

Effectiveness of the Al-Qur'an Murottal Method in Reducing Labor Anxiety in First-Time Pregnant Women in Sleman Yogyakarta

Yessi Handriyani^{✉1}, Tasman Hamami², Akif Khilmiyah³, Azam Syukur Rahmatullah⁴, Mohd. Shahrul bin kamaruddin⁵

^{1,3,4}Universitas Muhammadiyah Yogyakarta, Yogyakarta, Indonesia

²Universitas Islam Negeri Sunan Kalijaga, Yogyakarta, Indonesia

⁵Universiti Malaysia Sarawak, Sarawak, Malaysia

ABSTRACT

Purpose – This study explores the effectiveness of the Al-Qur'an murottal method in reducing labor anxiety in pregnant women with their first child in Sleman, Yogyakarta through the integration of spiritual aspects, prenatal education, and family support.

Design/methods/approach – This study uses a phenomenological approach to understand the experiences of the first 7 pregnant women in Sleman, Yogyakarta who experience labor anxiety and evaluate the effectiveness of Quran recitations through in-depth interviews and observations.

Findings – This study revealed that first-time pregnant women in Sleman experience various forms of anxiety, such as uncertainty about childbirth, fear of pain, and social pressure. The Al-Qur'an murottal method has been proven to be very effective in reducing anxiety, providing inner peace, and strengthening the spiritual bond between mother and baby. Consistency in listening to the Quran recitation, along with support from partners and family, plays an important role in reducing anxiety and improving quality of life. Informants reported improved sleep quality, reduced stress, and readiness for childbirth. This therapy also helps to overcome insomnia and boosts confidence. Quran recitation has been proven effective in improving emotional well-being during pregnancy.

Research implications/limitations - This study shows that the Murottal Al-Qur'an method is effective in reducing anxiety and improving the mental well-being of pregnant women, and is recommended for integration into prenatal care, with the need for further research and medical education.

Originality/value – This study contributes to spiritual-based prenatal care, but further research is needed to strengthen the findings and explore the long-term effects of Quran recitation therapy.

 OPEN ACCESS

ARTICLE HISTORY

Received: 22-09-2024

Revised: 15-11-2024

Accepted: 30-12-2024

KEYWORDS

Effectiveness; First Child; Murottal Al-Qur'an; Pregnant Women; Reducing Labor Anxiety

CONTACT: [✉]yessihandriyani@gmail.com

© 2024 The Author(s). Published by Islamic Education Department, State Islamic University Sunan Kalijaga Yogyakarta, ID
This is an Open Access article distributed under the terms of the Creative Commons Attribution-NonCommercial-NoDerivatives License (<http://creativecommons.org/licenses/by-nc-nd/4.0/>), which permits non-commercial re-use, distribution, and reproduction in any medium, provided the original work is properly cited, and is not altered, transformed, or built upon in any way.

Introduction

Anxiety in the Islamic perspective can be understood as an uncomfortable feeling experienced by someone due to emotional pressure or inner conflict. In the Qur'an, there are many verses that discuss the dynamics of the human soul, which in theory can be used as a basis for psychotherapy to overcome anxiety (Mumtaz et al., 2024; Pramitha et al., n.d.). One of the solutions offered by the Qur'an to achieve peace of mind is through dhikr (remembering Allah) (Aryani et al., 2024; Fathoni et al., 2024). Dhikr is believed to be able to calm the heart and give a sense of peace to individuals experiencing anxiety (Husnah & Ramayanti, 2023; Kamila, 2020). In addition, psychotherapy with dhikr is often used to treat anxiety because it has a calming effect that can reduce a person's anxiety level (Kamila, 2020).

Anxiety in Islam is a manifestation of various mixed emotional processes, such as fear, anxiety, and worry. Islam teaches that inner peace can be obtained through dhikr, which is a way of always remembering Allah. As explained in QS. Ar-Ra'du verse 28, "They are those who believe and whose hearts are assured by the remembrance of Allah. Remember, only by remembering Allah can the heart be assured." According to Islamic teachings, anxiety occurs when a person does not have peace of mind and feels far from Allah (Husnah & Ramayanti, 2023; Kamila, 2020).

In Islam, anxiety disorders in pregnant women can be treated through dhikr therapy (Dasri et al., 2021; Istikomah et al., 2024). Research shows that dhikr has a positive effect in reducing anxiety levels in pregnant women. Dhikr teaches pregnant women to get closer to Allah, which in turn gives a sense of calm and reduces anxiety. A study conducted on pregnant women at the Botania Community Health Center showed that remembrance therapy was effective in reducing anxiety with significant results ($p = 0.000$). This shows that remembrance is one of the effective non-pharmacological methods for treating anxiety in pregnant women (Husnah & Ramayanti, 2023; Kamila, 2020).

Anxiety during childbirth is a common phenomenon experienced by pregnant women, especially for those who are having their first child (primigravida). This condition not only affects the mother's psychological condition, but can also have a negative impact on the delivery process and the baby's health (Noviyanti & Jasmi, 2022). In addition, anxiety that is not properly addressed can make mothers feel physically and emotionally unprepared for childbirth, ultimately affecting their overall experience and mental health (Khadijah, 2021).

The Qur'an has an important role in maintaining human mental and spiritual health, especially in overcoming stress and anxiety (Abd Mubi et al., 2024; Afriyanto & Anandari, 2024; Fathoni, 2025). The Al-Qur'an murattal method, which is a way of reading the Al-Qur'an with recitation and attention to tajwid, is known to have a calming effect and is able to stimulate the parasympathetic nervous system, which functions as a counterbalance to the sympathetic nervous system (I. N. Aziza et al., 2019; Septadina et al., 2021). This creates balance in the autonomic nervous system and helps relieve anxiety. Research shows that listening to Quranic recitation can reduce anxiety levels (Nadia et al., 2024).

Several previous studies have shown that Quranic murottal therapy has a significant effect in reducing anxiety levels in third-trimester pregnant women facing the delivery process at the Kolakaasi Community Health Center, Kolaka Regency (Rahmadhani et al., 2021). Al-Qur'an murottal therapy is effective in reducing anxiety levels in pregnant women facing childbirth, with an increase in the number of respondents experiencing mild anxiety after being given therapy and a significant decrease in moderate and severe anxiety levels (Nurqalbi & Kamaruddin, 2019). Al-Qur'an murottal therapy can significantly reduce anxiety levels in third-trimester primigravida pregnant women (Budyarti & Makiah, 2018).

Although there have been several studies showing the benefits of Quranic recitation in reducing anxiety in various populations such as students and medical patients, there are still very few studies that specifically examine the effectiveness of Quranic recitation in reducing labor anxiety in first-time pregnant women, especially considering cultural and regional factors (Firnanda & Andalas, 2022). This study aims to fill the gap by providing more in-depth insights into the application of this method in the specific context of pregnant women in Sleman, Yogyakarta.

This study aims to explore and measure the effectiveness of the Al-Qur'an murottal method in reducing labor anxiety in pregnant women with their first child in Sleman, Yogyakarta. With an approach that involves the integration of spiritual aspects, prenatal education, and family support, this study is expected to provide practical and effective solutions to reduce labor anxiety and improve the quality of maternal and infant health in the region. This research is expected to contribute to the development of a spiritually based intervention program that can be integrated into maternal health practices in Indonesia. In addition, the results of this study can be the basis for more holistic health policies, which not only consider medical aspects but also mental and spiritual aspects in dealing with childbirth anxiety. The main hypothesis of this study is that the Al-Qur'an murottal method is effective in reducing the level of labor anxiety in pregnant women with their first child in Sleman, Yogyakarta. By listening to Al-Qur'an murottal regularly, it is hoped that pregnant women can achieve a more stable mental condition, which in turn will support a smoother and safer delivery process.

Listening to the recitation of the Qur'an has been proven to provide a significant relaxation effect in reducing anxiety, especially for pregnant women approaching childbirth (Asrul, 2023; Azzahroh et al., 2020; Rahmadhani et al., 2021). Various studies show that soothing sounds, such as recited Quran, can stimulate the body's relaxation response (Megasari et al., 2023), lower blood pressure (C. N. Aziza, 2019), and reduce stress hormone levels (cortisol) (Dianti & Indrawijaya, 2021). Not only that, reciting the Qur'an with beautiful intonation and full of meaning also brings spiritual calm, providing a sense of security and closeness to God, which is very helpful in calming the soul and reducing anxiety. The activity of listening to murattal has been proven to distract pregnant women from excessive worry, strengthen emotional connections with the baby, and provide a deep sense of calm. This reduction in anxiety is also related to a reduction in excessive brain activity, where a calm brain can reduce anxiety and negative thinking, so that pregnant women can be more prepared and calm facing the delivery process. In addition, research

in Indonesia and other Muslim countries supports that reciting the Qur'an plays an important role in improving the mental well-being of pregnant women, making it an effective intervention to support mental health during pregnancy.

Methods

This study uses a phenomenological approach to deeply understand the experiences of pregnant women in dealing with labor anxiety, especially in the context of the effectiveness of the Al-Qur'an murottal method. The phenomenological method aims to reveal the meaning and essence of individual experiences without being influenced by previous theories (Nuryana et al., 2019). In this study, in-depth interviews were conducted with pregnant women who were pregnant for the first time and experienced labor anxiety to understand the source of their anxiety and how they responded to the Quranic recital method.

The research sample was selected using purposive sampling, namely pregnant women with their first child who met certain criteria, such as having a high level of anxiety and having never used the Quranic recital method before. A total of 7 informants who met the criteria were selected from the Sleman area, Yogyakarta. The subjects of this study consisted of 7 pregnant women who were expecting their first child in the Sleman area, Yogyakarta. The specific characteristics of the subjects were that they were pregnant women with a high level of anxiety approaching childbirth, who had never used the Quranic recitation method before. The subjects were selected using purposive sampling, with the main criteria being high anxiety about childbirth and openness to using the murottal method as an intervention. Data were collected through in-depth interviews and observations, focusing on the subjective experiences and feelings of pregnant women regarding labor anxiety and the effects of the Al-Qur'an murottal method (Timans et al., 2019). In-depth interviews aimed to explore the subjective experiences of pregnant women regarding labor anxiety and their responses to the Quranic recital method, with open-ended questions that allowed pregnant women to share their feelings and reflections. In addition, observations were made to record the emotional, physical, and psychological changes in pregnant women before, during, and after listening to murottal, in order to obtain a more comprehensive picture of the impact of this method on labor anxiety.

Qualitative data analysis was carried out using phenomenological techniques. First, data relevant to childbirth anxiety and the impact of Quranic recitation were filtered through data reduction. Next, the data were classified into key themes such as sources of anxiety, the effects of recitation, and emotional changes, then interpreted narratively to reveal the deeper meaning of the experiences of pregnant women in dealing with childbirth anxiety. The findings of this analysis are expected to provide deeper insights into the effectiveness of the Al-Qur'an murattal in reducing labor anxiety in pregnant women with their first child (Doloksaribu, 2022).

Result and Discussion

1. Forms of Anxiety Experienced by Pregnant Women for the First Time in Sleman Regency, Yogyakarta

The results of interviews with seven informants show that the anxiety felt before the first delivery is a multidimensional phenomenon, influenced by various factors such as uncertainty, fear of pain, emotional burden, concerns about the baby's health, and social pressure. Uncertainty is one of the main sources of anxiety. Informants AR, RH, and BN revealed that even though they had prepared themselves by reading literature and hearing about other people's experiences, uncertainty about how their bodies would respond during labor still created anxiety. They felt that the process of giving birth was full of unpredictable things, which made them anxious even though they had done a lot of preparation.

Fear of the pain that will be experienced during labor is also a very dominant source of anxiety. Informants AR, BN, LS, and HM expressed their concerns about the intensity of the pain and their ability to cope with it. Even though they had prepared well, the thought of the pain to come created deep anxiety, making them feel less mentally and physically prepared for labor.

In addition to uncertainty and fear of pain, the emotional burden of being a mother-to-be is also a significant factor that increases anxiety. Informants AR, RH, and BN highlighted their concerns about their new responsibilities as parents, which raised questions about their emotional and physical readiness to care for and educate their children. They were anxious about their ability to provide the attention, affection, and guidance needed for their child's growth and development, adding to the emotional pressure leading up to delivery.

The health of the unborn baby is also a major concern. Informants BN, HM, and SM expressed their concerns about possible complications that may occur during delivery, as well as the health of the unborn baby. Uncertainty about the condition of the baby after birth is a burden that is difficult to overcome and adds to the intensity of their anxiety.

The pressure of social expectations and norms inherent in society about the role of mothers also adds to the anxiety. Informants AR, RH, and LS feel that society's expectations about how a mother should behave and care for her child create their own pressure. This pressure causes self-doubt and adds to the emotional burden they feel leading up to delivery.

This study demonstrates the relevance of various psychological and health theories in understanding and managing anxiety in pregnant women in Sleman Regency, Yogyakarta. One of the main theories underlying these findings is Mishel's (1988) Uncertainty Theory in Health, which states that uncertainty about the delivery process creates significant anxiety. Field data confirm this, showing that even though pregnant women have prepared themselves through literature and the experiences of others, uncertainty remains a major source of anxiety (Clayton et al., 2018). This shows that Mishel's theory is very relevant in explaining the psychological condition of pregnant women who are giving birth for the first time.

In addition, the Coping Theory by Lazarus and Folkman (1984), which emphasizes individual strategies in dealing with stress and pain, was found to be in line with the experience of pregnant women who face fear of pain during childbirth. This fear is not only a major source of anxiety, but also highlights the importance of effective coping mechanisms, such as the use of Quran recitation, to help manage this anxiety. This shows that coping theory can be applied practically in the context of pregnancy (Avcioğlu et al., 2019; Obbarius et al., 2021).

Bowlby's (1969) attachment theory is also relevant in this study, with field data showing that mothers' concerns about the health of their unborn babies are strongly influenced by the strong emotional bond between mother and baby. These concerns are in line with Bowlby's theory, which emphasizes the importance of emotional bonding during pregnancy (Granqvist & Duschinsky, 2021). In addition, Asch's (1951) Social Pressure Theory explains how social norms and community expectations can increase the emotional burden for pregnant women, which is also supported by field findings (Gudehus, 2023). In the context of social support, Cobb's Theory (1976) highlights the important role of partners and families in reducing anxiety in pregnant women (Sayem, 2020). Field data show that this support is very effective in creating a positive environment and reducing anxiety, which is in line with Cobb's theory. In addition, the theory of spiritual-emotional balance and mindfulness is also found to be relevant, with Quran recitation and other relaxation practices helping pregnant women maintain emotional balance and reduce anxiety.

The findings of this study are in line with the predetermined formulation and objectives, namely to explore and measure the effectiveness of the Al-Qur'an murottal method in reducing labor anxiety in pregnant women with their first child in Sleman Regency, Yogyakarta. The results of interviews and observations show that the anxiety felt by pregnant women for the first time is a multidimensional phenomenon, influenced by various factors, including uncertainty, fear of pain, emotional burden as a prospective mother, concerns about the baby's health, and social pressure from community expectations. Uncertainty about the delivery process and fear of pain are two of the main sources of anxiety experienced by pregnant women. In addition, the emotional burden associated with the new role as a mother and concerns about the baby's health also add to their mental pressure leading up to delivery. This study shows that listening to the Quranic recitation on a regular basis significantly reduces anxiety in pregnant women by increasing calmness, strengthening spiritual bonds with the baby, and aiding mental readiness for delivery. Social support from partners and family also plays an important role in increasing the effectiveness of this therapy. Overall, a holistic approach that integrates the recitation of the Qur'an can be an effective solution in reducing labor anxiety and can be applied in prenatal care in Indonesia.

This study found that listening to Quran recitation is effective in reducing anxiety among pregnant women. Those who listen to it regularly report a significant reduction in anxiety and feel a deep spiritual bond with their unborn baby. Quran recitation strengthens the spiritual bond between mother and child, brings them closer to God and provides

peace of mind. In addition, it provides an opportunity for spiritual reflection and learning, helping them manage anxiety better. Support from partners and family plays an important role in the success of this therapy, helping mothers feel more confident and calm.

The informants recommended that other pregnant women try Murottal Al-Qur'an for spiritual support. This study emphasizes the importance of religiosity in managing anxiety. Relaxation techniques such as meditation and yoga were also found to be effective. This study highlights the importance of mental well-being during pregnancy, which significantly affects fetal development. Emotional and physical readiness also affect anxiety levels, with consistent spiritual practice being key to optimal benefits. Social support greatly affects mental well-being, and accurate information about childbirth can help reduce anxiety.

The results of this study have practical implications that the Quran recital method can be integrated as part of prenatal care to reduce anxiety in pregnant women. Hospitals and mother and child health centers can consider providing Quran recital sessions as part of the childbirth preparation program. Theoretically, this study reinforces the understanding that a holistic approach that includes spiritual, social, and emotional aspects is essential in caring for pregnant women. It shows that spiritually based interventions, such as reciting the Holy Quran, have great potential to support the mental health and well-being of pregnant women, which can be applied in other health contexts.

2. Application of the Al-Quran Murottal Method in Reducing Anxiety in Pregnant Women with First Children in Sleman Regency, Yogyakarta

After Subuh prayer, to create an atmosphere conducive to reflection and spiritual connection with her baby, RH conducted in-depth research, consulted with health experts and scholars, and selected specific suras such as Al-Falaq and An-Naas that convey a message of love, protection, and hope. LS emphasizes the importance of choosing recommended Qur'anic recitations for pregnant women and setting aside specific time each day to listen to recitations with devotion. BN and HM show strong commitment by setting specific schedules and creating a calm environment for consistent listening to recitations. SM sets aside special time in the morning and evening to listen to the murottal, and involves her husband in this process, demonstrating the importance of togetherness and support from her spouse. RH and SM take a more personal approach in choosing reciters and verses of the Qur'an. RH chooses reciters with soothing voices and makes a list of verses that provide tranquility, such as Surah Ar-Rahman and Al-Fatihah. SM, in addition to choosing verses that emphasize God's love, protection, and wisdom, also involves her partner in listening to the murattal together, which strengthens the spiritual bond between the pregnant woman and her family.

All informants agreed that the routine of listening to the Quranic recitation was an important aspect of this therapy. AR created a calm and comfortable atmosphere while listening to the recitation, with full awareness in accepting and reflecting on the meaning of the verses heard. RH emphasized the importance of a deep understanding of the messages in these verses to help change negative mindsets to more positive ones. LS

added the aspect of breathing and meditation techniques to control emotions, as well as focusing on the meaning and positive messages of the verses heard. BN and HM emphasized the importance of consistency in listening to murattal and reflecting on the messages contained therein. They associated this reflection process with the moment of pregnancy and the hope for the birth of their first child. SM and RH emphasized the importance of involving partners or close friends in listening to the murattal together. Social support from partners and family is considered an important element in creating a positive and harmonious environment during pregnancy. HM also highlighted that this support helps pregnant women feel calmer and more confident in facing the delivery process.

All informants reported a decrease in anxiety levels and an increase in inner calm after regularly listening to the murattal. This therapy is also considered to strengthen the spiritual bond between the pregnant woman and her unborn baby, creating a positive environment for the development of the child in the womb. Consistency in carrying out this therapy is considered the key to feeling its optimal benefits, including inner peace and reduced anxiety. The informants are also actively studying and understanding the teachings of the Qur'an contained in the verses they listen to, which increases their emotional and mental stability. Support from partners and families reinforces positive experiences and helps create an environment conducive to the well-being of pregnant women and babies.

This study confirms the relevance of various psychological and health theories with the finding that the Murattal Al-Qur'an method is effective in reducing anxiety in pregnant women with their first child in Sleman Regency, Yogyakarta. The Uncertainty Theory in Health by Mishel (1988) emphasizes that the uncertainty associated with the delivery process creates deep anxiety, which is clearly seen from field data (Clayton et al., 2018). Pregnant women face this uncertainty through coping strategies according to the Coping Theory by Lazarus and Folkman (1984), in which they use the recitation of the Qur'an as a tool to manage anxiety before childbirth (Obbarius et al., 2021).

Social support plays an important role in managing this anxiety, in line with the Social Support Theory by Cobb (1976). Field data show that support from partners and families reinforces the positive effects of Quran recitation, creating a calmer and more conducive environment for the well-being of pregnant women (Cohen & McKay, 2020). This is also supported by the Family Support Theory, which emphasizes the importance of the family's role in maintaining the mental well-being of pregnant women.

Bowlby's Attachment Theory (1969) is also relevant in this context, as data shows that Murattal Al-Qur'an strengthens the spiritual and emotional bond between the pregnant mother and her baby (Woodward, 2018). This spiritual connection not only helps to reduce anxiety, but also supports the development of a healthy bond between mother and child, which is very important during pregnancy. In addition, the Spirituality in Health Theory by Pargament (1997) and the Religiosity in Mental Health Theory by Koenig (2001) highlight the important role of spirituality in mental well-being, which is reflected in the experience of pregnant women who feel calmer and more connected to their spirituality

through listening to Murottal Al-Qur'an. Finally, theories focusing on mental well-being and emotional balance, such as the Subjective Well-Being Theory by Diener (1984) and the Spiritual-Emotional Balance Theory, also support these findings. Murottal Al-Qur'an helps pregnant women maintain emotional and spiritual balance, which is very important in dealing with anxiety related to pregnancy and childbirth (Schonhardt et al., 2023). Strong social support from family and partners, combined with consistent spiritual practices, has been shown to improve the quality of life and mental readiness of pregnant women, demonstrating the relevance and practical application of these theories in the context of prenatal health.

This study highlights the careful preparation made by pregnant women in Sleman, Yogyakarta, in integrating Murottal Al-Qur'an into their daily routines. They carefully choose optimal times, such as morning and night, and create a calm environment for listening to verses from the Qur'an, demonstrating a deep awareness of the therapeutic value of the quality of the recitation. Listening to Qur'anic recitation consistently every day becomes an important ritual that helps these women achieve inner peace and significantly reduces their anxiety about childbirth. This method also strengthens the spiritual bond between the mother and her unborn baby, with many reporting that their babies appear calmer while listening to the recitation. Social support from partners and family is very important, as this enhances the calming effect of the recitation, allowing mothers to feel more confident and secure. In addition, listening to the Qur'an recitation before bed improves sleep quality and reduces anxiety-related insomnia. This practice is also effective in relieving emotional stress due to physical and mental changes during pregnancy.

In addition to reducing anxiety, this method deepens the mother's spiritual connection with Allah, providing a sense of divine security and protection. Some informants noted that this practice encourages a deeper understanding of Islamic teachings, which contributes to greater emotional and mental stability. Overall, this method significantly improves the quality of life, making mothers feel more peaceful, calm, and better prepared for childbirth. There is a significant decrease in anxiety levels after a few weeks of consistent practice, as well as an increase in self-confidence and mental readiness for childbirth. A positive impact on the fetus is also seen, with a calmer response from the baby during listening to the recitation. This method also strengthens the relationship between mother and partner, as they share in a joint spiritual practice. The noticeable relaxation effect of Murottal Al-Qur'an is very visible, helping mothers manage stress and anxiety more effectively. Community support plays an important role, with mothers feeling emotionally supported by their surroundings.

Reciting the Qur'an becomes an integral part of preparing for childbirth, making mothers feel more prepared for the process. The flexibility and effectiveness of this method is also seen because mothers use it in various everyday situations to manage anxiety or stress. These findings show that integrating Quran recitation into prenatal care in hospitals and clinics can significantly reduce anxiety and improve mental well-being, supporting the idea that spirituality plays an important role in mental health. This

reinforces the need for a holistic approach to healthcare that combines spiritual, emotional, and physical aspects, especially in the context of pregnancy and childbirth.

This study aims to identify the impact of applying the Al-Qur'an murottal method in reducing anxiety in pregnant women with their first child in Sleman Regency, Yogyakarta. The findings of this study reveal that listening to Al-Qur'an murottal on a regular basis contributes significantly to reducing anxiety in pregnant women, strengthening the spiritual bond between mother and baby, and creating a calm atmosphere that supports mental and emotional well-being. The informants consistently engage in the practice of listening to the recitation of the Qur'an, with many of them choosing specific times, such as morning and night, to create an environment conducive to spiritual reflection and anxiety management.

The application of this Al-Qur'an murottal method is also supported by social support from partners and families, which reinforces the positive effects of this therapy. By involving their partners in listening to murottal together, pregnant women feel calmer and more confident in facing childbirth. In addition, consistency in carrying out this therapy, as well as a deep understanding of the messages in the verses heard, contributes to the emotional and mental stability of pregnant women. This method not only reduces anxiety, but also deepens the spiritual connection between the pregnant woman and her baby, creating a sense of security and divine protection.

This study shows that the recitation of the Qur'an is effective in increasing the mental and emotional readiness of pregnant women for their first delivery. This practice has also been shown to reduce the stress and anxiety faced by pregnant women regarding the uncertainty of the delivery process, pain, and concerns about the baby's health. These findings reinforce the importance of a holistic approach to healthcare for pregnant women, which integrates not only the physical aspects, but also the spiritual and emotional ones. Thus, this study contributes to the development of more comprehensive and spiritually-based prenatal care practices that can be applied in maternal health services in Indonesia.

3. The effectiveness of Al-Qur'an recital in overcoming anxiety in pregnant women with their first child in Sleman Regency, Yogyakarta

The informants reported that listening to the Al-Qur'an murattal provided deep calm and helped them feel more spiritually connected to their unborn babies. AR, for example, felt a decrease in anxiety levels since starting to use this method, while RH, LS, BN, and HM reported feeling calm and happy every time they listened to verses from the Al-Qur'an. Despite initial doubts, SM also felt calm and relaxed after trying to listen to the murattal. RH was particularly able to maintain peace of mind in tense situations thanks to the routine of listening to verses from the Qur'an, which shows the effectiveness of this method in helping pregnant women overcome the anxiety they feel.

Listening to verses from the Qur'an also strengthens the spiritual bond between the pregnant woman and the unborn baby. The informants stated that the murattal recitation of the Qur'an brought them closer to the greatness of Allah's creation and gave

them confidence that the child they were carrying was blessed by hearing these verses. BN emphasizes that this method creates a positive emotional bond between the pregnant woman and the unborn baby, which strengthens emotional well-being during pregnancy. In addition to providing inner peace, Al-Qur'an recitation also encourages pregnant women to reflect and learn more about the teachings of the Al-Qur'an. Informants such as SM and RH showed great dedication in understanding the verses they heard, which not only provided peace of mind but also deepened their spirituality. BN stated that recitation became a strong spiritual foundation, helping to shape emotional stability and reduce overall anxiety.

Support from partners and families plays an important role in the success of murottal therapy. The informants acknowledged that the full support of their closest people not only strengthened the spiritual experience, but also created a positive and loving environment, which had an impact on the well-being of pregnant women and babies. They also stated that practicing Al-Qur'an murottal with a partner or family helped create a calm and harmonious atmosphere, which was indispensable during pregnancy. The informants recommended that other pregnant women try the Al-Qur'an murottal method, because the spiritual experience and serenity they felt could be valuable support in facing the challenges of pregnancy. RH emphasized that the positive impact of this spiritual experience can provide confidence and serenity for other pregnant women. They also suggest choosing a surah or verse that provides comfort and devotion, and integrating this practice into the daily routine. BN emphasizes the importance of focusing on happiness and tranquility, as well as involving the partner in the process to support the success of the therapy. HM suggests combining this method with other pregnancy and childbirth practices, as well as communicating with health workers to ensure harmony with medical care.

This study shows that various psychological and health theories support the finding that the Murottal Al-Qur'an method is effective in reducing anxiety in pregnant women with their first child in Sleman Regency, Yogyakarta. The Coping Theory by Lazarus and Folkman (1984) highlights the importance of coping strategies in managing stress, where in this context, murottal Al-Qur'an is used as an effective coping strategy. In addition, Cobb's (1976) Social Support Theory is also supported by field data, where support from partners and family is shown to reinforce the positive effects of Quranic recitation, helping pregnant women overcome anxiety before giving birth. The aspect of spirituality, which is the main focus of this study, is in line with Pargament's (1997) Theory of Spirituality in Health, which emphasizes the importance of the role of spirituality in mental well-being.

The data shows that listening to the recitation of the Qur'an not only improves spiritual well-being but also reduces anxiety in pregnant women. This is also in line with the Theory of Peace of Mind by Kabat-Zinn (1994), which states that mindfulness can help reduce stress, where pregnant women who focus on the meaning of verses from the Qur'an experience a significant decrease in anxiety. Furthermore, the Role Transition Theory by Bridges (2004) and the Role Strain Theory by Goode (1960), which discuss the challenges of role transition and new role strain, are relevant to the data which shows that

pregnant women face anxiety related to their new role as mothers. Reciting the Quran helps them manage this tension, strengthening their confidence in facing childbirth. In addition, the Resilience Theory by Werner (1992) is also supported by findings that show that pregnant women who listen to the recitation of the Qur'an show an increase in mental resilience in dealing with the stress of childbirth.

Cognitive-Behavioral Therapy (CBT) by Beck (1976), which emphasizes changing mindsets to reduce anxiety, also supports this finding. Reciting the Qur'an helps pregnant women focus their thoughts on positive spiritual aspects, which is in line with the principles of CBT. Finally, the Holistic Well-Being Theory by Engel (1977) and the Emotional Support Theory by Cutrona (1996), which state the importance of holistic well-being and emotional support, are also relevant in the context of this study. Field data show that the recitation of the Qur'an, supported by social and emotional support from family and partners, provides holistic well-being for pregnant women, encompassing physical, mental, and spiritual aspects.

This study reveals that listening to the recitation of the Qur'an on a regular basis provides inner peace and a significant reduction in anxiety for pregnant women in Sleman. The informants reported that they felt a deep calm and a stronger spiritual bond with their unborn babies. The Qur'anic recitation not only strengthened the spiritual bond, but also encouraged deeper reflection and understanding of the teachings of the Qur'an, thus enhancing their emotional stability. The full support of partners and families plays an important role in the success of this therapy, creating a positive and loving environment. Pregnant women feel happier and more satisfied after listening to the recitation of the Qur'an, which helps them face the challenges of pregnancy with more calm and confidence. They also report improved sleep quality and reduced insomnia after making the recitation part of their daily routine.

The strong relaxing effect of the Quranic recitation helps them manage the stress and anxiety that often arises before childbirth. A deeper connection to Islamic teachings strengthens spirituality and provides peace of mind during pregnancy. The experiences of pregnant women show that listening to the recitation regularly helps reduce anxiety about childbirth, making them feel more prepared for the process. Family involvement in joint murottal sessions helps create a harmonious atmosphere that supports the mental health of pregnant women. Some pregnant women report that their fetuses respond calmly when listening to murottal, which shows the positive effects of this therapy. Murottal Al-Qur'an also improves the emotional well-being of pregnant women, helping them cope with the emotional changes that occur during pregnancy.

Informants reported that their stress was significantly reduced after using murottal as part of their daily routine. Listening to murottal also helps pregnant women focus their thoughts on positive aspects, improving concentration and peace of mind. Murottal Al-Qur'an is considered an important part of labor preparation by pregnant women, helping them feel calmer and more prepared. A decrease in the level of insomnia was also reported by pregnant women who regularly listen to murottal, demonstrating the positive effects of this therapy. They feel more grateful and calm after listening to murottal, which

strengthens their mental well-being. The experience of listening to murottal gives pregnant women greater confidence in facing the challenges of pregnancy and childbirth.

The Quranic recitation helps pregnant women achieve a better emotional balance, which is important for their mental health. Finally, the informants recommended the use of Quranic recitation to other pregnant women because of the positive impact they felt in managing anxiety and improving emotional well-being. The findings of this study indicate that the recitation of the Qur'an can be integrated as a non-pharmacological therapy in prenatal care to reduce anxiety in pregnant women, and medical personnel need to consider including this therapy in routine care programs.

The findings of this study emphasize the significant impact of the recitation of the Qur'an in reducing anxiety in pregnant women with their first child in Sleman Regency, Yogyakarta. In line with previous research, this study shows that spiritual practices such as listening to Quran recitation not only improve spiritual well-being but also provide substantial psychological benefits, including reduced anxiety and increased emotional stability. These results are in line with the theoretical framework of Mishel's Uncertainty Theory and Lazarus and Folkman's Coping Theory, both of which emphasize the role of coping strategies in managing stress and uncertainty. This study also reinforces the relevance of social support theory, highlighting how the involvement of partners and families in the spiritual practices of pregnant women can significantly strengthen the positive effects of such interventions.

This study aims to evaluate the effectiveness of the Murottal Al-Qur'an method in overcoming anxiety in pregnant women with their first child in Sleman Regency, Yogyakarta. The findings of this study indicate that listening to the Murottal Al-Qur'an on a regular basis has a significant positive impact on reducing anxiety and improving the emotional well-being of pregnant women. Most informants in this study reported that Quranic recitation provided deep calm, helped them feel more spiritually connected to their babies, and reduced the feelings of anxiety often experienced during pregnancy. For example, AR felt a significant decrease in anxiety levels since starting to use this method, while RH, LS, BN, and HM reported feeling calm and happy every time they listened to verses from the Quran. SM, who was initially doubtful, also finally felt relaxed and calm after trying to listen to murottal regularly. These findings are in line with the research objective of finding out how Al-Qur'an murottal can help pregnant women in overcoming their anxiety, especially related to the uncertainty and tension that usually arises ahead of childbirth.

In addition, listening to the recitation of the Qur'an has been shown to strengthen the spiritual bond between pregnant women and their unborn babies. The informants revealed that the verses of the Qur'an gave them confidence and peace of mind, as well as deepening their spiritual connection with Allah and the unborn baby. BN, for example, felt that this method helped build a stronger emotional connection with her baby, which in turn improved her mental and emotional well-being during pregnancy.

The informants also indicated that the Quranic recital method encouraged them to delve deeper into the teachings of the Quran, which had a positive impact on their spiritual

understanding. They feel more connected to the positive values contained in the verses listened to, which not only provide calm, but also increase their emotional and mental stability. This shows that Quranic recitation is not only a physical therapy to reduce anxiety, but also an exploration of the spiritual aspects that provide emotional balance.

Social support, especially from partners and family, plays a very important role in the success of this therapy. The informants acknowledged that the involvement of partners and families in listening to the murattal together creates a calm and harmonious atmosphere that is indispensable during pregnancy. Some pregnant women revealed that practicing the Al-Qur'an murattal with their partners or families strengthens social bonds and supports their mental health. This finding underscores the importance of social support in optimizing the effectiveness of murattal therapy, in line with social support theory which shows that emotional support from loved ones strengthens the mental health of pregnant women.

These findings support the research objective which focuses on the use of Al-Qur'an murattal as a non-pharmacological strategy to reduce anxiety in pregnant women with their first child. The recitation of the Qur'an has been proven to be effective in increasing inner peace, reducing anxiety, and deepening the spirituality of pregnant women. The informants recommend that other pregnant women try this method, as they feel calmer and more prepared for the delivery process after implementing this therapy in their daily routine.

Overall, the results of this study reinforce psychological and health theories, including the Coping Theory of Lazarus and Folkman which emphasizes the use of coping strategies to manage stress, as well as the Social Support Theory which highlights the importance of family support in managing anxiety. Furthermore, these findings also support the theory of spirituality in health which emphasizes that spiritual aspects can play an important role in mental well-being. Support from partners and families, as well as spiritual involvement in the form of reciting the Qur'an, have been shown to provide holistic well-being for pregnant women, including physical, mental, and spiritual aspects.

This study also shows that integrating the recitation of the Qur'an into prenatal care can be an effective therapy, not only in the local context, but can also be adapted for other cultural and religious contexts that support spiritual practices in daily life. The results of this study can be used to support the integration of non-pharmacological therapies such as murattal in prenatal care programs, as well as opening up possibilities for further research into the long-term effects of these therapies on the health of mothers and children.

Discussion of these findings in the broader context of prenatal care suggests that integrating spiritual practices such as reciting the Qur'an into standard prenatal programs can offer a holistic approach to managing pregnancy-related anxiety. This integration not only meets the spiritual and emotional needs of pregnant women but also contributes to their overall well-being, which is essential for the health of the mother and fetus. The results of this study also reflect the potential of the Qur'an recitation to function as a

culturally sensitive non-pharmacological intervention, especially in Muslim-majority regions, where spiritual practices are deeply embedded in cultural and religious structures.

Going forward, further research should explore the long-term effects of Qur'an recitation on maternal and child health, as well as its applicability in various cultural and religious contexts. In addition, further research can investigate the specific mechanisms through which the Qur'an recital provides a calming effect, for example through physiological measurements such as heart rate variability or cortisol levels. Expanding the sample size and including more diverse populations will also help to generalize these findings, providing a more comprehensive understanding of how spiritual practices can be effectively integrated into prenatal care around the world.

Conclusion

This study reveals various forms of anxiety experienced by pregnant women with their first child in Sleman, Yogyakarta, including uncertainty about the delivery process, fear of pain, and emotional burden as a mother-to-be. Anxiety is also exacerbated by concerns about the baby's health and social pressure. The recitation of the Holy Quran has been proven to be very effective in reducing anxiety, providing peace of mind, and strengthening the spiritual bond between mother and baby. Support from partners, family, and consistency in spiritual practices such as reciting the Holy Quran also play an important role in reducing anxiety. Accurate information about childbirth and relaxation techniques such as meditation and yoga also help manage anxiety during pregnancy.

The routine application of the Qur'an recital method in first-time pregnant women in Sleman, Yogyakarta, is effective in reducing anxiety and improving quality of life. Informants reported careful preparation, selection of appropriate verses and reciters, and consistency in listening to Qur'an recitals as key factors. This therapy strengthens the spiritual bond between mother and baby, improves sleep quality, and reduces stress and emotional pressure. Support from partners, family, and community also plays an important role in the success of this method. Informants feel better prepared for childbirth, with increased confidence and a better quality of life.

Listening to the Quranic recitation (Murottal) regularly for pregnant women with their first child in Sleman Regency, Yogyakarta, is effective in reducing anxiety and improving emotional well-being. This therapy strengthens the spiritual bond with the baby, improves sleep quality, and provides a significant relaxation effect. Support from partners and family reinforces the benefits of this therapy, creating a positive and loving environment. Pregnant women report reduced stress, increased focus, and a feeling of being more prepared for childbirth. Al-Qur'an recitation also helps reduce insomnia and strengthen confidence, while providing better emotional balance during pregnancy.

This study implies that the Quran recital method can be integrated as part of prenatal care in hospitals and maternal and child health clinics to reduce anxiety and improve the mental well-being of pregnant women. These findings emphasize the importance of a holistic approach that includes spiritual aspects in health care, especially during pregnancy and childbirth. Education and training on the benefits of this therapy

need to be provided to medical personnel and pregnant women to support their overall mental health and well-being. The recommendation from this study is that the Murottal Al-Qur'an method be integrated into prenatal care programs in hospitals and clinics, and be followed by education and training for medical personnel and pregnant women on its benefits. However, this study has limitations in the scope of the sample which is limited to one region, so the results may not fully represent the wider population. Further research with larger and more diverse samples is needed to confirm these findings. In addition, long-term measurements of the effects of this therapy also need to be explored.

Declarations

Author contribution statement

This research was conducted by Yessi Handriyani, Tasman Hamami, Akif Khilmiyah, and Azam Syukur Rahmatullah. Yessi Handriyani led the research, developed the research concept, and was responsible for data analysis and writing the first draft of the manuscript. Tasman Hamami contributed to field data collection, conducted interviews with informants, and participated in manuscript writing and revision. Akif Khilmiyah and Azam Syukur Rahmatullah were involved in research methodology design, statistical analysis, and provided significant advice and corrections at each stage of manuscript writing. All authors have read and approved the final manuscript submitted for publication.

Funding statement

This research did not receive any specific grants from any funding agencies in the public, commercial, or non-profit sectors. This research was conducted independently by the author, utilizing personal resources and support.

References

- Abd Mubi, Z., Hussin, H., & Mohamad, S. (2024). A Literature Highlight on Teachers Competency Level in Teaching Special Class on Quranic Recitation and Memorization Skills (KKQ). *Jurnal Pendidikan Agama Islam*, 21(2), 346–363.
- Afriyanto, D., & Anandari, A. A. (2024). Transformation of Islamic religious education in the context of multiculturalism at SMA Negeri 9 Yogyakarta through an inclusive approach. *Jurnal Pendidikan Agama Islam*, 21(1), 1–21.
- Aryani, S. A., Wiranto, E. B., Asroni, A., Fauziah, S., & Yusup, M. (2024). Exploring Student-Centered Learning as a Tool to Prevent Radicalization in Islamic Junior Schools: A Case Study of Indonesia and Bangladesh. *Jurnal Pendidikan Agama Islam*, 21(2), 329–345.
- Asrul, A. (2023). Effectiveness of Al-Qur'an Murottal Therapy Against Anxiety of Preoperative Patients. *Jurnal Ilmiah Kesehatan Sandi Husada*, 12(1), 129–135.
- Avcıoğlu, M. M., Karanci, A. N., & Soygur, H. (2019). What is related to the well-being of the siblings of patients with schizophrenia: An evaluation within the Lazarus and Folkman's Transactional Stress and Coping Model. *International Journal of Social Psychiatry*, 65(3), 252–261.
- Aziza, C. N. (2019). *Pengaruh Murottal Al-Qur'an Terhadap Pengendalian Emosi (Anger Management) Dan Tekanan Darah Pada Penderita Hipertensi*. Universitas Airlangga.
- Aziza, I. N., Wiyono, N., & Fitriani, A. (2019). Pengaruh Mendengarkan Murottal Al-Qur'an

- Terhadap Memori Kerja. *Psikis: Jurnal Psikologi Islami*, 5(1), 24–32.
- Azzahroh, P., Hanifah, A., & Nurmawati, N. (2020). Pengaruh Terapi Murottal Al-Qur'an Terhadap Tingkat Kecemasan pada Pasien Pre Operasi Sectio Caesarea di Rumah Sakit Ridhoka Salma Cikarang Tahun 2019. *Journal for Quality in Women's Health*, 3(2), 127–132.
- Budiyarti, Y., & Makiah, M. (2018). Pengaruh terapi murottal al qur'an terhadap tingkat kecemasan ibu hamil primigravida trimester iii di wilayah puskesmas pekauman. *Jurnal Citra Keperawatan*, 6(2), 89–99.
- Clayton, M. F., Dean, M., & Mishel, M. (2018). Theories of uncertainty in illness. *Middle Range Theory for Nursing*, 4, 49–82.
- Cohen, S., & McKay, G. (2020). Social support, stress and the buffering hypothesis: A theoretical analysis. In *Handbook of psychology and health, Volume IV* (pp. 253–267). Routledge.
- Dasri, Z. A., Wahyuningsih, M., & Mindarsih, E. (2021). Perbedaan Pengaruh Terapi Relaksasi Dzikir Dan Hipnosis Lima Jari Terhadap Kecemasan Pada Ibu Hamil Primigravida di Puskesmas Tempel II. *Health Care: Jurnal Kesehatan*, 10(1), 125–137.
- Dianti, M. R., & Indrawijaya, Y. Y. A. (2021). Efektifitas terapi murottal al Qur'an terhadap stres mencit (*Mus musculus*). *Journal of Islamic Pharmacy*, 6(1), 28–34.
- Doloksaribu, M. (2022). Hiperaktivitas Saraf Simpatis Dan Kadar Nitrat Okside Pada Ibu Hamil Terhadap Dinamika Tekanan Darah. *EMBRIO*, 14(1), 53–59.
- Fathoni, T. (2025). Integrasi Konsep Pengalaman Belajar John Dewey Dalam Pembelajaran Al-Qur'an Anak. *AL-MIKRAJ Jurnal Studi Islam Dan Humaniora (E-ISSN 2745-4584)*, 5(2), 124–139.
- Fathoni, T., Wahyuni, F., & Samsudin, S. (2024). Peran teori sosial Émile Durkheim dalam pengembangan pendidikan agama Islam (perspektif solidaritas sosial dan integrasi masyarakat). *AL-MIKRAJ Jurnal Studi Islam Dan Humaniora (E-ISSN 2745-4584)*, 5(01), 1654–1668.
- Firnanda, S. A. A., & Andalas, E. F. (2022). Kepercayaan terhadap Berbagai Larangan pada Wanita Hamil di Dusun Tlogorejo, Kecamatan Lawang, Kabupaten Malang. *JENTERA: Jurnal Kajian Sastra*, 11(1), 174–183.
- Granqvist, P., & Duschinsky, R. (2021). Attachment theory and research. In *Oxford Research Encyclopedia of Psychology*.
- Gudehus, C. (2023). Appropriations of social psychological studies in genocide research exemplified by references to Solomon E. Asch's study of independence and conformity. *Journal of Genocide Research*, 25(2), 216–234.
- Husnah, R., & Ramayanti, I. (2023). Efektifitas Terapi Dzikir Terhadap Kecemasan Ibu Hamil. *Jurnal Ners*, 7(1), 59–63.
- Istikomah, I., Anggraeni, S., Diana, S., Sumarni, S., & Rohayati, R. (2024). Pengaruh Terapi Dzikir Dan Air Wudhu Terhadap Kualitas Tidur Pada Dan Kecemasan Pada Ibu Hamil. *Jurnal Ners*, 8(1), 49–58.
- Kamila, A. (2020). Psikoterapi dzikir dalam menangani kecemasan. *Happiness: Journal of Psychology and Islamic Science*, 4(1), 40–49.

- Khadijah, S. (2021). *Hubungan Dukungan Keluarga Terhadap Kecemasan Ibu Hamil Primigravida Trimester III Dalam Menghadapi Persalinan Di Wilayah Kerja Klinik Rafifa Desa Cempedak Lobang*. Universitas Medan Area.
- Megasari, M., Ningrum, D., & Dolifah, D. (2023). Pengaruh Intervensi Relaksasi Napas Dalam dan Murottal Al-Qur'an Irama Nahawand terhadap Penurunan Tekanan Darah pada Lansia Hipertensi. *Jurnal Ners*, 7(1), 632–638.
- Mumtaz, N. M., Muafiah, E., & Witro, D. (2024). Educational Policy Analysis: Examining Pesantren Policies and Their Implications on the Independence of Kyai and Pesantren in the Contemporary Era. *Jurnal Pendidikan Agama Islam*, 21(2), 287–306.
- Nadia, A., Febrianti, N., & Pakaya, R. E. (2024). Implementasi Terapi Murottal pada Pasien Lansia Diagnosa Nyeri Akut di RSUD Undata Provinsi Sulawesi Tengah. *Jurnal Kolaboratif Sains*, 7(4), 1468–1473.
- Noviyanti, A., & Jasmi, J. (2022). Faktor Fisik dan Psikologis Ibu Bersalin dengan Intensitas Nyeri Persalinan Kala I pada Ibu Primipara. *Jurnal Kesehatan*, 13(3), 437–444.
- Nurqalbi, S. R., & Kamaruddin, M. (2019). Pengaruh terapi murottal al-qur'an terhadap tingkat kecemasan ibu menghadapi persalinan di Rumah Sakit Siti Khadijah III Makassar. *Medika Alkhairaat: Jurnal Penelitian Kedokteran Dan Kesehatan*, 1(2), 69–73.
- Nuryana, A., Pawito, P., & Utari, P. (2019). Pengantar Metode Penelitian Kepada Suatu Pengertian Yang Mendalam Mengenai Konsep Fenomenologi. *Ensains Journal*, 2(1), 19–24.
- Obbarius, N., Fischer, F., Liegl, G., Obbarius, A., & Rose, M. (2021). A modified version of the transactional stress concept according to Lazarus and Folkman was confirmed in a psychosomatic inpatient sample. *Frontiers in Psychology*, 12, 584333.
- Pramitha, D., Ubaidillah, A., & Sayeed, M. M. Bin. (n.d.). Gen Z's Religiosity Level: A Comparative Study between Indonesia and the United Kingdom. *Jurnal Pendidikan Agama Islam*, 21(2), 307–318.
- Rahmadhani, A., Agustini, T., & Taqiyah, Y. (2021). Pengaruh Terapi Murottal Al-Qur'an Terhadap Tingkat Kecemasan Ibu Hamil Trimester III Dalam Menghadapi Proses Persalinan. *Window of Nursing Journal*, 113–122.
- Sayem, M. A. (2020). *Religious Perspectives on Environmental Issues: A Comparative Study of John B. Cobb, Jr. and Seyyed Hossein Nasr*. The Chinese University of Hong Kong (Hong Kong).
- Schonhardt, S., Sullivan, S., & Shisler Marshall, R. (2023). A Focused Review of Multidimensional Well-Being Assessments. *Journal of Wellness*, 4(2), 5.
- 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.
- Timans, R., Wouters, P., & Heilbron, J. (2019). Mixed methods research: what it is and what it could be. *Theory and Society*, 48, 193–216.
- Woodward, J. (2018). Introduction to attachment theory. In *Attachment and human survival* (pp. 7–20). Routledge.