

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Mohammad Frinanda Nur Zuhrianto

Efektivitas Terapi Murottal Al-Quran Surah Ar-Rahman Terhadap Intensitas Nyeri pada Pasien Post Op Debridemen Ulkus Diabetikum Di Ruang Bedah RSUD dr. Abdoer Rahem Situbondo

Xv + 98 halaman + 1 bagan + 5 tabel + 1 gambar + 19 lampiran

Nyeri pasca operasi merupakan masalah yang sering muncul pada pasien setelah tindakan debridement ulkus diabetikum. Penanganan nyeri tidak hanya dilakukan melalui terapi farmakologis, tetapi juga dapat didukung dengan terapi nonfarmakologis, salah satunya murottal Al-Qur'an. Penelitian ini bertujuan untuk mengetahui efektivitas terapi murottal surah Ar-Rahman terhadap intensitas nyeri pada pasien pasca operasi debridement ulkus diabetikum. Desain penelitian menggunakan pendekatan *pre-eksperimental* dengan rancangan *one group pretest-posttest*. Sampel terdiri dari 32 pasien pasca operasi debridement ulkus diabetikum yang memenuhi kriteria inklusi. Instrumen pengukuran nyeri menggunakan *Numeric Rating Scale* (NRS). Analisis data dilakukan dengan uji *Paired Sample T-Test* untuk membandingkan skor nyeri sebelum dan sesudah intervensi. Hasil menunjukkan sebelum diberikan terapi murottal surah Ar-Rahman, rata-rata intensitas nyeri pasien pasca operasi debridement ulkus diabetikum adalah 6,81 (SD = 1,2). Setelah intervensi, rata-rata intensitas nyeri menurun menjadi 3,45 (SD = 1,1). Hasil uji statistik menunjukkan adanya perbedaan yang signifikan dengan nilai $p = 0,001 (< 0,05)$. Temuan ini menunjukkan bahwa murottal surah Ar-Rahman efektif menurunkan intensitas nyeri secara bermakna. Terapi murottal Al-Qur'an surah Ar-Rahman efektif menurunkan intensitas nyeri pada pasien pasca operasi debridement ulkus diabetikum, sehingga dapat direkomendasikan sebagai salah satu metode nonfarmakologis pendukung dalam manajemen nyeri.

Kata kunci: Nyeri, Murottal Al-Qur'an, Surah Ar-Rahman, Post Operasi, Ulkus Diabetikum

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ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
BACHELOR OF NURSING PROGRAM
FACULTY OF HEALTH SCIENCES

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Mohammad Frinanda Nur Zuhrianto

The Effectiveness of Al-Quran Recitation Therapy of Surah Ar-Rahman on Pain Intensity in Post-Op Diabetic Ulcer Debridement Patients in the Operating Room of Dr. Abdoer Rahem Situbondo Regional Hospital

Xv + 98 pages + 1 chart + 5 tables + 1 figure + 19 appendices

Postoperative pain is a common problem experienced by patients after debridement of diabetic foot ulcers. Pain management is not only carried out through pharmacological therapy but can also be supported with non-pharmacological approaches, one of which is Qur'anic recitation (murottal). This study aimed to determine the effectiveness of murottal therapy of Surah Ar-Rahman on pain intensity in patients after debridement of diabetic foot ulcers. The study employed a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 32 post-debridement patients who met the inclusion criteria. Pain intensity was measured using the Numeric Rating Scale (NRS). Data were analyzed using the Paired Sample T-Test to compare pain scores before and after the intervention. Results showed that prior to the intervention, the mean pain intensity among patients was 6.81 (SD = 1.2). After the intervention, the mean pain intensity decreased to 3.45 (SD = 1.1). Statistical analysis indicated a significant difference with $p = 0.001$ (< 0.05). These findings demonstrate that murottal therapy of Surah Ar-Rahman is effective in significantly reducing pain intensity. Therefore, Qur'anic recitation therapy of Surah Ar-Rahman can be recommended as a supportive non-pharmacological method in pain management for postoperative debridement patients.

Keywords: Pain, Murottal Qur'an, Surah Ar-Rahman, Postoperative, Diabetic Ulcer

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