

## Combination of Qur'anic Murrotal and Deep Breath Relaxation Against Post Sectio Caesarea (Sc) Pain Changes

Didin Nurdiana<sup>1</sup> Kustin Kustin<sup>1\*</sup>

<sup>1</sup>Faculty of Health Sciences, Universitas dr. Soebandi, Jember, Indonesia

\*Correspondence:

Author Name: Kustin

Email: [kustinhariyono@gmail.com](mailto:kustinhariyono@gmail.com)

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### Abstract

Sectio Caesarea (SC) surgical procedure will have an impact on damage at the tissue level to the nerves that cause postoperative wounds in the incision area which results in pain. Non-pharmacological complementary therapies may be an option that can be done by nurses to manage the pain of SC postoperative patients. The purpose of this study is to determine the effect of the combination of Qur'an Murotal therapy and deep breath relaxation on the pain of post-SC patients at Jember Clinic Hospital in 2023. The design of this study was a pre-experiment with the one group pretest-posttest method. The research sample was 45 respondents with accidental sampling technique. The Visual Analog Scale (VAS) is used to measure pain. Bivariate analysis using parametric paired t-test. Result of this study was the average score of postoperative SC patients before the intervention of a combination of Qur'anic Murotal therapy and breath relaxation was 6.76. The average score of pain levels in SC postoperative patients after a combination intervention of Qur'anic Murotal therapy and breath relaxation was 4.73. The paired t-test results obtained a value of  $p = 0.000$  which means  $H_a$  is accepted which means there is an effect of combination therapy of Murotal Qur'an therapy and deep breath relaxation on the pain of post-SC patients at Jember Clinic Hospital.

**Keywords:** AlQuran,deep-breath,pain,section caesarea

### Introduction

The SC surgical procedure will have an impact on damage at the tissue level to the nerves that cause postoperative wounds to the incision area which results in pain (Kintu *et al.*, 2019). Postoperative pain in SC patients if not treated properly can contribute significantly to surgical patient morbidity, resulting in delayed patient recovery and ability to return to daily functional activities (Xu *et al.*, 2017).

The prevalence of SC surgery every year is increasing. The country with the highest rate of Sectio Caesaria (SC) in 2019 was Turkey at 544 surgeries per 1000 live births. The country that had the second most cesarean sections in 2019 was South Korea at 475 cesarean sections

per 1,000 live births (WHO, 2020). The delivery rate of *Sectio Caesaria* (SC) in Indonesia in 2018 was 17.6% (Riskesdas, 2018). The number of *Sectio Caesaria* (SC) deliveries at Jember Clinic Hospital from January to December 2022 amounted to 685 patients, the number of patients from October to December 2022 was 180 patients. Meanwhile, normal deliveries amounted to 277 patients. This indicates that the number of SC deliveries at Jember Clinic Hospital is more than the number of normal deliveries.

Non-pharmacological therapy that can be done is by listening to the Murotal of the Qur'an. Murotal Al Qur'an is a spiritual activity that can be done to remember Allah as the Creator (Purwati *et al.*, 2019; Nurhasanah *et al.*, 2022). In addition to listening to the Qur'an as a way to obtain a psychological and physiological relaxing effect, therapy using respiratory muscles such as deep breath relaxation is effective, inexpensive and very easy to do. This therapy is done by breathing air through the nose, then exhaled through the mouth and done casually (Aziato *et al.*, 2017). Murotal therapy interventions chanting holy verses in the Qur'an and relaxation of deep breath are types of complementary therapies that can be done by nurses themselves easily.

## Research Methods

The research design used pre-experiment with *the one group pretest-posttest design method*. The inclusion criteria used were respondents understood the instructions of researchers, Muslims, and patients after SC surgery. Patients are excluded from the study if they have hearing loss, are affected by sedative drugs and experience decreased consciousness. *Accidental sampling* is used for sampling. The sample size was 45 respondents from April 4, 2023 to April 29, 2023.

Univariate analysis is used to analyze pre-intervention and post-intervention pain. Bivariate analysis using parametric paired *t-test previously performed normality test using shapiro-Wilk. Visual Analog Scale* (VAS) is a pain measurement tool used in this study. Ethical approval that has been issued by KEPK with no 053/KEPK/UDS/III/2023 during the period of March 24, 2023 to March 24, 2024.

## Result

Patients after *Sectio Caesaria* (SC) before and after a combination intervention of Qur'anic Murotal therapy and breath relaxation with an average score of 6.76 can be seen in table 1. The average score of pain level in SC postoperative patients after a combination intervention of Qur'anic Murotal therapy and breath relaxation is 4.73 which can be seen in table 2. The

difference in the mean level of pain before being given a combination of Murotal Al Qur'an therapy and deep breath relaxation with after being given a combination of Murotal Al Qur'an therapy and deep breath relaxation of 2.03 which means there is a decrease in the pain level of SC postoperative patients at Jember Clinic Hospital. The results of bivariate analysis using *paired t-test* obtained a value of  $p = 0.000$  which means  $H_a$  is accepted which means there is an effect of combination therapy of Qur'an Murotal therapy and deep breath relaxation on the pain of post-SC patients at Jember Clinic Hospital.

**Table. 1 Average pain level score in postoperative Sectio Caesaria (SC) patients before intervention.**

Variable	Measurement	Mean	SD	Min-Max
Pain Level	Pre Test	6,76	1,773	3-10

**Table. 2 Average pain level score in postoperative Sectio Caesaria (SC) patients after intervention**

Variable	Measurement	Mean	SD	Min-Max
Pain Level	Post Test	4,73	1,698	2-9

**Table 3. Pain of patients postoperative Sectio Caesaria (SC) before and after intervention**

Variable	Measurement	Mean	SD	P value (Paired t-test)
Pain level	Pre test	6,76	1,773	P =0,000
	Post test	4,73	1,698	

## Discussion

Pain in postoperative sectio caesarea (SC) patients arises because there is tissue continuity damage in the abdomen and pain arises due to the end of the analgesic effect given as pharmacological therapy. The pain experienced by post-SC patients is influenced by several factors which in that case can aggravate the pain state or relieve the pain experienced (Millizia *et al.*, 2021). The intensity of pain in each individual is different ranging from mild, moderate to severe intensity. This relates to other factors such as physiological state, wound severity, and the wound healing process itself.

There were 2 respondents who experienced pain number 10, this indicates that the patient is experiencing severe pain. The results of this study showed that there was a difference in the average pain score of patients before and after the intervention where the average pain of post-

SC patients showed a decrease of 2.03. The results of this study are in accordance with previous studies, which states that there is a difference in the decrease in the pain score of SC postoperative patients. Another study conducted by (Wiryanto Waang & Dewi Kusumawati, 2022) showed the results that when post-SC patients are given deep breath relaxation this will provide homeostatic components of the sympathetic nervous system so as to increase oxygen supply, reduce anxiety so as to be able to adapt pain during labor.

Nurses as an important part of health care providers have a big role to overcome the pain experienced by SC postoperative patients. The positive effect of listening to the Qur'an leads to a state of rest as well as calming the mind. The effect of the relaxing effect obtained from listening to the Qur'an and deep breath relaxation will increase oxygen consumption, breathing frequency, reduce stress and calm the mind (Farih *et al.*, 2017)

Chanting the holy verses of the Qur'an that are listened to will have the effect of stimulating the body's parasympathetic nerve receptors so that the brain responds to secreting endogenous natural opioids in the body. Opioids released naturally by the body function to block pain stimulation (Septianingrum *et al.*, 2019) Murottal Qur'an that is heard has an influence on the body so that a decrease in pain can be felt due to pain control so that it is at the threshold of pain that can be tolerated (Rejeki *et al.*, 2020)

In addition, at the time of deep breath relaxation that is carried out affects increase the amount of oxygen consumption needed to breathe, cardio muscle contractility and stretching increases (Pardede *et al.*, 2020) Breathing is actually what helps regulate the pain response in the brain (Safi'i, 2019) Deep breathing, also known as diaphragmatic breathing can help with chronic pain.

Nurses play an important role in promoting physical, mental, and spiritual health, and advocate for improving the outcomes of all patients, through the provision of faith-based or culturally sensitive complementary therapies, in this case being able to listen to the Qur'an. Offering Qur'an audio therapy during a visit can make them feel safe and protected by the strength of the beliefs they hold and practice firmly. The patient will experience less anxiety and become more relaxed.

### **Conclusion**

When mothers apply democratic parenting, nutritional status in children has the potential to gain normal weight, on the contrary, when mothers apply permissive parenting, the nutritional status of children has the potential to gain less weight. This is because in democratic parenting, mothers provide support and actively participate in the process of feeding children.

### Author Contributions

First author: designing the whole concept of the study, collecting and analyzing the data, and writing the manuscript

Second: giving a guidance for the researcher during the process of research preparation and implementation, supervising and ensuring that research project is carried out in accordance with the methodology research.

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