

EFFECTIVENESS OF LISTENING TO MUROTTAL IN REDUCING LEARNING ANXIETY OF STUDENT

Ahmad Johari ¹, Dinda Raihana ², Indri Srimulya ³, Reka Andika ⁴, Khoirunnisa ⁵, Julia Ayu Anggraini ⁶, Sulaiman Indrawan ⁷, Febhilah Tri Syarina ⁸, Jasmine Annisa Alnilam Cahyani ⁹, Anggi Mela Utami ¹⁰, Salma Salsabila ¹¹

Institut Agama Islam Nadhlatul Ulama Sumatera Selatan¹, Universitas Islam Negeri Raden Fatah Palembang²⁻⁷, Universitas Sriwijaya ⁸⁻⁹, Universitas Muhammadiyah Palembang¹⁰, Universitas Gunadarma¹¹
Corresponding email: dindaaaraihana17@gmail.com

ARTICLE INFO

Article History

Submission: June 15, 2023

Review: June 16 – June 27, 2023

Revised: June 30, 2023

Accepted: June 30, 2023

Published: June 30, 2023

Keywords

Listening To Murottal
Learning Anxiety
Student

ABSTRACT

The students in 5th-semester often experience this learning anxiety because of the amount of work that builds up with a short deadline and is unable to manage time properly. One attempt to lower a student's anxiety level was by listening to murottal. Hence, the study aims to test the effectiveness of listening to murottal in reducing learning anxiety levels and to know how murottal listening affects the level of anxiety on 5th-semester students at the UIN Raden Fatah Palembang. This kind of research is pre-experiment design the one group precursor posttest design. Samples of as many as 30 students from the faculty of prodi islamic psychology who were in the fifth semester, with sample takings using propotional random sampling. Research instruments in this study use the learning anxiety scale from nilawati, u (2020). Data analysis uses Paired Sample T-Test with the help of version 22.0 of the IBM SPSS application. Studies show that the t test results shown in this study are "0,000 <.05," hence the significant decline between the pre-test and its post-test. The results prove that the action given or experimentation on the Koran's multirottal Koran has a significant or effective impact on reducing the level of learning anxiety on 5th - semester psychology student in raden fatah Palembang.

Introduction

According to hawari (indriyati etc., 2021) anxiety is a natural disorder of feelings characterized by stress and uncertainty, deep and sustained anxiety anda lot of regret. According to who, as many as 450 million people in the world suffer from anxiety disorders. The young adult population is estimated to be 150 million people, and 57 percent of the total population is thought to be experiencing anxiety asa result of the load of duty carrying out education. All humans must have anxiety when facing everything that makes them anxious, then creating discomfort and would affect the body such asa heart beating faster.

A similar study was made by pratiwi (2009) who discovered a significant negative connection between academic anxiety over self-awareness learned over 114 student moans of a highly international school (rsbi) state high school 3 surakarta. Steerjana (idham, azmul fuady and kk 2016) what can be done to reduce one's anxiety problems with a spiritual approach, pharmacological, behavior, cognitive, meditation, and music approach.

Based on some previous studies researchers wanted to use a new way to lower the student's learning level by playing the Koran's murottal. Because it is known that the Koran can cure a variety of physical as well as spiritual illnesses such as anxiety, anxiety, and psychosis. Thus based on its exposure, researchers are interested in examining the extent of the quran's murottal effectiveness on learning anxiety in 5th-semester students. The study is aimed at knowing the impact of listening to murottal in reducing the level of learning anxiety on fifth semester students at the islamic university of raden's fatah palembang.

Anxiety or *ansietas* is a dim sense of inaction because of discomfort or fear in the service of a response. According to sutejo (indriyati etc, 2021) anxiety can also be translated as a fear of something caused by anticipation of danger and a signal that helps individuals to prepare for action in the face of danger. Nevid, rathus and Greene (idham, azmul fuady and kk 2016) suggests that anxiety is an emotional state that affects substance abuse, tension, disfun and thinking something bad is going to happen. The cause of anxiety can come from oneself (internal factors) and external factors. Nazriati and paradise (indriyati etc., 2021) academic anxiety is an involuntary feeling and anxiety over all possible forms, so interferes with the academic process that includes the work of the job and all other activities associated with the academic. Among other things, these are the triggers for learning anxiety that students experience, such as academic demands, the difficulty of earning time, the deadline of a assigned lecture and the tuition fees.

Murottal is the sound of a Al-Qur'an scripture reading that read by someone commonly called *qori'*. According to zahrofi (aprilini, m etc., 2019) explains that the quran's murottal therapy is a Al-Qur'an therapy that is a religious therapy in which a person is read Al-Qur'an verses for several minutes or hours and thus has a positive effect on a person's body. Some of the results of previous studies have shown that listening to murottal qur 'an, a listening in tempo (slow), can increase the sense of relaxation in a person. According to abdurrochman (indriyati et al, 2021) murottal therapy acts on the brain where when there is murottal therapy stimulation the brain produces a chemical called neuropeptide. These molecules will enter receptors and give feedback of pleasure and convenience. People who read and listen to the qur'an scriptures can feel enormous physiological changes, such as a drop in depression, a sense of well-being and tranquillity.

Method

Experiment design using the design of the one group *Pretest-Posttest Design*. The study was used to learn the impact of listening to the quran's murrottal after ashar's and magrib prayer for 3 days on a level of study anxiety on a 5th-semester psychology student in uin raden fatah palembang. The study is conducted in just one group without any comparison.

This design form is as follows:

Table 1.
The One Grup Pretest-Posttest Design

Pre-test	Treatment	Post-test
O1	X	O2

Description:

O1: a student's anxiety level before listening to the Al-Qur'an murottal (pre-test).

X: an act or experiment listening to the Al-Qur'an murottal after the ashur prayer and maghrib prayer for 3 days.

O2: levels of student anxiety after listening to the Al-Qur'an murottal (post-test).

In the design of the chart above researchers doing a pretest in which to give the subject a printout of the learning scale of anxiety, it is done to know the degree of learning anxiety in the student before given an action or experiment to the qur'an murottal. Only then will the researchers act or experiment. Then did a post-test in which a questioner of the learning scale of anxiety was made to the subject, which was done to determine the degree of the subject's anxiety after given an action or experiment to the qur'an murottal. The study is conducted online for three days. Where researchers create grub chat via whatsapp which fuels the subject. The researchers then explained the procedure of this research experiment. Researchers will remind the subject to listen to murottal in the way it will send or deliver videos of the qur'an murottal shtool at the time after ashur prayer and after maghrib prayer.

The subject of this research is a total of 30 students studying psychology in UIN Raden Fatah Palembang during the fifth semester. The population in this study is the student in university psychologist uin raden fatah palembang. Research sample of 30 students psychology in uin raden fatah palembang on fifth semester, the sample criteria in this study are the participants in the active psychology of fifth semester, UIN Raden Fatah Palembang. The technique used in sampling retrieval is by using propotional random sampling which is the taking of samples from random populations.

There are two variables to this study:

- 1) free variables (x), on this study is murottal.
- 2) variable bound (y), on this study is the degree of learning anxiety.

Research instruments in this study use the learning anxiety scale from nilawati, u (2020). Where there are 31 aitem on this scale and 5 possible answers are always, often, sometimes, rarely, and never. The aitem used for measuring is ambiguous with the straight scores, 5, 4, 3, 2, 1 and corresponding with scores 1, 2, 3, 4, 5. Data analysis USES t-test specimen specimen with the help of version 22-0 of the IBM SPSS application.

Results and Discussion

On this study came the results of research data in measuring the mean levels of 106.27, deviation standard of 10.09, with minimum scores of 87 and maximum 128. These measurements are done by three categories of high, moderate, and low. The category of measuring learning anxiety in a 5th-semester psych student in uin raden, fatah palembang, is defined by the total value of the subject in the measurement using the learning anxiety level. As for the results of the decline of scores obtained before being given actions or experiments and after being given actions or experiments that is:

Table 2.
The Categorization Pre-Test Data

Skor	Level	Frekuensi
$X < 72,4$	Low	0
$72,4 \leq X \leq 113,4$	Medium	22
$X \geq 113,4$	High	8
Total		30

Table 3.
The Categorization Post-Test Data

Skor	Level	Frekuensi
$X < 72,4$	Low	1
$72,4 \leq X \leq 113,4$	Medium	29
$X \geq 113,4$	High	0
Total		30

From table 2 and 3 related to the categorization of data, it has been seen that early pre-test respondents there were as many as 8 persons of respondents had a high learning anxiety level intensity. But it can be seen that there is a decline in learning anxiety after action or experimentation on the subject is proven by pre-testing that there are no respondents at low levels, 22 at medium levels and 8 respondents at high levels. But after being given an action or experiment on post-test there are 1 respondents at low level, there are 29 at medium level and no subjects at high level.

Table 4.
Descriptive Analysis

	N	Minimum	Maximum	Mean	Std. Deviation
Pre-Test Eksperimen	30	87	128	106,27	10,092
Post-Test Eksperimen	30	64	101	82,53	8,020
Valid N (listwise)	30				

Then in a descriptive analysis by the student's deductions chart the student scores show that there was a decline in the pre-test and post-test scores. The value of a 106.27 pretest to a moderate category can be seen from a demerit value or a 102.27 pretest to an 82.53 while pre-test and post-test scores remain in the same category.

Table 5.
Hypothetical test

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pre-Test Eksperimen-Posttest Eksperimen	23,733	13,232	2,416	18,792	28,674	9,824	29	,000

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Pretes Kecemasan Belajar & Posttest Kecemasan Belajar	30	-,055	,773

The hypothetical testing of the study using t-test samples calculated with the aid of SPSS 22.0 for Windows and showed the results of the t-test hypothesis that there was a significant change between the pre-test and its post-test. In harmony with the code used to prove that research hypotheses are accepted if at a rate $p < 0.05$. This can be seen from table 5 that the t test results shown are $p = 0,000 < 0.05$, hence that there is a significant decline between the pre-test (before the murottal hearing) and its post-test (after murottal listening). The results prove that the actions or experiments given on the qur 'an multirottal qur'an have a significant or effective impact on reducing the level of learning anxiety on fifth semester psychology students in uin raden fatah Palembang and that this hypothesis is confirmed to be accepted.

Anxiety is a normal reaction to environmental changes that bring a nature of uncomfortable and stirring feelings as if there were a danger to life that needed to be avoided. Therefore anxiety leads to one preparation for all possible resistance or flight (indriyati etc., 2021). Studies suggest that most students experience moderate levels of anxiety. This current category may occur because the student in the process of completing his studies has the

obligation of completing his duties. One effort to help lower the level of learning anxiety in a student is by listening to the qur 'an. According to misra and McKean (indriyati DKK, 2021) the anxiety that occurs in the education ward is said to be due to a discrepancy between the conditions or circumstances between the actual demands of the student body and therefore more imposed by the pressures and demands and challenges that accumulate on the individual. Alkaheel (2013) explains that the human body responds to certain frequencies of sound that give a change to the rate of the heart rate. Alkaheel (2013) explained that listening to the qur 'an is able to increase immunity in cells. The correct, balanced acoustic vibrations from the qur 'an make the cell work perfectly. And so it could be said by listening to the qur 'an can be effective in reducing the level of learning anxiety in a fifth-semester psych student in UIN Raden Fatah Palembang.

Conclusion

The results of this study have found several things to do with learning anxiety in a college student of Palembang psychology. There are 8 students with high levels of anxiety and 22 at a moderate level of anxiety. While studying the effect of whether or not murottal listening, initially a high level student has 8 people, but after treatment treatment of murottal listening, there has been a decline in anxiety levels of hearing murottal, seen from people who initially have a high degree of anxiety to moderate or moderate. According to a descriptive analysis by the deductions in the student's score-drop tables, it shows that there has been a drop in the score on pretest and that a 106.27 pretest value by a moderate category, and that a drop in value on post-test would be 82.53 even though pre-test and post-test scores remain in the same category. The hypothetical test used in the study by employing the measuring t-22.0 for Windows technique using the t-test hypothesis that indicates that there has been significant changes in pretest with its posttest.

The research has several weaknesses, one of which was short time and less effective, so that the work was far from perfect. Because of the weakness in the study, the researchers suggested that university students could apply listening to the murottal to lower learning anxiety and thus become more focused and less anxious. Then, to society or other researchers may use the results of this study as a material or a guide in disseminating information to students who are not aware of the effectiveness of murottal reduces the level of learning anxiety.

References

- Al-Kaheel. A.D. (2013). Pengobatan qur'ani manjurnya berobat dengan alquran. Jakarta: Amzah.
- Psikologi, F., Islam, U., & Syarif, N. (2011). *Pengaruh Self-Efficacy dan Kecemasan Akademis terhadap Self-Regulated Learning Mahasiswa Fakultas Psikologi Universitas Islam Negeri Jakarta.*

- Pratiwi, A. P. (2009). Hubungan Antara Kecemasan Akademis Dengan Self-Regulated Learning Pada Siswa Rintisan Sekolah Bertaraf Internasional Di Sma Negeri 3 Surakarta. Skripsi.(tidak diterbitkan). Semarang: Universitas Diponegoro.
- Psikologi, F., & Negeri, U. (2019). *EFEKTIVITAS MENDENGARKAN MUROTTAL AL-QURAN DALAM MENURUNKAN TINGKAT INSOMNIA PADA MAHASISWA Masita Aprilini , Ahmad Yasser Mansyur , Ahmad Ridfah*. 5(2), 146–154.
- Tingkat, T., Pada, K., Herawati, V. D., & Putra, F. A. (2021). *PENGARUH TERAPI KOMPLEMENTER DENGAN MENDENGARKAN MUROTTAL AL-QURAN MAHASIWA TINGKAT AKHIR YANG MENYUSUN SKRIPSI PADA SITUASI PANDEMIC COVID -19*. 997–1011.
- Ulfa Nilawati, 150213071 (2020) Efektivitas Layanan Informasi untuk Mengurangi Kecemasan dalam Belajar pada sisiwa di SMAN 1 Kluet Selatan. Skripsi thesis, UIN Ar-Raniry Banda Aceh.