

## Reducing Anxiety Level in the Active Phase with Murottal Therapy and Respiratory Relaxation

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### ABSTRACT

**Background:** Labor pain can lead to complications which can be fatal for the mother. This is because the pain causes the uterus to tighten so that the blood flow and oxygen entering the uterine muscle are decreasing. It will result in the decreasing oxygen supply to the fetus. To overcome this, non-pharmacological method can be applied by conducting murottal therapy and breathing relaxation technique. To know the application of murottal therapy and breathing relaxation technique for reducing anxiety level of giving birth mothers in the first active phase.; **Method:** This study is a qualitative descriptive qualitative with a case-study approach. The respondents were 3 giving birth mothers. Data were obtained from interviews and observation. The instruments were observation sheet, HARS scale; **Results** After having the application of murottal therapy and breathing relaxation technique, there was a decrease in the anxiety level of all respondents: from score 12 to score 6 (respondent 1), from score 9 to score 4 (respondent 2), and from score 16 to score 10 (respondent 3). **Conclusion:** Murottal therapy and breathing relaxation technique can reduce the anxiety level of giving birth mothers at the first active phase

### 1. Introduction

Labor is defined as a series of physiological processes that end with the release of the products of conception to the mother. Labor is a physiological process that is associated with suffering due to pain caused during the process. Pain that occurs during childbirth is also one of the causes of feelings of anxiety, worry, and fear and stress in childbirth mothers. Stress that occurs can cause hormonal stimulation such as catecholamines and adrenaline hormones to be released in excess which causes the uterus to tighten so that the flow of blood and oxygen entering the uterine muscle decreases because the arteries become smaller and narrower which results in extraordinary pain and results in reduced oxygen supply. to the fetus.

Relaxation is one of the non-pharmacological methods that can be used to reduce the level of anxiety and pain in maternity mothers. The results of a preliminary study conducted by several researchers through interviews, the results obtained from 10 maternity mothers, almost all first stage postpartum patients were seen to experience severe pain, and 8 maternity mothers which resulted in anxiety in childbirth mothers they did not know the importance of relaxation techniques due to lack of exposure to knowledge or information about how to apply relaxation techniques in labor [17]35]

If this method is combined with other therapies such as listening to the murottal Koran, more significant results will be produced. These results are supported by research to prevent the occurrence of anxiety in mothers when facing childbirth, spiritual support can be given, namely by

providing murottal therapy and the skills of medical personnel greatly affect the psychological condition of the mother to undergo the delivery process.[7]17]35]

## 2. Materials and Method

In this study, the researcher used a qualitative description method with a case study approach. Respondents in this study were 3 maternity mothers who would be given an intervention using a murottal chanting speaker instrument, an observation sheet for the assessment of breathing relaxation techniques, a pretest and posttest assessment sheet using the HARS scale consisting of 14 questions, each of which has a score to determine the degree of mother's anxiety.

## 3. Results and Discussion

### 3.1. Results

Before being given murottal therapy and breathing relaxation, the anxiety scale was measured by filling out a questionnaire sheet by asking respondents about the anxiety score according to each question on the questionnaire sheet provided by the researcher.

After the application of murottal therapy and respiratory relaxation which lasted for 25 minutes. The care is given when the mother experiences anxiety during the first active phase of labor. The process of giving murottal therapy and breathing relaxation went well and all participants seemed enthusiastic about being given care.

Next, the anxiety scale was measured again by filling out a questionnaire sheet by asking respondents about the anxiety score according to each question on the questionnaire sheet provided by the researcher.

Table 1 Effect of Murottal Therapy and Breathing Relaxation on Reducing Anxiety Levels in Maternity during Active Phase 1

Respondent	Age	Before application		After application		Information	Score
		Score	Intensity	Score	Intensity		
Mrs. M	27 years old	12	Moderate anxiety	6	No anxiety	decrease	5
Mrs. P	35 years old	9	Mild anxiety	4	No anxiety	decrease	5
Mrs. A	22 years old	16	Moderate anxiety	10	Mild Anxiety	decrease	6

The table above shows that the effect of giving murottal therapy and breathing relaxation is quite effective in reducing maternal anxiety levels. All three respondents managed to experience a significant decrease in anxiety levels .

### 3.2. Discussion

The application of murottal therapy and breathing relaxation was given to 3 respondents with characteristics of age, history of parity and religion. Before being given murottal therapy and breathing relaxation from the three respondents, it was confirmed that the age characteristics of the three were still at the age of women with healthy reproduction, in terms of parity characteristics 2 respondents had given birth previously spontaneously and 1 respondent was with her first pregnancy and in terms of religious characteristics 3 respondents are Muslim so that they are in accordance with the inclusion criteria that have been previously set.

The application of murottal therapy and breathing relaxation techniques has been carried out to 3 respondents with the aim of reducing anxiety in maternity mothers during the active phase of the first phase. The application was given to all respondents with the appropriate criteria before being given murottal therapy and breathing relaxation techniques.

What distinguishes this research from other research is that in this study the respondents did not only get 1 application of the innovation. In the application of this study, respondents will be given 2 innovations in the case of childbirth to reduce anxiety levels, namely the provision of murottal therapy and breath relaxation techniques.[17][35]

The gift will be observed directly by the researcher during the course of the study, the results of the responses from the respondents will be recorded on the observation sheet that has been provided. And the results will be directly evaluated by the researcher, if the evaluation results obtained are not in accordance with the target then the provision of murottal therapy and breathing relaxation techniques will be repeated until the evaluation results are quite significant and the mother has not entered the 2nd stage of labor.[6][7][35]

The results of this study are in accordance with previous research entitled "The Effect of Murottal Therapy on Anxiety Levels in Normal Maternity" which was conducted at the Permata Bunda Polindes, Perbon Sub-district, Tuban District, Tuban Regency, proved that murottal therapy was effective in reducing anxiety levels in maternity mothers. This application is in accordance with previous research conducted by(Astuti & Nobles, 2019)with the research title "Applications of Deep Breathing Relaxation on Pain and Anxiety in First Time Labor in Maternity" at the Maternity Home in Bandar Lampung City proves that breathing relaxation is also effective in reducing anxiety levels in maternity mothers.

In this application, the reason the researcher took the journal reference "The Effect of Murottal Therapy on Anxiety Levels in Normal Maternity Mothers" and the journal with the research title [6][7] "Applications of Deep Breathing Relaxation on Pain and Anxiety in First Stage Labor for Mothers in Labor" because these two journals are the most relevant to the material in this study. This research was conducted on inpartum mothers in the active phase of the 1st stage of the maternity clinic in July 2021. The application of murottal therapy and this breathing relaxation technique used murottal al.quran for 25 minutes and training in correct breathing relaxation techniques.

Before the writer applied the anxiety scale measurement, he gave the five respondents questions in the form of a questionnaire sheet about the anxiety score according to each question on the questionnaire sheet provided by the researcher and suggested that the respondents answer according to their feelings. The results of the respondents' answers show an anxiety scale of 2 respondents experiencing mild anxiety and 1 respondent experiencing moderate anxiety.

Anxiety can also be interpreted as a subjective experience of restless mental tension as a general reaction and inability to face problems or a sense of security[7][17] Before the application was carried out on 3 respondents, there were 2 respondents with mild anxiety and 1 respondent with moderate anxiety. Anxiety is being experienced by Mrs. A because this is Mrs. A.

Based on the data obtained after the application of murottal therapy and breathing relaxation to 3 respondents for a duration of 25 minutes each, 2 respondents got the level of anxiety on a no-anxiety scale and 1 respondent got a mild anxiety scale. This shows that after being given the application of murottal therapy and breathing relaxation all respondents experienced a significant decrease in anxiety levels.

Meanwhile, in this study, the two therapies were combined into "Application of Murottal Therapy and Breathing Relaxation to Reduce Anxiety in Active Phase 1 Maternity Mothers" which turned out to be very effective in reducing anxiety levels in active phase 1 maternity mothers.

Murottal is another word for reading the Qur'an which is read by a reciter and recorded, with a special rhythm, reading the verses of the Qur'an that focuses on the truth of the recitation of recitation and is sung [35] While deep breathing relaxation is done by being aware of the process of entering and leaving air through the nose, throat, lungs and diaphragm by doing deeper breathing to the diaphragm or what is commonly called abdominal breathing. [7][17][35]

#### 4. Conclusion

The effect of giving murottal therapy and breathing relaxation techniques is quite effective in reducing maternal anxiety levels. All three respondents managed to experience a significant decrease in anxiety levels with a decrease in scores for all respondents: from a score of 12 to 6 (respondent 1), a score of 9 to 4 (respondent 2), a score of 16 to 10 (respondent 3). And each individual takes a different amount of time to reduce his level of anxiety

#### Declaration

**Acknowledgments:** This research is an independent research

**Conflicts of Interest:** The authors declare no conflict of interest.

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