



Review article

## Influence Therapy Murottal on Anxiety Levels in Pre Operation Patients Cataract: A Literature Review

Siti Nuryani<sup>1\*</sup>, Yunita Aisah Putri<sup>1</sup>, Feni Rosa<sup>1</sup>, Siti Yulianti<sup>1</sup>, Sri Kurnia Dewi<sup>1</sup>

1. Department of Nursing STIKes Permata Nusantara, Cianjur, Indonesia

\*Email correspondence Siti Nuryani | STIKes Permata Nusantara | [nuryanis556@gmail.com](mailto:nuryanis556@gmail.com)

### Abstract

**Introduction:** High levels of anxiety in pre-operative patient cataract can influence stability physiological and psychological, so that potential bother the way procedure operative. One of the effective non-pharmacological methods in reduce anxiety is therapy murottal, which is believed give effect relaxation through mechanism neurophysiological patient. The purpose of this study was to know the influence therapy murottal to level anxiety in preoperative patients cataract.

**Method:** Research This is study secondary use method *literature review*.

**Results:** Results of *literature review* of the 5 journals that have been has been shown, shows that therapy murottal effective in lower-level anxiety pre-operative patient cataracts. Effects This supported by findings improvement relaxation, decrease beat heart, and decline level hormone stress like cortisol.

**Conclusion:** Therapy murottal Al-Quran has significant influence in lower-level anxiety pre-operative patients, especially in cataracts patient.

**Keywords:** Therapy murottal, Anxiety, Pre-operation cataract, Literature review.

Received May 1, 2025; Received in revised form July 15, 2025; Accepted September 20, 2025; Available online October 25, 2025

### INTRODUCTION

Cataract is one of disease in age carry on consequence from the aging process, when birth ( cataract congenital ), may also be related with eye trauma sharp and also blunt, use corticosteroids in term long, and existence disease systemic such as diabetes or hypoparathyroidism (Dinaryanti & Astuti, 2023). According to *The World Health Organization* (WHO) estimates There is approximately 285 million people experience disturbance vision in the world, with 39 million people experiencing blindness and 246 million own *low vision* ( *World Health Organization*, 2021) with reason from height number blindness in this world caused by cataracts with 34.47% (Gunawan & Mariyam, 2022). Indonesia itself become the 2nd country in the world and number one of the largest in Southeast Asia amount sufferer cataracts . Numbers Blindness in Indonesia reaches 1.50% of population, with reason cataract as much as 0.78% ( Gunawan & Mariyam, 2022). Causes main blindness and impairment vision largest in population age over 50 years in Indonesia is cataracts that do not operated on with proportion by 77.7%. Cataracts is reason main blindness both in men ( 71.7 % ) and women (81.0%) ( Ministry of Health 2018 in Sugiyanto, Suci Khasanah, 2022).

Blindness consequence cataract is blindness that can cured that is through action operation . Operation or surgery is a action with method invasive for diagnose or treat disease, injury, disorder form body with make incision that causes change physiological in the body patient and can give effects on body organs other (Islamiaty et al., 2023). Action Operation Surgery like surgery extraction cataract still become action the most effective treatment to lens cloudy eyes. Action surgery usually done with giving anesthesia local and patient allowed went home the same day ( SmartPatien , 2018 in Laili, 2022) .

Surgery become one of the stressors for the individual undergoing it. Procedure surgery will cause crisis situation in the form of internal disturbances that will increase tension and anxiety someone. Anxiety is marked emotions with feeling tense, mind worry and change physique like improvement pressure blood. Anxiety that arises in preoperative patients cataract caused by concern about vision that is not can recover fully after he did action operation, worry will the occurrence complications during operation and worry experiencing blindness after done action operation. Response body consequence anxiety in preoperative

patients if no quick handled will impact to the operational process, one of which is is improvement pressure blood patient (Dinaryanti & Astuti, 2023). If anxiety No quick overcome will increase pressure blood that will later can cause bleeding good at the moment surgery or post operation .

The need for role nurse in prepare patient before do procedure surgery Good in a way physique and also psychology. Readiness physical and psychological will can help in smoothly a surgical process that will run, besides That can influential in adjustment and recovery post operation. Therefore That need existence interventions that can overcome anxiety patient before do procedure operation. One of them with technique distraction use therapy Al-Quran recitation. Therapy murottal Al-Quran is intervention complementary with use sound recitation of the Qur'an as healing (Septadina et al., 2021). Therapy with listen murottal reading of the Qur'an at a slow tempo as well as harmonization can lower stress hormones cause depression , activate natural endorphin hormone, increases relaxation and can divert attention from fear, anxiety and tension (Abdul & Yogik, 2018) .

Like study from (Mahendra & Widiastuti, 2018) through statistical test results got p- value  $0.000 < \alpha$  (0.05), that giving intervention with therapy murottal This give influence between before and after given therapy murottal Ar - Rahman against level anxiety pre- operative patient cataracts at Fatmawati General Hospital. In line with That there is study from (Suwanto & Basri, 2016) also compared between therapy music classic Mozart with murottal Al-Qur'an surah Al - Fatihah obtained results that therapy murottal more effective compared to therapy music classic in lower score anxiety pre- operative patient. Research results related from (Abdul & Yogik, 2018) was also found results that murattal Al-Qur'an surah Ar - Rahman proven can lower anxiety patients who will undergo operation. Based on description above, then writer interested For do literature study related to " The Influence of Therapy Murottal On Anxiety Levels in Preoperative Patients Cataracts ”.

## METHOD

Research This is study secondary use method *literature review* , namely to describe about theories , findings and materials study others. Journals obtained is published journals in 5 years final that is from 2019 to 2023 with total of 5 journals that use the keyword " therapy " murottal ”, “ anxiety ” and “pre-operative cataracts”

**Table 1.** Literature Search Strategy

Search Engine	Google Scholar
Search Results	201 Journals
Full Text 2019-2024	9 Journal
Eligible according to the inclusion and exclusion criteria	5 Journals
<b>Results</b>	<b>5 Journals</b>

## RESULTS

Analysis critical of 5 articles research that becomes sample in *literature review* This poured out in table form 1.

**Table 2.** Results of literature review

No	Author And Year	Title	Journal	Research Methods	Results
1	(Atmaja & Saputra, 2020)	Influence Murottal Against Anxiety in Cataract Patients	Journal Darul Azhar	Quantitative	Research result this using the mann test Whitney and Wilcoxon, and a P-value of 0.023 (<0.05) was found. between group intervention and group control. It means There is a difference level anxiety before and after given therapy murottal al-qur'an in pre-op.
2	(Novianti, 2021)	Influence Murottal to Preoperative Cataracts in Room Hospital	Journal of Health Society	Quasi Experiment	Research result show there is Influence Therapy Murottal to Anxiety in Preoperative Patients Cataract with value (p-value 0.001).

West Province West Java					
3	(Gunawan & Mariyam, 2022)	Murottal Qur'an Surah Ar - Rahman Reduces Anxiety Levels Pre-Operative Patients Cataract	Young Nurses	Descriptive study	The existence of decline score anxiety after done therapy murottal Al-Qur'an Surah Ar -Rahman.
4	(Sugiyanto et al., 2022)	Influence Murottal to Decrease Anxiety Pre- Operative Patients Cataract in Installation Surgery Central House Fatimah Islamic Hospital Cilacap	National Seminar on Research and Community Service to the Community (SNPPKM)	Pra experimental	Wilcoxon test results with value (p) $0.000 < 0.05$ . Research results show There is difference before with after giving Al- qur'an recitation to anxiety pre- operative patient cataract in Installation Surgery Fatimah Cilacap Islamic Hospital Center.
5	(Dinaryanti & Astuti, 2023)	Effectiveness Therapy Benson's Murottal and Relaxation on Anxiety Levels Pre- Operative Patients Cataract in Polyclinic House Eyes Sick Pertamina Prabumulih	Journal Healthy Independent	Quasi-Experimental	Results of the independent t-test on level anxiety after given intervention therapy Benson's murottal and relaxation are obtained p value $0.162 (p > 0.05)$ means No There is significant difference between giving therapy murottal and relaxation Benson. But You 're welcome effective can lower anxiety in preoperative patients cataracts.

## DISCUSSION

Cataract is condition Where lens eye nature opacity ( no translucent light ) (Rahima et al., 2022). Symptom disease cataract in the form of view run away, happen change perception color and disability see objects at a long distance ( Ali, 2013 in Gunawan & Mariyam, 2022). One of the therapy For sufferer cataract is surgery with purpose For repair vision or sharp vision (Rahima et al., 2022 ). Planned patients will undergo operation cataract can experience anxious and scared during surgery. Anxiety in pre-operative patients must overcome Because can cause change physiological changes that will be hinder he did action operation. Changes physiology of cardiovascular that is palpitations, heart pounding, pressure blood high, fainting. In the respiratory system 19 will cause breath fast, breath short, sensation choking, pressure on the chest. In neuromuscular is eye blink blink, tremor, face tenseness, unsteady legs, awkward movements, and weakness general. On the skin will cause face pale, sweaty all over body, face flushed and hot cold ( Wahyuni , 2015 in Rahima et al., 2022).

Intervention nursing independent For overcome level anxiety patient preoperative cataract can done with method pharmacological and nonpharmacological (Novianti, 2021). Intervention pharmacological will eat cost more expensive and results from action pharmacological will cause dependence like drugs If consumed more from prescribed dose or no from recipe doctor. One of the therapies that include non-pharmacological is therapy relaxation or therapy religion with listen the strains of the Holy Verses Quran. Therapy relaxation with Listening to Al-Quran music is one of the intervention For lower level anxiety patient (Novianti, 2021).

The results of the research conducted (Atmaja & Saputra, 2020) with group interventions provided therapy murottal Al-Quran shows significant difference in level anxiety compared to with group control that only given education. The results of the Mann-Whitney test with a p-value of  $0.023 (< 0.05)$  indicate that therapy murottal Al- Quran statistics more effective in reduce anxiety pre- operative patients. These results consistent with findings that soothing audio stimulation like murottal Al-Quran can influence system nerves and reduce anxiety.

Supported by research (Novianti, 2021) which shows existence decline significant in level anxiety the patient is given therapy recitation of the Qur'an, with mark standard decreasing deviation from 6,059 (pre-test) to 3,377 (post-test). In addition, therefore, the median value of anxiety also decreased from 50 to 39 after therapy. Findings This show that therapy murottal No only reduce anxiety, but also provide more

impact structured in patients, which shows existence stability more emotional good post therapy.

Evaluation results in research (Gunawan & Mariyam, 2022), shows that therapy murottal Surah Ar - Rahman can lower score anxiety and values hemodynamics ( pressure) blood and pulse pulse ) on all subject. Decrease anxiety This related with improvement production hormone endorphins natural and stimulating nerve parasympathetic, which creates effect relaxation in patients. These results give proof scientific that therapy murottal can influence system body in a way holistic, reducing anxiety and fix condition physique patients who will undergo operation.

In line with research conducted by (Sugiyanto, Suci Khasanah, 2022) that there is clear change in level anxiety patient before and after giving therapy murottal Al-Qur'an. Before therapy, the majority Respondent experience anxiety moderate, but after therapy, part big patient experience anxiety light or even No worried the same once. Statistical results with a p-value of 0.000 ( $< 0.05$ ) shows that therapy murottal own very influential significant in lower anxiety. This is confirm effectiveness therapy murottal in relieve anxiety in pre- operative patients cataracts.

In the research (Dinaryanti & Astuti, 2023), comparing therapy murottal with therapy Benson's relaxation and finding that second therapy This effective in lower level anxiety pre- operative patient cataracts. Although results analysis shows a p-value of 0.162 ( $p > 0.05$ ), which means No There is difference significant between second therapy, second therapy the You're welcome effective in reduce anxiety. This is show that therapy murottal Can under consideration as alternative therapy relaxation that can used for pre-operative patients.

## CONCLUSION

The results of the literature review on research that has been writer do on 5 journals article about influence therapy murottal to level anxiety in preoperative patients cataract can concluded that therapy murottal Al-Quran has significant influence in lower-level anxiety pre- operative patients, especially in patients cataracts. The result of each study give in-depth overview about effectiveness therapy this and the comparison with other methods such as education or therapy relaxation therapy proven recitation of the Qur'an effective in lower-level anxiety in pre-operative patients cataract, therapy this no only reduce anxiety in a way psychological but also provide effect physiological positive, such as decline pressure blood and pulse pulse.

## REFERENCE

- Abdul, S., & Yogik, S. (2018). Pengaruh Pemberian Terapi Audio Murottal Qur'an Surat Ar - Rahman terhadap Tingkat Kecemasan pada Pasien Pre-Operasi Katarak Senilis | Syafei | Jurnal Kesehatan. *STIK Siti Khadijah Palembang*, 9(April), 126–130. <http://www.ejurnal.poltekkes-tjk.ac.id/index.php/JK/article/view/669/649>
- Atmaja, B. P., & Saputra, A. F. (2020). Pengaruh Terapi Murottal Al-Qur'an Terhadap Penurunan Kecemasan Pada Pasienpre-Op Katarak (The Effect of Al-Qur'an Murottal Therapy on Reduction of Anxiety in Patients Pre-Operated). *Jurnal Darul Azhar*, 9(1), 1–8. <https://jurnal-kesehatan.id/index.php/JDAB/article/view/164>
- Dinaryanti, R. S., & Astuti, N. (2023). Efektivitas Terapi Murottal dan Relaksasi Benson terhadap Tingkat Kecemasan Pasien Pre Operasi Katarak di Poliklinik Mata Rumah Sakit Pertamina Prabumulih. *Jurnal Sehat Mandiri*, 18(1), 123–136. <https://doi.org/10.33761/jsm.v18i1.977>
- Gunawan, H., & Mariyam, M. (2022). Murottal Qur'an Surah Ar- Rahman Menurunkan Tingkat Kecemasan Pasien Pre-Operasi Katarak. *Ners Muda*, 3(2). <https://doi.org/10.26714/nm.v3i2.8974>
- Islamiaty, A., S, S., & Agus, A. I. (2023). Pengaruh Terapi Murottal terhadap Penurunan Kecemasan Pasien. *Window of Nursing Journal*, 9, 214–221.
- Laili. (2022). *Pengaruh Terapi Murottal Terhadap Kecemasan*. 11(8.5.2017), 2003–2005. [www.aging-us.com](http://www.aging-us.com)
- Mahendra, R., & Widiastuti, E. (2018). Pengaruh Terapi Murottal Surah Ar- Rahman Terhadap Tingkat Kecemasan Pasien Pre Operasi Katarak Di Rsup Fatmawati. *Jurnal Keperawatan Medikal Bedah 1*, 1–12.
- Novianti, W. (2021). Pengaruh Terapi Murottal Terhadap Kecemasan Pada Pasien Pre Operasi Katarak Di Ruang Rawat Inap Bedah Rsu Jampang Kulon Provinsi Jawa Barat. *Journal Health Society*, 10(2),

- Rahima, P., Irawan, E., Tania, M., Royana, S., & Iklima, N. (2022). Pre-Operasi Katarak Di Rumah Sakit. *Jurnal Keperawatan BSI*, 10(2), 241–249.
- Septadina, I. S., Prananjaya, B. A., Roflin, E., Rianti, K. I., & Shafira, N. (2021). *Terapi Murottal Al-Qur'an Untuk Menurunkan Ansietas Dan Memperbaiki Kualitas Tidur*. Penerbit NEM. <https://books.google.co.id/books?id=buE3EAAAQBAJ>
- Sugiyanto et al. (2022). Pengaruh Terapi Murottal Terhadap Penurunan Kecemasan Pasien Pre Operasi Katarah di Instalasi Bedah Sentral Rumah Sakit Islam Fatimah Cilacap. *Seminar Nasional Penelitian Dan Pengabdian Kepada Masyarakat*. <https://prosiding.uhb.ac.id/index.php/SNPPKM/article/view/1129/334>
- Suwanto, & Basri, & U. (2016). *Effectiveness of Classical Music Therapy and Murrotal Therapy To Decrease The Level of Anxiety Patients Pre Surgery Operation*.