

The Effect of Murottal Al-Qur'an Therapy on Academic Stress Among University Students

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ABSTRACT

This study aims to see the influence between murottal Al-Qur'an with academic stress on students of the Faculty of psychology UIN Raden Fatah Palembang. Stress can affect anyone, including students. The importance of efforts to overcome academic stress for students is very influential on the ability of students to build and maintain physical and psychological conditions during learning. Subjects in this study are students of semester 5. This type of research is an experiment with the research design used is one group post-test pre-test. The results of the hypothesis show the significance value of 0.805 which sign value is greater than 0.05 then it can be concluded that there is no relationship between Murrotal Al-Qur'an to academic Stress in students.

Introduction

Every individual will always have challenges in life, in the form of problems that arise from various aspects of life. In the course of life, humans are faced with problems that can cause stress. Stress is a common problem that usually occurs in humans. In modern times, humans live in an environment full of competition in terms of material. Similarly, students who compete in academic and non-academic fields. According to Wilkinson, 1898 (in Haryono, 2019) states that academic becomes something that makes oneself feel depressed, angry, and frustrated or sad, then it becomes a cause of stress. Stress can affect anyone, including students.

In early adulthood, students try to explore themselves to find their true identity, seek to expand friendship relationships and bear social responsibility. In fulfilling these developmental tasks, students sometimes experience problems that can trigger stress. In addition, there are academic demands, coursework, campus activities, problem interpersonal, and other things that must be lived as a student. It is the responsibility of these students that is vulnerable to the impact of stress (Nadia, in Legiran et al, 2015). High levels

of stress, especially in students, affect anxiety and depression, suicidal ideation, poor lifestyle, sleep disorders, headaches, and feelings of helplessness (Nadia, in Musabiq & Karimah, 2018). Stress is defined as a negative emotional experience followed by physiological, cognitive, and behavioral changes that can be predicted to then become a direction in avoiding stressful conditions or left as is Taylor, 2015 (in Nugroho & Kusrohmaniah, 2019). Modern life can make a person far from God and suffer from mental illness (Najati, 1985). A person's ability to deal with stress that appears to be a problem that must be developed so that individuals are able to deal with stress that occurs. Slow handling of stress towards a person will lead to negative behavior. Such as lazy to learn, burn out, learning motivation down, to suicide.

According to Sarafino as quoted by Smet (1994: 110) defines stress as a condition caused by transactions between individuals and the environment that creates a distance between the demands derived from various situations with the resources of one's biological, psychological and social systems. In addition, the definition of stress is a condition of tension that creates a physical balance, which affects emotions, thought processes and the condition of a person. Too much stress can threaten a person's ability to deal with the environment people who experience stress can become nervous and feel chronic worry. They often become irritable and aggressive, unable to relax, or exhibit a non-corporative attitude. Stress is a dynamic condition in which an individual is confronted in an opportunity, obstacle, or demand that is associated with what he really wants and the result is perceived as uncertain and important. Stress is a physical, chemical and emotional factor that can cause stress on the body or mentally and can be a factor in the growth of diseases. The term stress is a neutral term, meaning that stress is not always negative. In a positive sense, stress can lead to motivation to do something useful. However, if this stress is not managed properly and incorrectly, it will cause dangerous bad consequences. The consequences are not only on the body, but also on the mental, especially bad for the psyche or endanger the individual because it is caused by work that can threaten one's safety. The aspects of stress according to Saragih and Smith, 2012: 33 (in Saputri and Sugiharto, 2013) are:

1. Biological Aspects

The biological aspects of stress are physical symptoms. Physical symptoms of stress experienced by individuals include headaches, sleep disorders, digestive disorders, eating disorders, skin disorders, and excessive sweat production. In addition, other physical symptoms are also characterized by tense muscles, irregular breathing and heart, nervousness, anxiety, anxiety, changes in appetite, ulcers, and so forth.

2. Psychological Aspects

The psychological aspect of stress is in the form of psychic symptoms. Psychic symptoms of stress include:

- a. Symptoms of cognition (thoughts) stressful conditions can interfere with an individual's thought process. Individuals who experience stress tend to have impaired memory, attention, and concentration. In addition, symptoms of

cognition are also characterized by low self- esteem, fear of failure, easy to act embarrassing, anxiety about the future and emotional lability.

- b. Symptoms of emotions, stressful conditions can disrupt the emotional stability of the individual. Individuals who experience stress will show symptoms of irritability, excessive anxiety about everything, feeling sad, and depression.
- c. Behavioral symptoms, stressful conditions can affect daily behavior that tends to be negative, causing problems in interpersonal relationships. Behavioral symptoms that appear are difficult to cooperate, loss of interest, unable to relax, easily surprised or shocked, the need for sex, drugs, alcohol and smoking tend to increase.

As for to see whether the effect on reducing academic stress in this study we provide murottal therapy of the Qur'an by using surah Ar-Rahman. Audio recordings of murrotal Al Qur'an give a positive effect to every listener. The chanting of the Quran physically contains the element of the human voice, and the human voice is a wonderful healing tool and one of the easiest to obtain. Sound can reduce stress hormones, activate natural endorphins, increase feelings of relaxation and distract people from fear, anxiety and tension, improve the body's chemical systems thereby lowering blood pressure and slowing breathing, heart rate, pulse and brain wave activity (Ramdani et al., 2017). Another name for surah Ar-Rahman given by the Prophet is Al-'Arus Al-Qur'an which means Bride of the Qur'an. The distinctive feature of surah Ar-Rahman is that there is a verse that is repeated up to 31 times which has the purpose of reminding people of the extraordinary blessings. When someone increases gratitude, there is peace in the heart that will increase (Annisa, 2019).

Method

The method used in this study is quantitative type of quasi-experiment. The experimental research design used is one group pretest-posttest design. One group pretest- posttest design is an experimental design by inserting participants into one experimental group. The test was conducted before (pretest) and after (posttest) treatment, the research design as follows:

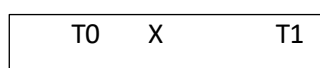


Figure 1 Research Design

Description:

T0 = measurement before treatment

X = receiving treatment

T1 = measurement after treatment

In addition, the questionnaire technique is used in measuring academic stress in students with academic stress scale that has been developed. The location of this research was carried out at UIN Raden Fatah Palembang Faculty of psychology on active students in semester 5 of 2021 who have low to moderate stress levels based on measurements using the 5th

semester student stress scale measuring instrument modified from the academic stress scale. In addition, the therapy that we use in this study is murottal Al-quran therapy by using the experience of listening to music in the form of audio murottal Al quran surah ar Rahman for 15 minutes. Murottal Al-Qur'an is one of the music that has a positive influence on the listener. Murottal al-Qur'an therapy is quite popular in Indonesia, because the majority of the Indonesian population are Muslims who believe in the holy book Al-Qur'an (Siswoyo, 2014). Murottal Al-Qur'an is a voice recording of the Qur'an sung by a Qori', Purna, 2016 (in Amelia et al, 2022). Murottal therapy of the Qur'an can accelerate healing, has been proven by some experts such as Ahmad Al Khadi director of the Islamic Medicine Institute for Education and Research in Florida, United States, with the results showing 97% that the effect of bringing calm and reduce tension reflective nerves, Remolda, 2009 (in Rahma, 2015).

The stages of giving Murottal Al-Qur'an, among others:

1. Preparation, researchers prepared a questionnaire using google form.
2. Implementation;
 - a. The subjects carried out the pretest by filling out questionnaires, control groups and experiments
 - b. Researchers select subjects that fall into the category of research, then ask subject to become a subject by agreeing to informed consent.
 - c. Subjects who are willing to be given an introduction to stress and murottal Al-Qur'an for 1 day.
 - d. Researchers conducted a test through online, by providing direction so that the subject can do well, then the subject to adjust to be comfortable in listening to murottal Al-Qur'an. Furthermore, the researchers sent a youtube link murottal playback of the Qur'an surah Ar- Rahman for 12 minutes.
 - e. Researchers gave posttest in the control group and experimental group with different questionnaires, to see the results of differences before and after therapy.
3. Cover, process and analyze all the data obtained.

Results and Discussion

This study aims to see the influence between murottal Al-Qur'an with academic stress on students of the Faculty of psychology UIN Raden Fatah Palembang. Stress can affect anyone, including students. The importance of efforts to overcome academic stress for students is very influential on the ability of students to build and maintain physical and psychological conditions during learning. Psychologically, according to Brannon et al (in Putri et al, 2021) states that there are three methods in stress management, namely by practicing relaxation, cognitive therapy, and emotional disclosure, both positive emotions nor negative. In this case, murottal Al-Qur'an is one of the relaxation techniques that can provide peace because it has the influence of religiosity in reducing anxiety, depression, and

can improve sleep quality (Suryani and Salmiyati, 2016). The selection of surah Ar-Rahman in this study is due to its content about the Merciful Allah SWT to his servants.

Based on the results of the analysis conducted by this peenlitan shows that there is no influence between Murottal Al-Qur'an and not significant to reduce academic stress in the 5th semester students of the Faculty of psychology UIN Raden Fatah Palembang. In giving the test, the subjects are not too often and are accustomed to listening to murottal therapy so that they do not feel any change after being given murottal therapy to reduce their stress.

Tables, Figures and Formulas

Table 1 Normality Test

<i>Tests of Normality</i>						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statisti c	df	Sig.	Statisti c	df	Sig.
Pretest	.212	15	.068	.844	15	.014
Posttest	.289	15	.001	.885	15	.056

a. Lilliefors Significance Correction

Normality test is used to see if the data is distributed normally or not, the normality test used in this study is the Shapiro-Wilk test because the number of respondents in this study amounted to 15 respondents so as not to reach 100 respondents. From the table above, the results obtained 0.014 below 0.05, meaning that the pretest data is not normally distributed. And 0.056 above 0.05, meaning that posttest data normally distributed.

Hypothesis Test

The hypothesis test used in this study is the T-test. It is used to see the truth and hypotheses that state the influence of the variable under study.

Table 1.2 Hypothesis Test

<i>Paired Samples Statistics</i>					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest	23.53	15	2.615	.675
	Posttest	23.73	15	1.907	.492

In the above can be seen the mean value of the pretest 23.53 and the mean value of the posttest 23.73 based on the results of the data obtained can be seen that there is an increase in the mean of the posttest results than the pretest.

Table 1.3 Hypothesis Test

Paired Samples Correlations					
		N	Correlation	Significance	
				One-Sided p	Two-Sided p
Pair 1	Pretest & Posttest	15	-.070	.403	.805

It can be seen from the results of the table above, it is known that the significance value of 0.805, where the sign value is greater than 0.05, it can be concluded that there is no relationship between murrotal Al-Qur'an to academic Stress in students of the Faculty of psychology class 2021 Raden Fatah Palembang.

Conclusion

Stress is a common thing that happens to individuals. Stress can affect anyone, including students. In this study, the subjects were students of the 5th semester of the Faculty of psychology. This type of research is experimental because we give the test to the subject. In addition, we provide Murottal Al-Qur'an therapy to see the effect on student academic stress, and the results of the hypothesis that the significance value of 0.805 where the sign value is greater than 0.05, it can be concluded that there is no relationship between Murottal Al-Qur'an to academic Stress in students. We hope that future researchers can further develop research on the effect of murottal therapy on individual stress.

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