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**EFEKTIVITAS TERAPI MUROTTAL AL-QUR'AN
TERHADAP PENURUNAN NYERI PERSALINAN KALA I FASE AKTIF**

ABSTRAK

Persalinan merupakan suatu proses pengeluaran hasil konsepsi yang dapat hidup dari dalam uterus melalui vagina ke dunia luar. Salah satu penyebab nyeri pada proses persalinan kala I fase aktif disebabkan oleh munculnya kontraksi otot-otot uterus, hipoksia, dari otot yang mengalami kontraksi, peregangan servik pada waktu membuka, iskemia pada korpus uteri, dan peregangan segmen bawah rahim. Lantunan Al-Qur'an secara fisik mengandung unsur suara manusia. Suara dapat menurunkan hormon-hormon stress, mengaktifkan hormon endorfin alami, meningkatkan perasaan rileks, dan mengalihkan perhatian dari rasa takut dan cemas sehingga dapat menimbulkan ketenangan dan pengendalian emosi. Penelitian ini bertujuan untuk mengetahui efektivitas terapi murottal Al-Qur'an terhadap pengurangan nyeri persalinan kala I fase aktif. Metode penelitian ini adalah studi literature dengan mengkaji 5 artikel penelitian. Hasil studi literature mengungkapkan bahwa nyeri persalinan kala I fase aktif dapat diturunkan dengan terapi murrotal Al-Qur'an. Kesimpulannya bahwa terapi murrotal Al-Qur'an terbukti efektif dalam penurunan skala nyeri persalinan kala I fase aktif.

Kata Kunci : Terapi murottal Al-Qur'an, nyeri persalinan, kala I

Kepustakaan : 2017-2021

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**THE EFFECTIVENESS OF MUROTTAL AL-QUR'AN THERAPY
FOR THE REDUCTION OF LABOR PAIN WHEN I IS ACTIVE PHASE**

ABSTRACT

Childbirth is a process of releasing a living conception from the uterus through the vagina to the outside world. One of the causes of pain during the 1st stage of labor is the contraction of the uterine muscles, hypoxia, from the contracting muscles, stretching the cervix when opening, ischemia in the uterine body, and stretching the lower uterine segment. The chanting of the Al-Qur'an physically contains elements of the human voice. Sound can reduce stress hormones, activate natural endorphins, increase feelings of relaxation, and divert attention from fear and anxiety, which can lead to calm and emotional control. This study aims to determine the effectiveness of murottal Al-Qur'an therapy in reducing labor pain during the active phase of labor. This research method is a literature study by examining 5 research articles. The results of a literature study reveal that labor pain during the active phase can be reduced by murottal Al-Qur'an therapy. The conclusion is that murottal Al-Qur'an therapy is proven to be effective in reducing the scale of labor pain during the active phase of labor.

Keywords : murottal Al-Qur'an therapy, labor pain, stage I
Bibliography : 2017-2021