

The effect of murottal al-quran surah al-mulk therapy on the sleep quality of babies aged 0-6 months

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ABSTRACT

Introduction: There are quite a lot of babies who experience sleep problems in Indonesia, namely around 44%. However, almost or even more than 72% of parents do not consider sleep disturbances in babies as a problem. In fact, sleep problems can interfere with the baby's growth, cause vulnerable immune function, and disrupt the regulation of the endocrine system. Sleep disorders in babies are more recommended for non-pharmacological treatment, namely music therapy. One of the music therapies is listening to murottals of the Al-Qur'an surah Al-Mulk to improve the quality of baby's sleep. **Objective:** The purpose of this study is to determine the effect of murottal Al-qur'an surah al-mulk therapy on the sleep quality of babies aged 0-6 months. **Method:** The research used a pre-experiment method by using one group pre-test and post-test. The research sample used an accidental sampling technique of 5 babies with sleep disorders. The instrument used by researchers was a baby sleep quality questionnaire sheet. Data analysis using test *Wilcoxon* because of data distributed No normal. **Results:** There is an effect of Al-Quran surah Al-Mulk murottal therapy on baby sleep quality with a p value of 0.006 (<0.05). The average quality of the baby's sleep before being given Al-Quran murottal therapy was 2.60 and the average after being given Al-Quran murottal therapy was 1.70. **Conclusion:** There is an influence of Al-Qur'an surah Al-Mulk murrotal therapy on the quality of baby's sleep. This is because murrotal Al-Qur'an therapy can have a calming effect on babies, so that babies can achieve good quality sleep. The research hopes that surah Al-Mulk murrotal therapy can be applied independently and continuously at home so that babies do not have difficulty sleeping.

KEYWORDS: babies 0-6 months; music therapy; surah Al-Mulk murrotal; sleep disorders; the quality of baby's sleep

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INTRODUCTION

Sleep is an unconscious condition where the individual can be awakened by stimuli or sensory input. In other words, sleep is a state of relative unconsciousness, not just a state of full activity, but rather a sequence of repeated cycles. This really has a big effect on babies and children. During the baby phase, the growth of nerve cells is not yet perfect, so longer sleep time is needed for nerve development, synapse formation and so on. Sleep is calm and will restore energy, so that if the baby has difficulty sleeping, the baby is easily fussy and restless (Anggraini, 2018).

Sleep disorders in babies can be treated using pharmacological and non-pharmacological methods. Pharmacologically, namely by administering drugs. However, unlike babies or children, non-pharmacological methods are more recommended. Non-pharmacologically, namely with music therapy, this effort aims to overcome sleep disorders in babies. Music therapy is a therapy that uses precise methods of melody, rhythm and sound harmonization. One of the music therapies is listening to murottals of the Al-Qur'an surah Al-Mulk. Surah Al-Mulk is one of the letters of the Qur'an that the Prophet sallallaahu 'alaihi wasallam usually read before sleeping (Amalu et al, 2020).

There are quite a lot of babies who experience sleep problems in Indonesia, namely around 44%. However, almost or even more than 72% of parents do not

consider sleep disturbances in babies as a problem. Even though it was considered a problem, they only thought of it as a small problem. In fact, sleep problems can disrupt the baby's growth, cause vulnerable immune function, and disrupt the regulation of the endocrine system (Mardiana, 2018). According to the results of interviews with mothers participating in Pangudi Lestari V Integrated Health Post, Kembanghari Village, there were five babies who experienced sleep disorders at night and during the day. The baby's mother said the baby was fussy at night and always had difficulty putting the baby to sleep, where the mother had to always hold the baby when she wanted to sleep. So, this research is to determine the effect of murottal Al-qur'an surah al-mulk therapy on the sleep quality of babies aged 0-6 months.

METHODS

Design

This research design is quantitative research with pre-experiment research with a one group pretest and posttest design. The group was observed before the intervention, then observed again after the intervention

Research Questions

How does reciting Surah Al-Mulk from the Qur'an affect the sleep quality of infants aged 0-6 months?

Sample and Settings

Sample The sampling technique in this research used accidental sampling technique. The samples in this study were 5 babies who experienced sleep disorders at Pangudi Lestari V Integrated Health Post. The inclusion criteria in this study were being willing to participate as respondents, being present at the time of the study, babies aged 0-6 months, babies in good health and the baby's mother able to communicate. Meanwhile, the exclusion criteria for this research were respondents who were in the Pangudi Lestari V Integrated Health Post area, but when providing the intervention they moved outside the Temanggung Regency area which could not be reached by the researchers and the baby became ill while the research was still ongoing (1 week).

Variable

The independent variable of this research is murottal therapy of Al Quran Surah Al-Mulk. The dependent variable of this research is the quality of the baby's sleep.

Instrument

The instrument used by researchers was a baby sleep quality questionnaire sheet. This questionnaire is used to determine changes in the quality of the baby's sleep before and after being given Al-Quran surah Al-Mulk murottal therapy.

Data collection

The location of the research was carried out at Pangudi Lestari V Integrated Health Post, Kembanghari Village, Kandangan District, Temanggung Regency, which was carried out for 1 week, namely from July 12 to July 19 2024.

Data Analysis

Data analysis using test *Wilcoxon* because of data distributed Nonnormal.

Ethical Consideration

Data collection for case studies adheres to the principle of autonomy by providing informed consent and freedom to participate. In addition, researchers guarantee the confidentiality of respondents. The therapy provided adheres to the principles of beneficence and non-maleficence.

RESULTS

Table 1
Frequency distribution of respondents based on sleep quality before Al Quran murottal therapy at Pangudi Lestari V Integrated Health Post

Sleep Quality Pre Test	Frequency	Percentage (%)
Good	1	20
Not enough	4	80
Total	5	100

Based on table 1, it shows that the majority of babies' sleep quality is poor, as many as 4 people (80%) and the minority of babies with good sleep quality is 1 person (20%).

Table 2
Frequency distribution of respondents based on sleep quality after Al Quran murottal therapy at Pangudi Lestari V Integrated Health Post

Sleep Quality Post Test	Frequency	Percentage (%)
Good	4	80
Not enough	1	20
Total	5	100

Based on table 2, it shows that the majority of babies' sleep quality is good, as many as 4 people (80%) and the minority of babies with poor sleep quality is 1 person (20%).

Table 3
Test normality data And The effect of Al Quran recitation therapy on the quality of baby's sleep

Baby Sleep Quality	N	<i>P value</i>	Mean±SD	<i>P value</i>
Pretest	5	0.412 ¹	2.60±0.537 ²	0.006 ²
Posttest	5	0.002 ¹	1.70±0.379 ²	

¹ Shapiro Wilk

² Wilcoxon

Results test normality data Which shown on table 3 obtained that *the p-value of the anxiety level before being given Al Quran murottal therapy was 0.412 (>0.05) and after being given Al Quran murottal therapy was 0.002 (<0.05) so can concluded that data distributed No normal so that the test statistics use test Wilcoxon.* Table 3 show that baby sleep quality before given Al Quran recitation therapy average 2.60 and after given Al Quran recitation therapy average 1.70. The results of the *Wilcoxon statistical test* were obtained. The p-value is 0.006 (<0.05), which means there is a significant difference. The quality of infant sleep before and after being given Al Quran murottal therapy at the Pangudi Lestari V Integrated Health Post, Kembang Sari Village.

DISCUSSION

Children can be given music therapy to overcome their difficulty sleeping or sleep disorders. This research can improve the quality of baby's sleep. Sleep disorders are one of the medical disorders in a person's sleep patterns, where there is a collection of conditions in the form of disorders in the amount, quality, or time of sleep in an individual, behavioral disorders and physiological conditions can also occur during sleep. Many factors affect sleep quality disorders in infants such as health factors, someone whose body condition is unhealthy (sick) and pain, then their sleep needs are

not restful (not good). Then environmental factors, the environment can increase or prevent someone from sleeping. If the environment is dirty, hot, crowded and very bright lighting, it can affect the quality of sleep.

Based on the results of an interview with the mother of baby "A" aged 6 months, she said that the child sometimes has difficulty starting to sleep, is fussy before going to bed, has difficulty going back to sleep and wakes up at night. In addition, bedtime is also late because of the difficulty in putting the child to sleep. Where sleep has a dual role for babies, namely providing an opportunity to rest the body, stimulating bone and tissue growth and increasing the body's metabolic processes including the brain, namely the process of processing food into the energy needed. Sleep is a top priority for babies, because at this time neuro-brain repair occurs and approximately 75% of growth hormones are produced. Therefore, the quality and quantity of baby sleep need to be maintained (Mujamil et al., 2018).

The results of Amalu et al.'s study (2020) showed that there was an effect of Al-Qur'an murrotal therapy of the Al-Mulk surah on the quality of infant sleep. This is because Al-Qur'an murrotal therapy can provide a calming effect on babies, so that babies can achieve good quality sleep. Music also has the power to influence heart rate and blood pressure according to its frequency, tempo, and volume. The slower the tempo of the music, the slower the heart rate and the lower the blood pressure. Finally, the listener is carried away in a relaxed, calm atmosphere, both in the mind and body of the baby.

Murrotal Al-Qur'an therapy is given by reading or listening to the holy verses of the Qur'an to someone repeatedly at a certain intensity. The reading of the Qur'an contains two contents, the first is the sound or verbal that is read. Then the second is the meanings contained in the verses. When listening to the reading of the Qur'an that reaches the brain, it will have a positive effect on the responsiveness of its cells. The brain will respond to the right harmony according to the nature of Allah SWT. This is because the Qur'an has a unique harmony feature that is not possessed by other series (Amalu et al., 2020).

The Murrotal Al-Quran therapy shows that this therapy can reduce stress hormones, activate the natural hormone *Endorphin*, improve the body's chemical system and affect brain wave activity, and reduce anxiety. This mechanism can increase feelings of relaxation, reduce feelings of fear, anxiety, and tension, and improve the body's chemical system so that it lowers blood pressure, slows breathing, heart rate, pulse, and brain wave activity. So the use of Murrotal Al-Qur'an can be used as a non-pharmacological therapy in improving sleep quality (Fatmawati et al., 2020).

Baby "A" has a sleep time of only 6 hours at night and a nap of 1-2 hours. In addition, the baby has difficulty starting to sleep at night so he has to be carried until he falls asleep. So baby "A" has difficulty sleeping. In fact, newborn babies up to about 3 months old spend about 15-17 hours sleeping, with a time division of 8 hours for naps and 9 hours for night sleep. As the baby gets older, the hours of sleep also decrease. At the age of 3-6 months the number of naps decreases, about 3 times and continues to decrease. The total amount of sleep time ranges from 13-15 hours/day, with a division of 11 hours for night sleep and 4 hours for naps. In babies over 6 months old, their sleep patterns begin to

Music can affect a person's life without realizing it or not. By listening to music, a person can create an atmosphere that affects their inner self. Music can also function as a means of health therapy, when listening to music, the electrical waves in the listener's brain can be slowed down and accelerated. The results of the body's system performance change, even music is able to regulate hormones that affect a person's stress, and can increase memory in the brain. In addition, music also has the power to affect heart rate and blood pressure according to its frequency, tempo, and volume. The slower the tempo of the music, the slower the heart rate and the lower the blood

pressure. Finally, the listener is carried away in a relaxed atmosphere, both in mind and body. So, children can be given music therapy to overcome their difficulty sleeping.

Limitation Of Study

The limitations of this study include the random sampling technique (accidental sampling) which only involved 5 infants. In other side, there was no comparison or control group of infants

Implication For Practice

In addition, it is expected that all implemented midwives in the coverage area of the Kandangan Health Center who are in direct contact with patients should be able to provide holistic midwifery care such as Al-Mulk surah Al-Quran recitation music therapy to overcome sleep difficulties in babies.

CONCLUSIONS

There is an effect of Al-Quran surah Al-Mulk murottal therapy on baby sleep quality aged 0-6 months with p-value of 0.006 (<0.05). This study hopes that the Al-Quran murottal music therapy of Surah Al-Mulk can be applied independently and continuously at home so that babies do not have difficulty sleeping.

Conflict of interest

No potential conflicts of interest were reported by the authors, if the authors have no conflicts of interest in the research to be published.

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