

Pengaruh terapi murotal al-qur'an terhadap kadar glukosa darah pasien diabetes melitus tipe 2 di Rumah Sakit DRM Djamil Padang = The effect of murotal al qur an therapies on level of blood glucose of type 2 diabetes mellitus patients in Padang

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Abstrak

Diabetes melitus merupakan penyakit kronik yang dapat menimbulkan stress. Relaksasi dengan terapi murotal Al-Qur'an merupakan terapi yang dapat mengatasi hiperglikemia. Penelitian ini bertujuan untuk membuktikan pengaruh terapi murotal Al-Qur'an terhadap kadar glukosa darah pada DM tipe 2. Desain penelitian ini adalah quasi eksperimen pre-post with control group. Jumlah sampel 39 orang dibagi dalam dua kelompok yaitu 20 orang dalam kelompok intervensi dan 19 orang pada kelompok kontrol, pemilihan responden purposive sampling. Uji statistik yang digunakan uji Anova repeated measure.

Hasil penelitian didapatkan ada pengaruh terapi murotal Al-Qur'an terhadap penurunan kadar glukosa darah sebesar 61 mg/dl ($p=0,029$, $= 0,05$). Kesimpulan penelitian ini, terapi murotal Al-Qur'an efektif menurunkan kadar glukosa darah pada pasien diabetes melitus tipe 2.

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Diabetes mellitus is a chronic disease that can cause stress. Murotal Qur'an relaxation therapy is a therapy that suggested to reduce hyperglycemia. This study aimed to examine the effect of murotal Qur'an therapy on blood glucose levels. This study design was quasi-experimental pre-post with control group. Number of samples are 39 people who were divided into two groups: the intervention group consist of 20 people, and 19 people in the control group, the selection of participants with purposive sampling. Statistical tests were using repeated measure Anova test.

The results of this study found there was an effect of murotal Qur'an therapy to decrease blood glucose levels ($p = 0.029$, $= 0.05$). In conclusion, murotal Qur'an therapy effectively to decrease blood glucose levels in patients with type 2 diabetes mellitus.