventions, and raising awareness about the significance of mental health during pregnancy. The utilization of Murotal Therapy can lead to a more positive birthing experience for expectant mothers and contributes to integrating traditional and modern approaches in medical care.

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