

**ABSTRAK**

**Rizal Adi Saputra**

**PENGARUH TERAPI MUROTTAL AL-QUR'AN TERHADAP KUALITAS  
TIDUR LANSIA DI RUMAH PELAYANAN LANSIA PUCANG GADING**

xv + 44 + 8 Tabel+ 3 Gambar + 9 Lampiran

**Latar Belakang :** Gangguan kualitas tidur merupakan masalah medis pada orang yang lanjut usia. Penyebab kualitas tidur lansia adalah karena durasi tidur meningkat, efisiensi tidur menurun, dan proses penuaan menyebabkan bangun lebih awal. Lansia membutuhkan istirahat yang berkualitas agar kesehatannya terjaga dan pemulihan dari penyakit. Kualitas tidur buruk bisa mengakibatkan timbulnya seperti gangguan berfikir, kebingungan dan kurangnya perhatian. Salah satu penatalaksanaan non farmakologis kualitas tidur lansia yaitu terapi murottal Al Qur ' an. Mendengarkan murottal Alquran dengan tempo yang lambat serta harmonis dapat menurunkan hormon-hormon stres, mengaktifkan hormon endorfin alami (serotonin). Hal ini dapat meningkatkan perasaan rileks, mengurangi perasaan takut, cemas, dan tegang, serta menurunkan tekanan darah, memperlambat pernafasan, detak jantung, denyut nadi, dan aktivitas gelombang otak

**Metode :** Penelitian ini merupakan penelitian kuantitatif jenis *pre – exsperimental design* dengan pendekatan *one group pretest – posttest* sudah dilakukan observasi melalui *pretest* terlebih dahulu, kemudian diberikan perlakuan atau intervensi, selanjutnya diberikan *posttest* sehingga dapat mengetahui perubahan-perubahan yang terjadi sebelum dan sesudah diberikan intervensi.

**Hasil :** Ada pengaruh terapi murottal Al-Quran terhadap kualitas tidur lansia di Rumah Pelayanan Lansia Pucang Gading

**Kesimpulan :** Terdapat pengaruh kualitas tidur lansia sebelum dan sesudah diberikan terapi murottal Al-Quran pada responden di Rumah Pelayanan Lansia Pucang Gading dengan nilai p Value (sig. 2-tailed) =  $0,000 < \alpha = 0,05$  sehingga  $H_0$  ditolak dan  $H_a$  diterima, maka ada pengaruh yang signifikan terapi murottal Al-Quran terhadap kualitas tidur lansia.

**Kata Kunci :** Kualitas Tidur, Lansia, Terapi Murottal

**Daftar Pustaka :** 23 (2019-2024)

**ABSTRACT**

**Rizal Adi Saputra**

***THE EFFECT OF MUROTTAL AL-QUR'AN THERAPY ON THE SLEEP QUALITY OF THE ELDERLY IN THE PUCANG GADING ELDERLY SERVICE HOME***

*xv + 44 + 8 Tables + 3 Figures + 9 Attachments*

**Background :** *Sleep quality disorders are a medical problem in the elderly. The causes of sleep quality in the elderly are due to increased sleep duration, decreased sleep efficiency, and the aging process causing early waking. The elderly need quality rest to maintain their health and recover from illness. Poor sleep quality can result in disorders of thinking, confusion and lack of attention. One of the non-pharmacological treatments for sleep quality in the elderly is Al-Quran recitation therapy. Listening to Al-Quran recitation with a slow and harmonious tempo can reduce stress hormones, activate natural endorphins (serotonin). This can increase feelings of relaxation, reduce feelings of fear, anxiety, and tension, and lower blood pressure, slow breathing, heart rate, pulse, and brain wave activity.*

**Method :** *This research is a quantitative research of the pre-experimental design type with a one group pretest-posttest approach. Observations were made through a pretest first, then treatment or intervention was given, then a posttest was given so that changes that occurred before and after the intervention was given could be identified.*

**Results :** *There is an effect of Al-Quran murottal therapy on the quality of sleep of the elderly at the Pucang Gading Elderly Service Home.*

**Conclusion :** *There is an effect of sleep quality in the elderly before and after being given Al-Quran murottal therapy to respondents at the Pucang Gading Elderly Service House with a p Value (sig. 2-tailed) = 0.000 <  $\alpha$  = 0.05 so that  $H_0$  is rejected and  $H_a$  is accepted, so there is a significant effect of Al-Quran murottal therapy on the sleep quality of the elderly.*

**Keywords :** *Sleep Quality, Elderly, Murottal Therapy*

**Reference :** *23 (2019-2024)*

