

Abstrak
UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Februari 2023

Irega Dwi Satria

Pengaruh Terapi Surat Al-Fatihah Terhadap Penurunan Kecemasan Pada Tenaga Kesehatan Pada Saat Pandemi Covid-19 Di Klinik Dr. M.Suherman Jember.

Jember, 2023

XVI +1 Bagan + 14 Lampiran

Abstrak

Latar Belakang: Tenaga kesehatan yang merawat pasien Covid-19 menjadi kelompok dengan risiko terpapar Covid-19 sangat tinggi. Peran tenaga kesehatan sangat sentral terhadap penularan virus Covid-19 karena selain menangani pasien Covid-19 tenaga kesehatan juga berperan penting untuk memberikan penyuluhan di masyarakat, mereka menanggung kelebihan beban kerja serta kelelahan yang berkepanjangan. Terapi komplementer religius sangat diperlukan dalam penurunan kecemasan dengan surat Al-Fatihah. Surat Al-Fatihah merupakan *as-syifa* atau penyembuh dari berbagai macam penyakit apabila kita membaca surat Al-Fatihah tersebut dengan penghayatan, dan memaknai setiap ayatnya. **Metode:** Penelitian ini menggunakan *pre-experimental design* tipe *one group pretest-posttest*. Populasi penelitian adalah tenaga kesehatan di Klinik Rawat Inap dr. M. Suherman yaitu 31 orang tenaga kesehatan dengan teknik pengumpulan data menggunakan lembar kuesioner. **Hasil:** Uji statistik dengan uji *Wilcoxon Signe Rank Test* bahwa diperoleh hasil *Asymp. Sig. (2-tailed)* yaitu 0,000, maka dapat disimpulkan bahwa ada perbedaan antara sebelum diberi terapi surat Al-fatihah dan sesudah diberikan terapi surat Al-fatihah. **Kesimpulan:** Terapi Surat Al-fatihah dapat dimanfaatkan sebagai terapi komplementer yang dapat menurunkan tingkat kecemasan pada tenaga kesehatan. Sehingga penelitian ini dapat dikembangkan oleh penelitian selanjutnya terutama tentang pengaruh terapi surat A-fatihah terhadap penurunan tingkat kecemasan pada tenaga kesehatan. **Saran:** Hasil penelitian ini diharapkan dapat menjadi salah satu topik bahasan terapi komplementer yang diperkenalkan di pendidikan keperawatan sehingga menambah wawasan mahasiswa dan mahasiswi dalam mengembangkan aspek spiritualitas.

Kata Kunci: Terapi Surat Al-fatihah, Tingkat Kecemasan, Pandemi Covid-19

Daftar Pustaka:54 (2012-2022)

Abstract
MUHAMMADIYAH UNIVERSITY JEMBER
STUDY PROGRAM S1-NURSEMENT
FACULTY OF HEALTH SCIENCES

Thesis, February 2023

Irega Dwi Satria

The Effect of Surat Al-Fatihah Therapy on Reducing Anxiety in Health Workers During the Covid-19 Pandemic at the Dr. M. Suherman Jember.

Jember, 2023

XVI +1 Chart + 14 Appendices

Abstract

Background: Health workers who treat Covid-19 patients are a group with a very high risk of being exposed to Covid-19. The role of health workers is very central to the transmission of the Covid-19 virus because apart from treating Covid-19 patients, health workers also play an important role in providing counseling in the community, they suffer from work overload and prolonged fatigue. Religious complementary therapy is needed in reducing anxiety with Al-Fatihah. Surah Al-Fatihah is as-Syifa or a cure for various kinds of diseases if we read Surah Al-Fatihah with appreciation and interpret each of its verses. **Methods:** This study used a pre-experimental design type one group pretest-posttest. The research population is health workers at the Inpatient Clinic dr. M. Suherman, namely 31 health workers with data collection techniques using questionnaires. **Results:** Statistical test with the Wilcoxon Signe Rank Test showed that the Asymp results were obtained. Sig. (2-tailed) which is 0.000, it can be concluded that there is a difference between before being given Al-Fatihah letter therapy and after being given Al-Fatihah letter therapy. **Conclusion:** Surah Al-Fatihah therapy can be used as a complementary therapy that can reduce anxiety levels in health workers. So that this research can be developed by further research, especially regarding the effect of letter A-fatihah therapy on reducing anxiety levels in health workers. **Suggestion:** The results of this study are expected to become one of the topics of discussion of complementary therapy introduced in nursing education so as to broaden students' insights in developing aspects of spirituality.

Keywords: Al-Fatihah Letter Therapy, Anxiety Level, Covid-19 Pandemic
Bibliography:54 (2012-2022)