



MUROTAL THERAPY CAN OVERCOME SLEEP DISORDERS (CASE STUDY OF PERITONITIS PATIENTS)

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ABSTRACT

Backgrounds: Peritonitis is inflammation of the peritoneum (serous membrane that lines the abdominal cavity and covers the abdominal viscera) is a dangerous disease that can occur in acute or chronic forms.

Objective: The purpose of this study was to provide nursing care for peritonitis patients by **administering** murottal therapy in the ICU room of Laburan Baji General Hospital, Makassar.

Method: The method used is a case study with data collection techniques through interviews, observation of physical examination and documentation.

Result: Implementation of giving murotta therapy; allow the patient to sleep peacefully

Conclusion: Based on the results of the evaluation of the cases carried out, it was concluded that giving murottal therapy to patients who have peritonitis with sleep **pattern** disturbance problems can be resolved properly.

INTRODUCTION

Peritonitis infection of the peritoneum (serous membrane that lines the abdominal cavity and covers the abdominal viscera) is a dangerous disease that can occur in acute or chronic forms. This condition occurs as a result of spread from infection of the abdominal organs and perforation of the gastrointestinal tract, or from a penetrating abdominal wound. It is then said that one of the most common causes of death after peritoneal surgery with a mortality of 10-40% (Sajamsuhidayat, 2010)

In Aiwi's research, 2016 also suggested that peritonitis is an inflammation of the mucous membrane in the abdominal cavity and peritoneal viscera which can be caused by perforation of appendicitis, salpingitis, perforation of gastroduodenal ulcers, rupture of the gastrointestinal tract, obstruction and strangulation of the gastrointestinal tract, postoperative complications, or penetrating abdominal wound.

In a Japanese study, 2016 stated that peritonitis is a very serious infection problem, despite the rapid development of antimicrobials and intense treatment, cases of peritonitis cause quite a lot of death, namely between 10-20%, in developing countries the peritonitis mortality rate is even higher. Research conducted by Rio de Janeiro in Brazil where a mortality rate of 61.8% was found in Dr. Semarang General Hospital.

Kariadi, Indonesia has a mortality rate of 54% (Munghni, 2016)

Data World Health Organization (WHO) in 2013 showed that the number of patients with surgery reached a very significant increase. In 2011 there were 140 million patients in all hospitals in the world and in 2012 the data increased by 148 million people. Research conducted at the Hamburg Altona Hospital in Germany, found that the most common cause of peritonitis was perforation of 73% and the remaining 23% were caused by postoperative surgery. There were 897 peritonitis patients out of 11000 existing patients. In England, the incidence of peritonitis during 2002-2003 was 0.0036%, namely 4562 people (Japanese *Andal*, 2016)

In Indonesia, it was stated in a study by Japanese et al in 2016 which stated that the prevalence of peritonitis in RSUP Dr.M.Djamil Padang was 68.4% in men and this figure was higher than the incidence of peritonitis in women which was 31.6%. . The most age group that experienced peritonitis was 10-19 years at 24.5%, followed by 20-29 years at 23.5%. It was also found that peritonitis due to perforation of the appendix is the most common type of peritonitis, with a prevalence of 64.3% of all cases of peritonitis (Japanese et al, 2016)

Described in Venny's 2014 study, surgery is an action to treat peritonitis. Where the surgery itself is a treatment action that uses invasive techniques by opening or

displaying the body part to be treated through an incision ending with closing and suturing the wound.

Post surgery or after surgery is the period after surgery which begins when the patient is transferred from the operating room to the recovery room and ends until the evaluation is forever. The postoperative stage begins with transferring the patient from the operating room to the postoperative unit and ends when the patient is discharged (Hidayat, 2013).

Sustyowati et al also stated in his research that surgery is a medical action that uses invasive techniques by opening or displaying the body parts to be handled through an incision which ends with closing and suturing the wound.

Potter & Perry (2005) argues that sDuring surgery, patients experience various stressors, but waiting time for surgery causes fear and anxiety in response to certain threatening situations, growth, change, new experiences or life. meaning, but never done before. Anxiety is a reaction that anyone can experience. However, excessive anxiety will cause a person to experience sleep disturbances, moreover what has become a disturbance will hinder one's function in life (Fitri Fauziah & Julianti Widuri, 2007)

Disruption of sleep patterns is a disturbance that occurs in the quality and quantity of a person's sleep due to external factors (POJKA Team sdki Dpp PPNI, 2016).

Several methods can be used to reduce anxiety and sleep disturbances experienced by patients who will undergo surgery and after surgery, including medical therapy and complementary therapy. One of the complementary therapies, namely music therapy, which is often used is murittal Al-Qur'an therapy. Al-Qur'an murottal therapy not only uses tempo and tone harmony to provide a relaxing effect but also involves spiritual aspects. (Saputra, 2016)

Al-Qur'an murittal therapy with a slow and harmonious tempo is a stimulus that can calm the soul, divert attention from fear and anxiety and experience disturbed sleep patterns. Listening to Murottal Al-Qur'an can make respondents feel closer to God and guide respondents to remember and submit all problems experienced to God (Saputra, 2016)

Murottal is a music therapy activity that has a lot of positive effects on our bodies when listening to it (Widayarti, 2011). Listening to the verses of the Qur'an which are recited tartil and correctly will make us get peace of mind. The chanting of the verses of the Al-Qur'an physically contains human elements which are the healing instruments and the easiest tools to reach. Sound can reduce stress hormones, activate natural endorphins, increase feelings of relaxation, improve the body's chemical system so that it lowers blood pressure and slows breathing, heart rate, pulse and brain wave activity (Heru, 2008).

METHODS

The research method uses case studies with a nursing process approach. Nursing care carried out on Mr. M (45 years) with peritonitis begins with conducting assessments, establishing diagnoses, interventions, implementation and evaluation with *evidence base practice scholarship* in the form of murothal therapy.

RESULT

The research subject is father M with peritonitis, age 45 working as a fisherman. The main complaint when entering the hospital is abdominal pain. At the time of the examination, Mr. M complained of restlessness and feeling anxious about the operation, resulting in not being able to sleep. Before the illness, the client said that he used to nap for 1-2 hours and during the day, the patient sleeps from 10pm and wakes up at 5am, but at the time of treatment, the client says that he often wakes up, is restless and has difficulty falling back to sleep.

The nursing diagnosis found was sleep pattern disturbance associated with excessive anxiety. Nursing interventions designed to solve this problem are identification of activity and sleep patterns; Identification of sleep disturbing factors; environmental modification; facilitation of stress relief before sleep with murothal therapy; explain the importance of getting enough sleep during illness. The evaluation criteria for the success

of the intervention were that complaints of difficulty sleeping decreased and complaints of frequent wakefulness decreased. Murothal intervention therapy was given 4 times before the patient went to bed at night. The evaluation was carried out after implementation 4 times with the result that there was a decrease in complaints of difficulty sleeping and not being awake at night.

DISCUSSION

Disturbances in sleep patterns are disturbances that occur in the quality and quantity of a person's sleep time due to external factors (SDKI DPP PPNI Working Group Team, 2016), the quality and quantity of sleep can affect several factors. This quality can indicate an individual's ability to sleep and get the amount of rest according to their needs. One of the factors that affect the quality of a person's sleep is health status where a person's healthy body condition makes it possible to sleep soundly, whereas if someone is sick it can affect a person's sleep needs. Several factors can cause disruption to a person's sleep needs where an infection caused by an illness occurs, not least if a person is sick it greatly affects a person's sleep needs.

The intervention given to treat sleep pattern disturbances is murothal therapy. As explained in Abdul's 2014 study, murothal therapy is an effective music therapy for reducing anxiety in patients. The recitation of the verses of the Koran physically contains

elements of the human voice where the human voice itself is an amazing healing instrument and the easiest to reach.

Al-Quran murottal therapy with a slow and harmonious tempo is a stimulus that can calm the soul, distract from fear and anxiety. The results of observations when intervention was given, respondents felt calm and fell asleep. Listening to murottal Al Qu'an can make respondents feel closer to God and guide respondents to remember and surrender all the problems they face to God (Saputra, 2016).

As we know that sleep is important for the health of humans and animals, as the adab in Islam regarding sleep is qailullah (sleep/rest during the day), not sleeping between sunsets, sleeping early at night.

In a 2017 study, Gaby said that the patient's sleep quality is defined as a complex phenomenon involving many dimensions. It is said that the quality of sleep is good if a person feels that he has had enough rest in the morning, feels enthusiastic throughout the day and there are no sleep disturbances. The evaluation achieved in the intervention given to the patient above, the patient can fall asleep comfortably after being given murottal therapy for 12 minutes.

In line with Dian's research (2018) that murottal Al Qur'an therapy has many benefits and is very easy to do. Giving murottal Al-Qur'an which is done regularly before going to bed can improve the quality of one's sleep and

provide peace that can make a person feel comfortable and calm so that the quality of sleep that was originally bad can become good

The results of research by Riyanto, et al (2020) stated that 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.

In the interpretation of Al Misbah it is explained that, O mankind, the book of Allah has come to you through His Messenger, Muhammad. It contains warnings to obey and have faith and advice to do good and stay away from evil. It also contains stories of people who came before you so that they can be used as material for reflection and also suggestions for observing the secrets of the universe, so that you can realize the majesty of His creation. In addition, this book also contains therapy for heart disease, such as polytheism and hypocrisy. This revealed book (Quran) is a guide to get the path of truth. All of that is a mercy for the believers who receive it well.

This is in line with what was stated by Riyanto (2020) explains that the Qur'an has quite a positive influence significant effect on nerves in reducing tension or stress, and change enormous physiological effects such as decreased depression and sadness as well as gains peace of soul. This effect can be seen in the form of changes in electrical energy muscles of the body. The change also occurs in the skin's ability to absorb electrical

conduction, blood circulation, heart rate, volume of blood flowing on skin and body temperature.

Tafsir Quraish Shihab explains that It is Allah who brings peace into the hearts of the believers so that their confidence increases in addition to the confidence they already have. The armies of the heavens and the earth belong to God alone, and He is the one who arranges them according to His will. Allah is All-Knowing and All-Wise in arranging all things

From the interpretation of the verse above, we as humans are encouraged to always read the Qur'an both in health and in sickness. The implementation and evaluation that has been carried out in the case above uses based intervention *EBN* namely murottal therapy which has a very effective effect where from the first day of implementation there is progress in the client's sleep and the client's response is also very good where the client feels comfortable and the progress of the client's sleep hours can also be seen. The family is also very receptive to the intervention given to the client. From the results obtained because it has a positive impact, the follow-up plan is to educate the client and family so that this murottal therapy is still given before going to bed both at home and in the hospital so that the client does not feel difficulty sleeping anymore.

CONCLUSION

Peritonitis patients with sleep pattern

disturbance problems who are given murottal therapy for 4 times of implementation can reduce complaints of difficulty sleeping and are no longer awake at night.

SUGGESTION

Giving murottal therapy to patients who experience peritonitis with sleep pattern disturbance problems.

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