



## LITERATURE REVIEW: THE EFFECT OF QURANIC MUROTTAL THERAPY ON THE QUALITY OF SLEEP OF THE ELDERLY

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### ABSTRACT

Sleep is an important biological function. Sleep is very instrumental in the health of the brain which plays a role in many vital functions that are treated for survival it can help the body recover, inhibit energy, repair damaged tissue, improve immunity, and promote memory consolidation. Sleep patterns tend to change with age. Research examining the relationship between sleep quality and quality of life in elderly people shows that the better the quality of sleep the better the quality of life the elderly have. The purpose of this study was to Identify the Impact of Quranic Murottal Therapy on the Sleep Quality of the Elderly, Determine the Effectiveness of Duration and Frequency of Quranic Murottal Therapy, Analyze Factors Influencing the Elderly's Response to Quranic Murottal Therapy, Develop Recommendations for Implementing Quranic Murottal Therapy in Elderly Care. Literature review using electronic databases from national and international publications such as Google Scholar and PubMed, and literature review is a research methodology used ranging from 2019 - 2023. The keywords from Google Scholar are Qur'an Murottal Therapy, sleep quality, elderly, and sleep disorders in the elderly, as well as from PubMed with the keywords "Randomized Control" OR "Clinical Trial" AND "Murottal Al - Qur'an" AND "Elderly" AND "Sleep Quality" OR "Insomnia". After a preliminary literature search on Google Scholar and PubMed, 225 articles with the same title were found, 80 of which were discarded because they were less relevant to the issue of the effect of Qur'anic murottal therapy on the quality of sleep of the elderly. The requirements were met by 10 full text articles. Conclusion: The elderly can improve their sleep quality with Qur'an Murottal Therapy.

Keywords: elderly; murottal al-qur'an; sleep quality

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### INTRODUCTION

Elderly is a condition in which a person experiences ageing and is accompanied by a decrease in physical function characterized by a decrease in muscle mass and strength, maximum heart rate, increased body fat, and decreased brain function. In the elderly, changes not only occur in physical aspects, but also psychological changes. Sleep quality is an important factor in physical and mental health. Previous research on sleep disorders shows that age, heart rhythm disturbances, physical illness, menopause, behavioral factors and environmental factors are common factors associated with sleep problems. (Septiyana et al., 2021).. Sleep disorders in the elderly in Indonesia occur in about 49% or 9.3 million elderly people who suffer from sleep disorders caused by anxiety factors. Sleep is an important biological function. Sleep is very instrumental in the health of the brain which plays a role in many vital functions that are treated for survival it can help the body recover, inhibit energy, repair damaged tissue, improve immunity, and promote memory consolidation. Sleep patterns tend to change with

age. Research examining the relationship between sleep quality and quality of life in the elderly shows that the better the quality of sleep, the better the quality of life the elderly have. (Agustina et al., 2020).

The March 2023 Susenas data shows that 11.75 percent of the population is elderly and from the results of population projections, the elderly dependency ratio is 17.08. (Central Bureau of Statistics, 2023). This means that every 100 people of productive age bear about 17 elderly people. As many as 63.59 percent are classified as young elderly (60-69 years), 27.76 percent are middle elderly (70-79 years), and 8.65 percent are old elderly (over 80 years). The data shows that the majority of elderly people in Indonesia belong to the young elderly group. With increasing age, there are also many health problems that will be faced, one of which is sleep quality problems. (Wang et al., 2021). The problem of lack of sleep in the elderly has an effect on physical, and cognitive abilities, and also quality of life. Sleep quality can be defined as a person's satisfaction with sleep which includes sleep time, sleep latency, time needed to fall asleep, sleep duration, frequency, sleep satisfaction, feeling weak or tired when waking up and feeling not fresh when waking up in the morning. Sleep disturbance can be defined as a condition that disturbs the amount, timing or quality of a person's sleep. The elderly take a long time to enter sleep, the elderly have a short deep sleep time compared to the time lying down (Gehrman & Ancoli, 2016)..

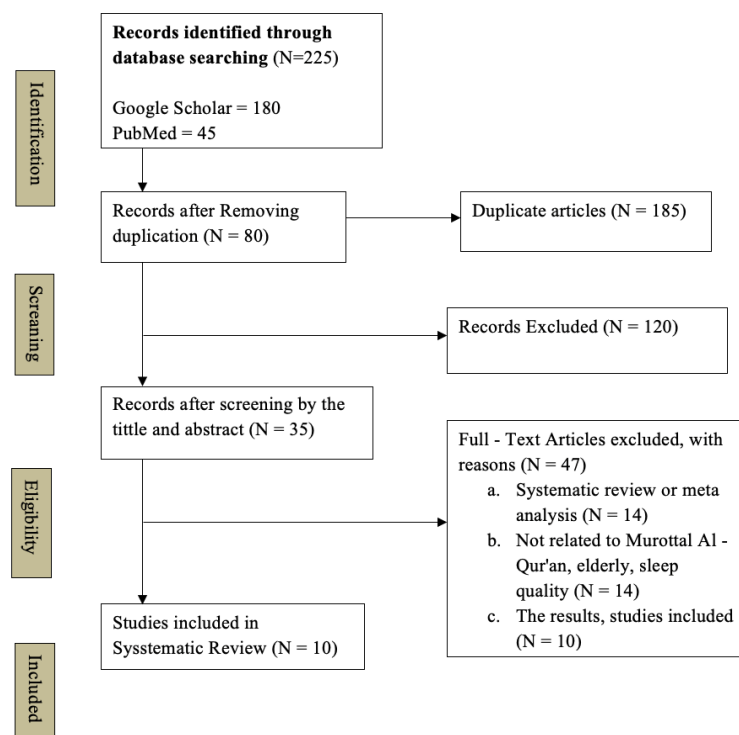
Sleep disorders can affect humans. Poor sleep quality will cause delays in thought processes and activities, lack of focus and concentration and disruption of short-term memory. Treatments that can be done to improve sleep quality are pharmacological and non-pharmacological treatments. One of the non-pharmacological treatments is Qur'an Murottal therapy. Murottal Al - Qur'an is one of the therapies that can be listened to by Muslims to provide calmness within. Murottal Al-Qur'an is a chant recited by qori with a melodious voice. Listening to the Qur'an can make brain development good, can become calmer, become all medicines for diseases, and improve memory ability. (Ren et al., 2019).Based on the religious characteristics of Indonesian society, it is important for researchers to conduct therapies that incorporate spiritual approaches to create calmness with anxiety reduction. (Gehrman & Ancoli, 2016).. The results of previous research show that murottal therapy can reduce insomnia, improve sleep quality, reduce anxiety and improve quality of life in the elderly. (Ren et al., 2019). And also can to Identify the Impact of Quranic Murottal Therapy on the Sleep Quality of the Elderly, Determine the Effectiveness of Duration and Frequency of Quranic Murottal Therapy, Analyze Factors Influencing the Elderly's Response to Quranic Murottal Therapy, Develop Recommendations for Implementing Quranic Murottal Therapy in Elderly Care.

## **METHOD**

The author's research method used is a literature review derived from research results that are analyzed descriptively narrative to highlight many important conclusions from studies on the impact of Qur'anic Murottal Therapy on the quality of elderly sleep that has been conducted and published in national and international online journals. In this study researchers searched for journals that had been published on the internet using, Google Scholar, and PubMed. With keywords: elderly, sleep quality, murottal therapy, elderly, sleep quality, murottal therapy. Researchers conducted screening by filtering research articles from 2019-2024, the number of samples obtained was 10 articles that could be downloaded in full text.

The article selection process was conducted using the PRISMA diagram. Authors shortlisted articles for the second round of screening by looking at their titles and abstracts. Articles that

met the standards were added and those that did not were removed. Involved a systematic text review of articles related to the research topic and title. The inclusion criteria used by the author are articles or journals published in the last 5 years, namely from 2019 to 2024, the presence of Murottal Al - Qur'an therapy, titles in accordance with the research objectives, full text, and titles and contents that are in accordance with nursing.



Figur 1. PRISMA

## RESULTS

From the results of the literature review search through the Google Scholar database and PubMed using the keywords Qur'an Murottal therapy, sleep quality, elderly. In the search, the researcher found 225 journals and then the journals were selected, then the year of publication and language were excluded and then the inclusion eligibility was obtained so that the exclusion was carried out and 10 journals were obtained that would be reviewed.

Table 1.  
Literature Review Findings

Author, Year	Research design	Research Location
Abbas Hosseini, Fatemeh Mohammadi, Jalil Azimian, and Sayede Amene Motalebi, (2017)	The design of this study was a randomized controlled trial. The study participants were divided into two groups, namely the experimental group and the control group. After that, an intervention was conducted by providing the experimental group with a session of listening to the Quran before bedtime, while the control group did not receive the intervention. The data analysis method used analysis of covariance (ANCOVA) to control for variables that might affect the results of the study.	Imam Ali Nursing Home in Malayer City, Iran
Sri Handayani, A E Swasana, R T Purnomo, and N W Agustina, (2019)	This research design is an experimental study with a treatment group receiving a combination of Progressive Muscle Relaxation Therapy and Murottal Therapy, and a control group receiving only Progressive Muscle Relaxation Therapy. The study was conducted on the elderly to evaluate significant differences in sleep quality between the two groups	Social Rehabilitation Unit Dewanata Cilacap

Author, Year	Research design	Research Location
Ernawati, Kiki Hariati, Bq. Nurainun Apriani Idris, and Baik Heni Rispawati, (2022)	This study used a One Group pre-post test design, where measurements were taken before and after the intervention without a control group. The study was conducted in North Gerung, West Lombok Regency, with a population of 140 elderly people in Pohdana hamlet and a sample of 17 people. The sampling technique used was purposive sampling.	Pohdana Hamlet, North Gerung, Gerung Sub-district, West Lombok Regency.
Dini Tryastuti, (2022)	This study used a systematic review method by searching through the Google Scholar database with the keywords "Murottal", "Insomnia", "Sleep quality", "Al-Qur'an", and "Murottal therapy". This research design aims to evaluate the effect of Qur'anic Murottal therapy on sleep quality and to find out whether listening to Qur'anic Murottal before bed can reduce sleep difficulties or insomnia.	Lambung Mangkurat University, Indonesia
Riris Wahyu Satyaningtyas, Nurul Hidayah (2022)	This research uses secondary data obtained from research results that have been conducted by previous researchers. This research does not involve direct observation, but relies on analyzing and synthesizing data from various relevant literature sources. In the Literature Review process, researchers conducted a literature search from January 2015 to May 2020 using five databases, namely Google Scholar, PubMed, Ebsco, and Proquest. The keywords used in the literature search included murottal therapy, sleep quality, elderly, insomnia, and so on.	An online database that includes journal articles and scientific publications from the specified period.
Ricky Riyanto Iksan, Eni Hastuti (2020)	The research design used in this study was a descriptive design in the form of a case study. This study involved an intensive assessment of two elderly patients with sleep disorders selected by purposive random sampling. In this case study design, the main focus is on changes in the quality of sleep of the elderly who receive murottal therapy intervention. Case studies allow researchers to examine specific cases in depth, so as to provide a better understanding of the impact of murottal therapy on elderly sleep.	The location is not specified
Isti Antari, Dwi Nur Anggraeni, Ria Arthica (2023)	The research design of the study on the impact of Surah Ar-Rahman Murottal Qur'an therapy on sleep quality in the elderly at UPT Budhi Dharma Abandoned Elderly Service House in Yogyakarta involved purposive sampling of 20 elderly individuals aged over 60 years with sleep disorders. Therapy sessions were conducted from June 1-7, 2022, starting at 20.00 for 15 minutes each session. This study used the PSQI questionnaire to assess sleep quality and applied non-parametric analysis using the Wilcoxon test due to data inhomogeneity.	UPT Budhi Dharma Abandoned Elderly Service House in Yogyakarta
Chintya Dewi Nurul Khayati, Prasanti Adriani, Suci Khasanah (2022)	This study used a treatment group and a control group to compare the effects of murottal therapy on the sleep quality of the elderly. The treatment group received murottal therapy while the control group did not receive the intervention. This study also used treatment and control groups by measuring before and after the murottal therapy intervention to see changes in sleep quality in the elderly.	Kwarasan Hamlet Nogotirto Gamping Sleman Yogyakarta for research conducted at 'Aisiyyah University Yogyakarta, Indonesia. Southeast Pontianak for research conducted at Silampari Nursing Home, Indonesia
Suryadi Imran (2019)	The research design used in this study is a type of quantitative research with a quasy experiment research design using a nonequivalent control group research design. This study involved an intervention group that received Qur'anic murottal therapy and a control group that did not receive any intervention.	Tresna Werdha Social Home Budi Luhur Jambi City
Wang, C., Sun, Y., Zang, H., Wang, C.,	This study was designed as a systematic meta-analysis to evaluate the effectiveness of music interventions on sleep quality in older adults. The research method involved systematically searching	The research locations of the studies included in the meta-analysis

Author, Year	Research design	Research Location
Wang, L., & Zhang, J. (2023)	various databases such as Cochrane Library, Embase, PubMed, Web of Science, and Chinese National Knowledge Infrastructure (CNKI) until June 2020. Inclusion criteria included experimental and quasi-experimental studies that evaluated the effects of music interventions on sleep in the elderly population. Methodological quality was evaluated using the Cochrane RoB 2.0 and ROBINS-I Tool, while analyses were performed with random effects models and sensitivity analyses to identify sources of heterogeneity.	covered several countries, namely: Turkey Singapore USA Taiwan China.

## DISCUSSION

The results of this literature review obtained 10 journals that discuss the effect of Qur'an murottal therapy in improving sleep quality in the elderly. Murrotal al-Quran is a non-pharmacological treatment. Non-pharmacological therapy is the first line therapy recommended for the treatment of sleep disorders in the elderly (Sunarti & Helena, 2018). Research results (Putra et al., 2023) discussed that murrotal therapy is the Qur'an murottal therapy used which lasts for 10 minutes. The duration of giving murottal therapy for 10-15 minutes can have a relaxing effect. This is consistent with the findings of research showing that murottal therapy administered to the elderly for 15 minutes in 7 days can improve sleep quality (Yahya & Nurrohmah, 2023). Another study found that listening to the Qur'an murrotal for 15–30 minutes improved the elderly's sleep quality, potentially increasing relaxation, comfort, and sleep quality (Dayuningsih et al., 2023).

Murottal has a calming effect on the brain and regulates blood circulation. Murottal can relieve pain, reduce stress, lower blood pressure, improve mood, and cure insomnia. Murottal heard through the ear will be stimulated to the brain. Research results (Ernawati et al., 2022) discussed that the research respondents said that after being given Qur'an Murottal therapy, they felt deep sleep, did not wake up often, and if they woke up at night it was only to go to the restroom and in the morning they felt refreshed. This study found the effect of Qur'anic Murottal therapy on the quality of elderly sleep. Listening to murrotal al-Quran improves sleep quality by reducing nerve muscle tension. Specifically, by stimulating the brain's production of chemicals (neuropeptides) that provide comfort-related feedback. The autonomic nerve is composed of two nerves: sympathetic and parasympathetic. Murrotal Al-Quran has a relaxing effect that is innervated by these two nerves (Noviyanti et al., 2021). Research results (Suryadi, 2019) discusses that a person experiences a decrease in organ function when entering old age which results in the elderly being susceptible to osteoporosis, and Parkinson's disease. Age has an influence on a person's sleep quality which is associated with illness and poor health. This is consistent with research findings that show a link between age and sleep quality in the elderly, namely that the older one gets, the less sleep time is required, and the elderly's sleep quality declines (Leba et al., 2020).

The results of this study are that the smaller the sleep quality score indicates that it is increasing or improving, so it can be concluded that the Qur'an murottal therapy intervention can improve sleep quality. This was seen during the study, where the elderly who had received treatment felt sleepy and some even fell asleep when given the intervention. Murrotal Al-Quran relaxes the mind and relieves anxiety, resulting in better sleep quality (Priambodo, 2024). Research results (Isti et al., 2023) discussed that the effect of the quality of sleep of the elderly after listening to Murottal Al-Qur'an can improve sleep quality in the elderly because Al-Qur'an reading therapy can activate damaged body cells by converting sound vibrations into waves that are captured by the body to restore its balance. The waves captured are alpha waves, which cause hormones and chemicals to regulate, resulting in

relaxation (Septadina et al., 2017). The duration of giving Murottal Al - Qur'an therapy for 15 - 30 minutes can improve the quality of elderly sleep, comfort and increase the effect of relaxation. Quranic murottal therapy, especially before bed, provides a relaxing effect on the elderly. Listening to the recitation of the Koran such as Surah Ar-Rahman and other surahs with a calm and meaningful voice can help create a soothing atmosphere before bed. This is because Al-Quran murrotal therapy, as a relaxation therapy, is superior to other audio therapies (Allina, 2020).

Research results (Khayati et al., 2021) discussed that the Qur'an murottal therapy is given to someone to provide relaxation. The effect of this relaxation activates endorphin hormones which can increase feelings of comfort or relaxation, fear or anxiety can be diverted, and the body's chemical and hemi-dynamic systems can be improved so that it can lower blood pressure, and can improve sleep quality. The results of this study also reveal that most people suffer from poor sleep quality sleep quality disorders in the elderly, especially complaining of not being able to wake up, often waking up, not being able to sleep anymore, waking up early and waking up at noon due to lack of sleep. This is because when older people think about bad things that might happen, their physical health deteriorates, such as joint pain, coughing, and frequent urination (Utami et al., 2021). Research results (Iksan & Hastuti, 2020) explained that judging from the difference in results, both experienced a decrease in the frequency of awakenings and a faster duration of listening to murottal, namely by listening to murottal 12 minutes 27 seconds the subject and falling asleep while subject I experienced the sleep process at 13 minutes 25 seconds.

Research results (Wahyu & Nurul, 2022) explained that the average elderly who experience insomnia are 60-70 years old. This is consistent with previous research, which found that insomnia is most common between the ages of 60 and 70, or in early old age, as a result of the transition from adulthood to the elderly (Prasani et al., 2023). Respondents experience sleep disturbances in the form of difficulty starting sleep, often waking up in the middle of the night, and waking up too early, today the elderly often complain of poor sleep quality, lack of freshness when waking up and fatigue. Some respondents said they often experienced nightmares, pain or pain that showed indications of sleep disturbances. The degeneration process in the elderly causes effective sleep time to decrease due to physical, physiological and psychological changes that tend to get worse. Factors that affect insomnia in the elderly are excessive anxiety or stress, causing the elderly to have difficulty starting sleep, nightmares having difficulty waking up in the morning and feeling less refreshed. Research results (de Melo Chagas et al., 2023; Handayani et al., 2019) found the shortest sleep latency in the subject was 30 minutes and the longest was 60 minutes. The number of hours or duration of sleep has increased from 4-6 to 7-8 hours per night (Supriadi et al., 2023). This shows that the elderly have difficulty in starting sleep. Most subjects stated that they often had nightmares, pain or aches that indicated sleep disturbances. This disorder is both physical and psychological, causing difficulty sleeping (Syahrani & Kurniawati, 2020).

## **CONCLUSION**

Bedtime Quranic murottal therapy has a significant relaxing effect on the elderly by creating a calming atmosphere, and reducing stress and anxiety that can interfere with sleep. The calm and meaningful sounds of the murottal provide peace to the nervous system of the elderly, improving sleep quality by extending sleep duration, feeling more relaxed, falling asleep easily, and reducing the frequency of waking up during sleep. It also improves sleep efficiency, creating deep and uninterrupted sleep in the middle of the night, and providing spiritual, mental and physical benefits to the elderly.

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