

Abstrak

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Implementasi Teknik Murottal Dalam Upaya Menurunkan Depresi Pada Pasien
Diabetes Mellitus Tipe 2 Di Wilayah Kerja Puskesmas Jenggawah

xv + 54 hal + 1 lampiran + 5 tabel + 11 lampiran

ABSTRAK

Latar Belakang: *Diabetes Mellitus Tipe 2* merupakan penyakit kronis yang tidak hanya berdampak pada kondisi fisik tetapi juga memicu reaksi pada psikologis seperti depresi. Penderita *DMT2* memiliki risiko tinggi mengalami depresi jika dibiarkan. Terapi murottal sebagai intervensi dan teknik relaksasi yang dapat memberikan ketenangan. **Tujuan:** Mengetahui efektivitas teknik murottal dalam menurunkan depresi pada pasien *DMT2* di Wilayah Kerja Puskesmas Jenggawah. **Metode:** Menggunakan HADS untuk mengukur tingkat depresi dan alat glukometer untuk memantau GDA. Intervensi murottal dilakukan selama 3 berturut-turut dengan waktu 15 menit per sesinya dengan membacakan Surah Ar-Rahman yang terdiri 78 ayat. **Hasil:** Sebelum dilakukan intervensi skor HADS adalah 11 yang menunjukkan abnormal dan GDA 273 mg/dl. Setelah intervensi dilakukan selama 3 hari berturut-turut skor HADS menurun menjadi 5. Hal ini menunjukkan adanya perubahan pada kondisi klien. Selain perbaikan status psikologis kadar GDA juga menunjukkan penurunan dari 273 mg/dl menjadi 256 mg/dl pada hari ketiga, meskipun masih diatas batas normal. **Diskusi:** Implementasi teknik murottal berdampak positif bagi kondisi psikologis klien dan dapat dijadikan intervensi non farmakologis untuk menurunkan tingkat depresi.

Kata Kunci: *Diabetes Mellitus Tipe 2*, Depresi, Teknik Murottal

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Abstract

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Scientific Paper
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*Implementation of the Murottal Technique in to Reduce Depression in
Type 2 Diabetes Mellitus Patients in the Service Area of the Jenggawah Community
Health Center*

xv + 54 pages + 1 appendix + 5 tables + 11 appendices

ABSTRACT

Background: Type 2 Diabetes Mellitus is a chronic disease that not only affects physical health but also triggers psychological reactions such as depression. Patients with T2DM are at high risk of developing depression if left untreated. Murottal therapy serves as an intervention and relaxation technique that can provide a sense of calm. **Objective:** To determine the effectiveness of the murottal technique in reducing depression among DMT2 patients in the Jenggawah Community Health Center service area. **Methods:** A glucometer was used to monitor blood glucose levels (BGL), and the HADS was used to measure depression levels. The murottal intervention was conducted for 3 consecutive days, with each session lasting 15 minutes, involving the recitation of Surah Ar-Rahman, which consists of 78 verses. **Results:** Before the intervention, the HADS score was 11, indicating an abnormal level, and the GDA was 273 mg/dl. After the intervention was conducted for 3 consecutive days, the HADS score decreased to 5. This indicates a change in the client's condition. In addition to the improvement in psychological status, the GDA level also showed a decrease from 273 mg/dl to 256 mg/dl on the third day, although it remained above the normal range. **Discussion:** The implementation of the murottal technique had a positive impact on the client's psychological condition. This study concludes that the murottal technique can be used as a non-pharmacological intervention to reduce depression levels.

Keywords: Type 2 Diabetes Mellitus, Depression, Murottal Technique

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