



THE EFFECT OF MUROTTAL AND DZIKIR THERAPY ON STRESS LEVELS OF CERVICAL CANCER PATIENTS IN THE FIRST CHEMOTHERAPY PROGRAM

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ABSTRACT

Cervical cancer patients stage IIIB receive their first chemotherapy treatment. One of the effects of chemotherapy is that it can cause stress. Stress, as a psychological effect, worsens many diseases and pathological conditions and weakens the immune system. This can reduce the cytotoxic activity of T lymphocyte cells and thus increase cell proliferation. The combination of murottal and dhikr therapy can be considered a comprehensive approach to dealing with stress. After listening to murottal, a person may feel more connected to the verses of the Qur'an. Dhikr therapy, as a form of repetition and reflection on the greatness of Allah, can be the next step in strengthening spiritual bonds and relieving stress. Purpose: This study aims to determine the stress level of cervical cancer patients in the first chemotherapy program with murottal and dhikr therapy at Dr. Moewardi Hospital. Method: This type of research is quantitative research with the research design used is Quasy Experiment one group pre test-post test design. The total population of the study was 52 patients. The sample in this study was cervical cancer patients at Dr. Moewardi Hospital, a total of 52 patients using the total sampling technique. This study was conducted in the tulip rooms 4 and 5 of Dr. Moewardi Hospital. Moewardi, on March 25, 2024 – May 13, 2024. Stress assessment indicators using the Perceived Stress Scale (PSS-10). Murottal therapy intervention with a duration of 17 minutes 40 seconds and dhikr with a duration of 2 minutes. Result: Data analysis using parametric testing in the form of a Paired T-Test with a confidence level of 95%. The pretest stress level of murottal and dhikr administration with a mean of 17.17 and a posttest stress level of 13.77. Conclusions: The results of the Paired T-Test were significant at $0.000 < 0.05$ indicating that there was an effect of murottal and dhikr therapy after the first chemotherapy.

Keywords: cervical cancer; first chemotherapy; murottal and dhikr; stress level

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INTRODUCTION

According to Global Cancer Statistics (2020), cervical cancer cases in Indonesia increased by 36,633 (17.2%) with 234,511 deaths. In Indonesia, there are many new cases of cervical cancer, namely 32,469 (10.69%) and deaths due to cervical cancer in Indonesia are 18,279 (10.27%) (Global Cancer Statistics, 2020). Meanwhile, in Central Java, especially at Dr. Moewardi Surakarta Hospital, the number of cervical cancer sufferers ranks first in the top 10 diseases, namely 8,549 cases, followed by breast cancer sufferers in second place with 7,960 cases (Dr. Moewardi Hospital Medical Records, 2023). The administration of drugs known as antineoplastics, which have the ability to kill cancer cells, is known as chemotherapy (Diyanah, 2024). Cervical cancer patients can experience psychological effects due to chemotherapy (Retnaningsih et al., 2022). Among the physical effects of chemotherapy are stress, shame or lack of self-confidence due to physical changes, feeling unaccepted by others, giving up easily due to long-term chemotherapy, and nervousness due to inability to take care of the family. (Retnaningsih et al., 2022). Mood changes during chemotherapy can be a sign of psychological disorders (Supradewi & Sukmawati, 2020). The patient's psychological

response can arise from the physical changes experienced (Pratama & Wardaningsih, 2020).

According to Lestari et al., (2020) Stress, as a psychological effect, worsens many diseases and pathological conditions and weakens the immune system. This can cause the patient's condition to worsen if the cytotoxic activity of T lymphocyte cells decreases and cell proliferation increases. Malignant cells in the body of a patient with cancer, genetic instability, and tumor expansion can also cause the patient's condition to worsen. Pharmacological and non-pharmacological methods can be used to control problems that arise during the action (Diyana, 2024). Alternative Medicine (CAM) is one type of non-pharmacological treatment that can be applied in the Mind-Body Therapy section, where prayer is used, as in Islam in the Sunnah of the Prophet which is the place where activities and prayers take place (Diyana, 2024). Al-Qur'an listening therapy is one way to reduce stress (Putri, 2021). In the recitation of the Qur'an, there is an element of the human voice. Sound can improve the body's chemical system, reduce stress hormones, activate natural endorphins, increase feelings of relaxation, and divert attention from fear, anxiety, and tension (Dianti & Indrawijaya, 2021). The combination of murottal and dhikr therapy can be considered a comprehensive approach to dealing with stress. After listening to murottal, a person may feel more connected to the verses of the Qur'an. Dhikr therapy, as a form of repetition and reflection on the greatness of Allah, can be the next step in strengthening spiritual bonds and relieving stress (Aulia, 2021). This study aims to determine the stress level of cervical cancer patients in the first chemotherapy program with murottal and dhikr therapy at Dr. Moewardi Hospital.

METHOD

Experiment with one group pre-test-post-test design (Notoatmojo, 2020). Cervical cancer patients undergoing their first chemotherapy at Dr. Moewardi Hospital as many as 52 patients were included in the research sample. The Inclusion Criteria in this study were Willing to be research respondents, Respondents who had been diagnosed with cervical cancer and were undergoing their first chemotherapy treatment and experiencing stress at Dr. Moewardi Hospital, respondents were Muslim, respondents were able to communicate well, respondents did not have hearing problems, respondents could read and write, there was a family living with the respondents, pre-test data before the first chemotherapy. The Exclusion Criteria in this study were Respondents who did not participate in the study until the end, Respondents who had other cancers, other than cervical cancer, Respondents had allergies/sensitivity to sound such as epilepsy. The Independent Variable in this study was stress level.

Place This research was conducted in Tulip Rooms 4 and 5 of Dr. Moewardi Hospital. This study was conducted on March 25, 2024 - May 13, 2024. The dependent variable in this study is the effect of murottal and dhikr therapy. The sampling technique used the Non-probability sampling technique. The research tool used the Perceived Stress Scale (PSS-10) questionnaire (Cohen, et al. 1983). The Perceived Stress Scale (PSS) instrument that has been tested for validity with $r = 0.429 - 1$ which is proven valid (Yesiana, 2020). In the PSS questionnaire, the researcher will carry out a reliability test again using the Alpha Cronbach formula and then enter it into the SPSS program from each question item. Data analysis used a parametric test in the form of a Paired T-Test with a confidence level of 95%. Murottal therapy contains audio of the Al-Qur'an surah Al-Ikhlâs, Al-Falaq, An-Nas and the Throne verse read by Qori Maghfirah M. Hussain. Murottal therapy is listened to 6 times each round for 17 minutes 40 seconds. After listening to the Murottal Al-Quran, he blows into his hands, then rubs it all over his body three times, and reads "Alhamdulillah". After that, do dhikr consisting of the words Subhanallah, Alhamdulillah, Allahu Akbar 33 times and bring a prayer bead.

Overall, the time needed for murottal and dhikr therapy is around 20 minutes. The implementation intervention is carried out at home independently. Researchers remind via SMS/Telephone/WhatsApp. Home visits are used for control. All respondents, after the first meeting I will meet again in the 3rd week during the control at the Oncology Polyclinic, before undergoing further chemotherapy. The 2nd chemotherapy control first for a lab check, when the lab results pass, the 2nd chemotherapy will be carried out in the 4th week. For the Post test in the 4th week. After the Isha prayer, the body must listen to murottal and dhikr therapy

RESULTS

Table 1.
Respondent characteristics (n= 52)

Variabel	Min	Mean	Max	Std. Deviasi
Age	29	54,71	74	10,302
Characteristic	f		%	
Elementary School	8		15,5	
Junior High School	23		44,2	
Senior High School	15		28,8	
College	6		11,5	
Occupation				
Housewife	29		55,8	
Private Employees	1		1,9	
PNS	5		9,6	
Self-employed	17		32,7	

Table 2.
Stress levels before and after giving murottal and dhikr (n = 52)

Variabel Stress	Mean	Min	Max	Std. Deviasi
Pretest	17,17	9	32	5,652
Posttest	13,77	9	21	3,172

Table 3.
Stress levels of cervical cancer patients during the first chemotherapy program after undergoing murottal and dhikr therapy (n=52)

Variabel	Max	Min	Signifik an (p-value)
Stress levels before giving murottal and dhikr	9	32	0,000
Stress levels after giving murottal and dhikr	9	21	

DISCUSSION

Respondent Characteristics

The results of the study showed a frequency distribution based on age with an average of 54.71. This study is supported by research conducted by Sab'ngatun (2019), The results of the study showed that 25 respondents (80.6%) were under 40 years old, the results agree with the research conducted by Yuliani (2020), based on age characteristics, the most patients were aged 46 to 60 years, namely 27 people (90%). The same results were also obtained in a study conducted by Mastan (2024) with 66% of the population aged 41 to 60 years. According to Raihan (2023), the main risk factor for cancer sufferers is age. Cancer growth in the 30-60

year age group is relatively faster, and in the 40-60 year age group the growth is relatively higher. The prevalence of depression using the Health-Related Self-Report (HRSR) questionnaire in 149 women with gynecological cancer showed that the average age of patients suffering from depression was 50.4 ± 9.6 years.

According to Mastan (2024), anxiety disorders or depression that arise after a cancer diagnosis can have a negative impact on memory and mental health. Depression can increase the patient's perception of pain, reduce the effectiveness of treatment, prolong the duration of treatment, and increase suicidal ideation. Almost a third of people with cancer and severe depression have attempted suicide. According to Hermawan et al. (2022), based on the literature study that has been conducted, it can be seen that age has an impact on stress levels in health workers. Generally, the level of stress caused by age factors occurs in adulthood compared to the elderly. According to the researcher's analysis, this is due to the fact that cervical cancer is usually known to be in an advanced stage, and the risk of developing cervical cancer is 2-3 times higher in people aged 35 to 55 years. Abnormal cell changes occur in the cervix in people who are elderly or menopausal.

The results of the study showed that 23 respondents (44.2%) had a frequency distribution based on junior high school education (equivalent) of 23 respondents (44.2%). Research conducted by Raihan (2022) stated that the majority of respondents who suffered from mild depression and moderate depression were cervical cancer patients with less education, 4 people (44.4%) and 3 people (33.3%) respectively. A person's level of education affects their response to something that comes from outside and is an important reference for positive behavioral change. A person's low level of education will have consequences without knowledge of problem solving. These results are in accordance with research by Haris (2023), the results of the study showed that most patients had secondary education, namely 27 people (90%). The same results were obtained in the study by Januarsih (2021), the characteristics of respondents based on education were mostly low education, namely 15 respondents (53.6%). Education can influence a person's behavior and mindset, especially their motivational attitudes, and play a role in health development. The more educated a person is, the easier it will be for them to obtain information, so that there are always many opportunities to gain knowledge. On the other hand, poor education will hinder the development of a person's attitude towards newly introduced values. A motivating mindset and in-depth knowledge are a unity that causes a reduction in stress triggers from the disease so that they will experience stress that leads to depression (Lestiyoningsih, 2024). According to Prastio (2023), the higher a person's knowledge, the higher the awareness of early detection of cervical cancer.

According to Wardani (2021), a high level of education tends to bring about changes in an individual's mindset and outlook on life. Changes in mindset and outlook on life will help individuals see problems from a different perspective. According to Januarsih (2021), there is a significant relationship between stress and education level. According to the researcher's analysis, depression is influenced by many interrelated factors. Depression may reflect codependency between age, biological stress triggers, knowledge, social, environmental, and psychological stress triggers. The results showed that most respondents had jobs as housewives (IRT), as many as 29 respondents (55.8%). The magnitude of the relationship between work and stress is -0.122 , which indicates that the relationship is very strong, with the opposite direction of the relationship meaning it is getting stronger. The results of research conducted by Astutik (2023), it is known that the correlation coefficient between the two variables is positive 0.001 . That respondents with heavy work also experience severe stress.

Mangkunegara (in Wirya, et al., 2020) defines work stress as a feeling of pressure felt by employees as a result of the tasks assigned to them. The level of stress experienced by an employee can be influenced by a number of variables in their work environment. Tewal et al., (in Odini and Prasetyo, 2023) divides work stress into two categories. The first category includes work stress experienced by individuals, such as role conflict, excessive workload, and role ambiguity. The second category includes work stress experienced by groups and organizations. This type of stress includes staff members who are not united, no mutually beneficial opportunities, organizational culture, and lack of career opportunities. Four aspects of a person's life will be affected by work stress: physiological aspects (such as headaches, dizziness), psychological components (such as anxiety, restlessness), behavioral aspects (such as avoiding work, absenteeism) and organizational aspects (such as lack of participation, lack of attention to work) (Robbins in Wulansari, 2020). According to the researcher's analysis, the triggers for stress experienced by each person may be different, depending on mental resilience and how they respond to challenges. For example, when two people are given the same workload, the first person may experience stress while the other person can complete it well.

Stress Levels Before And After Giving Murottal And Dhikr

The results of the study showed that the pretest stress level of giving murottal and dhikr with a mean of 17.17, a minimum mean of 9 and a maximum of 32 and a median of 16.60 and a standard deviation of 5.652. The same results in the study. These results are supported by Setiawardani (2020), obtained from 25 respondents who experienced stress before listening to murottal Al-Quran as many as 19 people. According to Depitasari's research (2023), the average stress score before murottal Al-Quran therapy was 18.72. According to Sutrisno (2022), the perception of threat is a factor that determines a person's stress level. The greater the impact of the threat on a person's life, the higher the stress felt. Furthermore, the nervous system interprets the stress reaction, which produces perception. A person's perception can vary depending on their experiences and other supporting factors, which in turn produces a stress response as the body's compensation for stressors. According to Depitasari (2023), stress in cancer patients can come from the condition of the disease, fatigue, and the effects of chemotherapy that they experience. Stress in breast cancer patients can come from many factors, such as the length or process of treatment, the effects of chemotherapy, and the patient's environment. According to the researcher's analysis, the side effects of chemotherapy are stress experienced by cervical cancer patients during chemotherapy, according to the researcher's analysis in this study.

Bivariat Analysis

Stress Levels Of Cervical Cancer Patients During The First Chemotherapy Program After Undergoing Murottal And Dhikr Therapy

The post-test stress level of murottal therapy containing audio of the Al-Quran surah (Al-Ikhlas, Al-Falaq, An-Nas and the Throne verse) using an MP3 Player & Earphone (with a frequency of 65-80 Db) obtained a mean of 13.77, a minimum of 9 and a maximum of 21, a median of 13.00 and a standard deviation of 3.172. These results support the research of Depitasari et al. (2023), which found that cancer patients undergoing chemotherapy had an initial stress score of 21.50 and a final score of 21.00. The results of this study are supported by research conducted by Wahyuningsih (2021), which stated that after dhikr therapy, the stress level in the majority of patients was in the low category, namely 34 respondents out of a total of 59 respondents. According to Aulia (2021), the combination of murottal and dhikr therapy can be considered a holistic approach to stress management. After listening to murottal, a person may feel more connected to the verses of the Qur'an. Dhikr therapy, as a

form of repetition and reflection on the greatness of Allah, can be the next step to strengthen spiritual relationships and reduce stress.

Amelia (2020) said that anxiety, anxiety, shame, depression, and stress are psychological symptoms. Listening to Surah Ar-Rahman and other verses of the Qur'an can calm and reduce nervous tension. Because Surah Ar-Rahman has a singing nature, the body's murottal mechanism activates positive waves as a relaxation therapy. This will increase the relaxation produced by Murottal Al-Qur'an. Cells will enter into resonance when receiving sound stimulation that is comparable to the natural frequency of the cells. The benefits of dhikr according to Asri, et al. (2019) are as a support and a place to complain, meaning to strengthen the broken spirit to find the real place of complaint, namely Allah SWT and as a means of asking Allah to improve the quality of oneself, so that they can carry out the tasks they carry out well. Allah will always provide a way out and help to His servants.

CONCLUSION

There is an influence of murottal and dhikr therapy on stress levels of cervical cancer patients in the first chemotherapy program at Dr. Moewardi Regional Hospital.

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