

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI DIII KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Karya Tulis Ilmiah
Mohammad Noval Kurniawan

Implementasi Teknik Distraksi Spiritual Murottal Untuk Menurunkan Tingkat Stres Pada Pasien Kanker Payudara Di Wilayah Puger

xvii + 40 hal + 6 lampiran

ABSTRAK

Latar Belakang: Kanker payudara merupakan salah satu jenis kanker yang paling banyak terjadi pada wanita dan menjadi masalah kesehatan yang berdampak pada kondisi fisik maupun psikologis pasien. Diagnosis kanker payudara serta proses pengobatan yang harus dijalani, seperti kemoterapi dan operasi, sering menimbulkan stres, kecemasan, dan ketidaknyamanan emosional. Kondisi tersebut dapat memengaruhi kualitas hidup pasien serta keberhasilan pengobatan yang dijalani. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu menurunkan tingkat stres adalah teknik distraksi spiritual melalui terapi murottal Al-Qur'an Surat Ar-Rahman. **Tujuan:** Mengkaji efektivitas implementasi teknik distraksi spiritual murottal dalam menurunkan tingkat stres pada pasien kanker payudara di wilayah Puger, Jember. **Metode:** Desain studi kasus deskriptif dengan pendekatan asuhan keperawatan pada satu pasien kanker payudara. Intervensi dilakukan selama tiga hari berturut-turut melalui pemberian terapi murottal Al-Qur'an selama 10–15 menit setiap hari. Pengumpulan data dilakukan melalui wawancara, observasi, dokumentasi, dan pengukuran tingkat stres menggunakan instrumen Hospital Anxiety and Depression Scale (HADS). **Hasil:** Penurunan tingkat stres setelah pemberian terapi murottal. Skor HADS pasien mengalami penurunan dari 11 pada hari pertama menjadi 6 pada hari kedua dan 5 pada hari ketiga. Secara subjektif pasien menyatakan merasa lebih tenang, nyaman, dan mampu beristirahat dengan lebih baik setelah mendengarkan murottal. Secara objektif pasien tampak lebih rileks, tidak menunjukkan kecemasan berlebihan, dan mampu beradaptasi dengan kondisi penyakitnya. **Diskusi:** Implementasi teknik distraksi spiritual murottal Al-Qur'an Surat Ar-Rahman efektif dalam membantu menurunkan tingkat stres pada pasien kanker payudara dan dapat digunakan sebagai salah satu intervensi keperawatan nonfarmakologis untuk meningkatkan kenyamanan psikologis pasien.

Kata Kunci: Kanker Payudara, Stress, Teknik Distraksi, Murottal Al-Qur'an Surat Ar-Rahman.

Abstract

MUHAMMADIYAH UNIVERSITY OF JEMBER
ASSOCIATE DEGREE PROGRAM IN NURSING
FACULTY OF HEALTH SCIENCES

Scientific Paper

Mohammad Noval Kurniawan

Implementation of Spiritual Murottal Distraction Techniques to Reduce Stress Levels in Breast Cancer Patients in the Puger Area

xvii + 40 pages + 6 appendices

ABSTRACT

Background: Breast cancer is one of the most common types of cancer in women and is a health problem that affects both the physical and psychological condition of patients. The diagnosis of breast cancer and the treatment processes that must be undergone, such as chemotherapy and surgery, often cause stress, anxiety, and emotional discomfort. These conditions can affect the patient's quality of life as well as the success of the treatment. One non-pharmacological intervention that can be used to help reduce stress levels is the spiritual distraction technique through Al-Qur'an murottal therapy. **Objective:** To examine the effectiveness of implementing the murottal spiritual distraction technique in reducing stress levels in breast cancer patients in the Puger area, Jember. **Methods:** Descriptive case study design with a nursing care approach on one breast cancer patient. The intervention was conducted over three consecutive days through the provision of Al-Qur'an murottal Surat Ar-Rahman therapy for 10–15 minutes each day. Data collection was carried out through interviews, observation, documentation, and stress level measurement using the Hospital Anxiety and Depression Scale (HADS) instrument. **Results:** A decrease in stress levels after the murottal therapy was administered. The patient's HADS score decreased from 11 on the first day to 6 on the second day and 5 on the third day. Subjectively, the patient stated feeling calmer, more comfortable, and able to rest better after listening to the murottal. Objectively, the patient appeared more relaxed, showed no excessive anxiety, and was able to adapt to their medical condition. **Discussion:** The implementation of the spiritual distraction technique using Al-Qur'an murottal Surat Ar-Rahman is effective in helping reduce stress levels in breast cancer patients. **Conclusion:** The implementation of spiritual distraction techniques using Al-Qur'an murottal Surat Ar-Rahman is effective in helping to reduce stress levels in breast cancer patients and can be used as one of the non-pharmacological nursing interventions to improve patients' psychological comfort.

Keywords: Breast Cancer, Stress, Distraction Technique, Al-Qur'an Murottal Surat Ar-Rahman.