

The effect of listening to holy Qur'an recitation on labor pain in the first stage of labor

Ana Mariza^{1*}, Christika Lucia Anggraini²

^{1,2}Prodi Kebidanan Universitas Malahayati. *Email: mariza.ana22@gmail.com

Abstract

Background: Pain during labor is a physiological condition experienced by almost all maternity mothers. The hardest time, and most mothers begin to feel pain or pain at the time of delivery is when I active phase.

Purpose: To know the effect of listening to holy Qur'an recitation on labor pain in the first stage of labor

Methods: A quantitative by experimental quasi research design, with one group pretest - posttest design approach. The population of all who are on the first stage of labor. By purpose sampling technique got of 15 respondents. Data analysis with t-test.

Results: Finding of the average pain before listening to holy Qur'an recitation of 5.93, and after intervention of 3.93. Knowing there is Effect of listening to holy Qur'an recitation on labor pain in the first stage of labor. T test results obtained p value $0,000 < \alpha (0.05)$. It is recommended for hospital management, especially midwives, to provide therapy to listening to holy Qur'an recitation as alternative to reduce of labor pain in the first stage of labor

Keywords: Listening; Holy Qur'an; Recitation; Labor pain; First stage of labor

INTRODUCTION

Pain during labor is a physiological condition which is inevitably suffered by almost all giving birth women (Rospond, 2009). The hardest moment is active first stage when many women start to feel pain during the labor. In this time, many women experience a very great pain because her uterus works actively. The contraction is getting stronger and more intensive. Stress or fear of pain can cause the contraction harder and more difficult to feel. This condition gets more tension for uterus that lower the circulation of blood and oxygen supply to uterus, the reduction and narrowing intensifies the inevitable pain (Diana, & Mail, 2019).

Thus, the pain is subjective, in order to reduce the sensation should involve the patients' psychology. The pain itself may affect the partus women condition such as fatigue, anxiety, fear and stress. As bad consequence, stress may lower uterus contraction that leads to prolong labor process. To reduce the pain a distraction technique i.e. listening quran verses can be done due to the delta wave which stimulates the listener to be calm, peace and comfortable. As an effect, the hypothalamus

produces endorphin which is known as natural analgesic (Wulansari, 2017). The management of pain sensation can be done through two ways, pharmacology and non-pharmacology. The pharmacological method is more effective than the non-pharmacological way however the pharmacological method is more expensive and may bring negative side effect. On the other side, non-pharmacological method is non-intrusive, non-invasive, cheap, simple, effective and without harmful effect (Maryunani, 2010). Non-pharmacological stimulation includes cutaneous stimulation massage, ice and fire therapy, transcutaneous electrical nerve stimulation, distraction, relaxation technique, guided imagination, and hypnosis. The distraction can be done through two ways, visual and audio distractions (Potter, & Perry, 2015).

Relaxation by listening Quran verses is one of the ways to reduce pain non-pharmacologically which brings pain relief as well as peace of soul. The peace of soul is known advantageous to induce endorphin hormone and reduce hormones which trigger vessel vasoconstriction and spasm of women blood. As

The effect of listening to holy Qur'an recitation on labor pain in the first stage of labor

addition, peace of soul may increase oxygenation (Permana, 2010).

Murrotal refers to a voice record Quran reciting in melodic tone of voice done by a Qori' (a Quran reader) (Shihab, 2008). The recite of Quran physically contains human voice in which human voice is a miraculous and affordable healing instrument (Daulay, 2015). Voice is effective to decrease stress hormones, naturally activate endorphin hormone, improve relax feeling and divert frighten, anxious and tense feeling, enhance chemical system of body which lower the blood pressure, and slow the breathing, heartbeat, pulse, and brain wave activity. The deep or slow breathing speed may lead to relaxation, controlled emotion, deep thought and better metabolism (El Qudsy, 2013).

Murrotal therapy is playing the Quran reciting by using tape recorder, digital player and earphone which is focused on the Chapter 30 of the Quran which is relatively easy to memorize and familiar to hear. The Quran reciting is played for 15 minutes. listening Quran reciting creates positive

psychological effect because when the murrotal is heard to the patient it reaches the brain so that the murrotal is transcribed in the brain (Handayani, 2014). The pre-survey at Urip Sumoharjo Hospital of Bandar Lampung, several women complain of severe pain during labor stated that they could not bear the pain particularly in the first stage of labor process. They experienced pain on the abdomen, waist, and back that spread to the spinal.

RESEARCH METHODS

This research was a quantitative research by design was quasi experiment with one group posttest experiment. The study was conducted since February to May in 2017. The population was the research was the whole partum women at Urip Sumoharjo Hospital with the sample of 15 women and taken by Purposive sampling following criteria such as without any a complications, Muslim women, and without used any a pain medication. The statistical test was done by using paired T test.

The effect of listening to holy Qur'an recitation on labor pain in the first stage of labor

RESEARCH RESULTS**Table 1. Characteristics of Respondents (N=15)**

Characteristics	Frequency (f)	Percentage (%)
Age (Years)		
21-35	14	93.3
>35	1	6.7
Education Levels		
Elementary school	0	0
Junior high school	0	0
Senior high school	11	73.3
University	4	26.7
Occupation		
Employed	5	33.3
Unemployed	10	66.7
Parity		
Primipara	3	20
Multipara	12	80
Economic Status		
Low	2	13,3
Medium	12	80
High	1	6,7

Table 2. The Average Score of Pre-Treatment and Post-Treatment (N=15)

Variable	Mean	Median	Min- Max	SD
Pre-treatment	5,93	6,00	5-7	0,495
Post-treatment	3,93	4,00	3-5	0,704

Table 2 showed that from 15 respondents of the research the mean or the average of pain score before listening Quran reciting was 5.93 with 6.00 median. The standard deviation was 0.495. the lowest score or the minimum value was 5 while the highest pain score or the maximum score was 7. After therapy of listening Quran reciting 3.93 with 4.00 median and standard deviation 0.704. The minimum pain score or lowest pain value was 3 while the maximum pain score or the highest value was 5.

Ana Mariza^{1*}, Christika Lucia Anggraini² Prodi Kebidanan Universitas Malahayati. *Email: mariza.ana22@gmail.com

Table 3. Effectiveness of Listening to Holy Qur'an Recitation on Labor Pain in The First Stage of Labor

Variables	Mean	SD	SE	p-value	N
Pain scale on the pretest	5,93	0,495	0,182	0,000	15
Pain scale in the posttest	3,93	0,704	0,182		15

According to table 3, the p value after T-Test was $0.000 < \alpha (0.05)$ indicating that the H_0 was rejected while the H_a was accepted. This calculation proved that the listening Quran reciting reduced pain sensation among partum women in the active first stage of labor process.

DISCUSSION

The Average Score of Pre-Treatment and Post-Treatment

Based on the result of this research, from 15 respondents, the mean pain score or the average before listening Quran reciting was 5.93 with 6.00 median score. The standard deviation was 0.495. the minimum result or the lowest score was 5 while the highest score was 7, the result of pain measurement from 15 respondents showed that the mean pain score after listening Quran reciting was 3.93 with 4.00 median and 0.704 standard deviation. The minimum score the lowest pain value was 3 while the highest score was 5.

This research result was consistent with the research result conducted by entitled The Effect of Listening Quran Reciting towards Partum Pain Level in the Active First Stage of Labor Process on Primipara at Yogyakarta. The result of the research tested by using Wilcoxon method showed $P < 0.05$ significance. The experimental group result was $P=0.001$ while the control group result was $P = 0.414$. This result indicated that listening Quran reciting was effective to reduce labor pain (Sofia, 2015).

The theoretical review indicated that partum pain particularly uterus contraction pain can cause the

escalation of sympathetic nervous activity, blood pressure change, heartbeat, breath and skin color (Nelson, 2015). If it is not managed well, there will be an increase of anxiety, tension, fear and stress. The experiencing a priority shift when they are about to give birth signed by an energy of encouragement or an urge to nesting (labor preparation). (Walsh, 2011). Physically, the women undergo gastric inconvenient feeling and diarrhea when they have intensive permeation of liquid or spontaneous membrane rupture. In days before the labor process, many women constantly suffer recurring contraction that abruptly disappears (multipara). They possibly experience inner pelvic inconvenience when the fetus slides down through the pelvic (Whalley, 2008).

The partum pain is the manifestation of uterus contraction (shortness). (Killpatrik, 2017). The contraction initiates hurting on waist, belly area and spreading to tights. The uterus contraction may produce cervical dilatation and depletion and uterus ischemia (oxygen inadequacy) due to contraction of artery myometrium. Because uterus is an internal organ, the pain is called visceral pain. Visceral pain can be also felt in other organ where it is not the source which is called referred pain. During labor process, the referred pain can be felt on low back (waist) and sacrum. Most women feel this pain in the contraction process and it disappears between the contraction interval. Low abdomen pain to vagina pain is a pelvic floor muscle stretch that comes when approaching to the second stage of labor process. Unlike the visceral pain, this pain is localized on low abdomen, vagina, rectum and perineum around the anus. This type of pain is known as somatic pain

The effect of listening to holy Qur'an recitation on labor pain in the first stage of labor

which is caused by the stretch of low birth canal due to the decline of the bottom part of the fetus. The cause of pain on the tight explains the pressure and injuries on fascia, subcutaneous tissue and skeletal muscles triggering receptors and substituting outer pain. The pressure on the roots of flexus-lumbal-sacral causes pain on the tight, knees, vagina and rectum (Prawirohardjo, 2010).

Effectiveness of Listening to Holy Qur'an Recitation on Labor Pain in The First Stage of Labor

Based on the research result of bivariate analysis by using T Test sample dependent technique, the p value was $0.000 < \alpha (0.05)$ indicating that there was significant effect of listening Quran reciting towards pain reduction on partum women in the first stage of labor process. The result of this study was consistent same result with previous study by using Wilcoxon method showed $P < 0.05$ significance. The experimental group result was $P=0.001$ while the control group result was $p = 0.414$. This result indicated that listening Quran reciting was effective to reduce labor pain. Murrotal Quran is reciting the Quran which is concentrated on two aspects, the correct pronunciation and melodious voice. The tajweed (correct pronunciation) together with the melodic tone is signed by the original or medium tone (Zuhdi, 2015). Murrotal Quran is an efficient treatment which even does not need any cost at all. This therapy can be done anytime, anywhere, and any occasion (Zakiyah, 2015). More than just a therapy or healing attempt from a disease, murrotal Quran is a medicine itself, mercy of God, education, happiness and ("*Taqarrub*" = The extent to which the heart is able to feel closeness) to Allah SWT. It is a salvation way in the earth until the hereafter. Murrotal Quran therapy is a comprehensive healing and perfect program for life, body, soul and spirit (Sedigheh, 2011).

Listening to Quran reciting is confirmed to activate body cells where sound wave is transformed to be adaptable for body. It declines pain receptor stimuli and triggers brain to discharge analgesic

opioid natural endogen. The opioid is permanent to blockade pain nociceptor (Diana, 2019). An experiment performed revealed that Quran reciting brings up relaxation on the nervous tension and physiological changes. The researcher argues that by only reciting Quran can bring positive mind effect to the body, it will be more beneficial when the reciting is conducted with stable rhythm, slow tempo and harmonious tone because it may create relaxation for the listener and can be used as a therapy to heal a sickness. The Quran as a therapy has been done and proven by researchers, a person who recites or listens Quran can get an impact on the changes of muscle electrical, heartbeat and blood count in the skin. States that reciting or listening Quran will have relaxation effect so that the blood arteries and heartbeat slow down (Kaheel, 2012). The Quran reciting therapy done on sick people or patient can carry voice wave which triggers the brain to produce a chemical substance namely neuropeptide. This molecule can affect the receptors in the body to create comfort (El Qudsy, 2013). The researcher implies that listening Quran reciting therapy is effective to reduce pain on partum women in the active first stage of labor process. This may happen because of the relaxation effect after listening Quran reciting.

CONCLUSION

Based on the analysis on the data and previous discussions, the conclusions is Listening Quran reciting therapy is effective reduce pain on labor pain in the first stage of labor at Urip Sumoharjo Hospital of Bandar Lampung in 2017 proven by the T Test result p value $0.000 < \alpha 0.05$.

SUGGESTION

As information for readers, listening to Quran reciting on Chapter Maryam and Al-Fatihah may reduce pain on partum women and it is suggested as an alternative to reduce pain instead of using pharmacological method.

REFERENCES

- Daulay, N. (2015). *Pengantar Psikologi dan Pandangan Al-Qur'an Tentang Psikologi*. Kencana.
- Diana, S., & Mail, E. (2019). Buku ajar asuhan kebidanan, persalinan, dan bayi baru lahir. CV Oase Group (Gerakan Menulis Buku Indonesia).
- El Qudsy, H. (2013). Dahsyatnya bacaan Al Quran bagi Ibu Hamil. *Surakarta: Al Qudwah Publishing*.
- Handayani, R., Fajarsari, D., Trisna Asih, D. R., & Rohmah, D. N. (2014). Pengaruh terapi murottal Al-Qur'an untuk penurunan nyeri persalinan dan kecemasan pada ibu bersalin kala I Fase Aktif. *Bidan Prada: Jurnal Publikasi Kebidanan Akbid YLPP Purwokerto*, 5(2).
- Kaheel, A. D. (2012). Pengobatan Qur'ani Manjurnya Berobat dengan al-Qur'an. *Yogyakarta: Amzah*.
- Kilpatrick, C., & Orejuela, F. J. (2017). Approach to acute abdominal pain in pregnant and postpartum women. *UpToDate*. [consultado 2019 mar 11]. Disponível em: <https://www.uptodate.com/contents/approach-to-acute-abdominal-pain-in-pregnant-and-postpartum-women>.
- Maryunani, A. (2010). Nyeri dalam persalinan "teknik dan cara penanganannya". *Jakarta: Trans info media*.
- Nelson-Piercy, C. (2015). *Handbook of obstetric medicine*. CRC press.
- Permana, I. (2010). Pengaruh mendengarkan ayat suci al-quran terhadap tingkat nyeri persalinan kala i fase aktif pada primipara di puskesmas mergangsan yogyakarta. *FKIK (Ilmu Keperawatan)*, 6(6).
- Potter, P. A., & Perry, A. G. (2015). Buku ajar fundamental keperawatan: konsep, proses, dan praktik.
- Prawirohardjo, S. (2010). Ilmu Kebidanan Sarwono Prawirohardjo. *Jakarta: PT. Bina Pustaka*.
- Rospond, R. M. (2009). Penilaian nyeri. *AHRQ Publication No, 02-E032*.
- Sedigheh, F., Robab, H., Razieh, M., Minoo, R., IrajHashem, Z., & Yusef, S. (2011). Evaluation of the auditory effects of the sound of Quarn e Karim on labor pain. *Quran and Medicine*, 2011(2, Autumn [En]), 14-18.
- Shihab, M. Q. (2008). *Lentera Al-Quran: Kisah dan Hikmah Kehidupan*. Mizan Pustaka.
- Sofia, D. (2015). Pengaruh pijat punggung terhadap penurunan nyeri kala i persalinan normal. *Oksitosin: Jurnal Ilmiah Kebidanan*, 2(1), 22-28.
- Walsh, D. (Ed.). (2011). *Evidence and skills for normal labour and birth: a guide for midwives*. Routledge.
- Whalley, J. (2008). Panduan Praktis bagi Calon Ibu: Kehamilan & Persalinan.
- Wulansari, A. (2017). *Pengaruh Terapi Murottal Terhadap Perubahan Skor Kecemasan Ibu Bersalin Kala I Fase Laten Di RS Nur Hidayah Bantul* (Doctoral dissertation, STIKES Jenderal Achmad Yani Yogyakarta).
- Zakiyah, A. (2015). Nyeri: Konsep dan penatalaksanaan dalam praktik keperawatan berbasis bukti. *Jakarta: Salemba Medika*
- Zuhdi, A. (2015). Terapi Qur'ani. *Tinjauan Historis, al-Qur'an-al-Hadis dan Sains Modern*.