

INFORMASI ARTIKEL

Received: November, 30, 2025

Revised: December, 02, 2025

Available online: December, 03, 2025

at: <https://e-jurnal.iphorr.com/index.php/mhc>

Murottal al-qur'an therapy to reduce anxiety in patient with cervical cancer

Ahmad Irsan Fahmi, Muhammad Rosyidul Ibad*

Fakultas Keperawatan, Universitas Muhammadiyah Malang

Corresponding author: *E-mail: ibad@umm.ac.id

Abstract

Background: Cervical cancer is the fourth most common cancer in women worldwide and is the leading cause of cancer deaths, especially in low- and middle-income countries. Cervical cancer patients often experience severe anxiety due to uncertainty about the treatment process and the risk of death. Anxiety management can be done pharmacologically or non-pharmacologically, one of which is through Al-Qur'an recitation therapy as a spiritual therapy that is believed to provide relaxation and calmness.

Purpose: To determine the effectiveness of Al-Qur'an recitation therapy in reducing anxiety levels in cervical cancer patients.

Method: A case study of one stage IIB cervical cancer patient selected through purposive sampling. Al-Qur'an recitation therapy was administered for 30 minutes per session after the patient was positioned to relax and performed deep breathing relaxation. Nursing care was provided according to standard procedures. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS) before the intervention and for three consecutive days after therapy. The patient's initial anxiety score was 39 (severe anxiety). Care was provided from September 9 to 11, 2025, at RS-X Hospital in Malang.

Results: The patient's initial anxiety level was in the severely anxious category with a HARS score of 39. After murottal therapy, the anxiety score decreased to 34 on the first day, 28 on the second day, and 19 on the third day, showing a gradual decrease from severe anxiety to mild anxiety. This intervention provided relaxation, emotional calm, and improved the patient's spiritual coping.

Conclusion: Al-Qur'an murottal therapy has been proven effective in reducing anxiety levels in cancer patients through a relaxation mechanism that triggers the formation of endorphins, making the body feel calmer.

Keywords: Al-Qur'an Murottal; Anxiety; Cervical Cancer; Complementary Therapy; HARS.

INTRODUCTION

Cancer is a type of disease characterized by uncontrolled abnormal growth of body cells and is one of the leading causes of death today (Lutfiani & Mariyati, 2023). The most common cancer affecting women worldwide is cervical cancer. Cervical cancer is a disease caused by abnormal growth and division of epithelial cells in the lower part of the uterus. Cancer cells will continue to grow and penetrate into the tissue

and spread to the surrounding tissue, namely the vagina. In some cases, these cells also develop into vascular cells. Data cited by the Merck Manual of Medical Information states that cervical cancer occurs in women aged 30-55 years, but it is possible for women aged 20 years to experience it (Syukuriyah & Alfiyanti, 2023). Cervical cancer is the fourth most common cancer in women worldwide. In 2022, an

estimated 660,000 women worldwide were diagnosed with cervical cancer, and approximately 350,000 women died from the disease (Tobing, Keliat, & Wardhani, 2024). According to 2018 data from the World Health Organization (WHO), the incidence of cervical cancer in Indonesia was 136.2 per 100,000 people. This figure places Indonesia eighth in Southeast Asia and 23rd in Asia in terms of the number of cases. The 2018 Basic Health Research shows that the prevalence of cervical cancer in Indonesia reached 1.79 per 1,000 population. Meanwhile, in Asia, cervical cancer is the third most common cancer affecting women in Asia and is the leading cause of cancer deaths among women in lower-middle-income countries (Nuwa & Kiik, 2020).

The psychological impact that often occurs in patients after being diagnosed with cancer is denial, anxiety, and depression (Anggara, Sutrisno, & Badriyah, 2025). Anxiety is a feeling of psychological distress, worry, fear, uneasiness, and concern, which is a normal response when something threatening occurs, a response that occurs in a person towards a negative problem, causing discomfort to that person. Therefore, it can be concluded that anxiety is a feeling of fear and worry that can threaten one's life when faced with a problem (Pratiwi, Widiyanti, & Solehati, 2017). Anxiety can generally be treated pharmacologically and non-pharmacologically. Pharmacological management involves the use of anti-anxiety drugs, especially benzodiazepines, which are used for short-term treatment and not for long-term use because these drugs are addictive. Non-pharmacological management includes relaxation training, psychotherapy, and spiritual therapy (Antari, Jayanti, & Sanjiwani, 2023).

Non-pharmacological management to reduce anxiety in cervical cancer patients includes Murottal Al-Qur'an therapy, which has a positive effect on listeners. However, the Al-Qur'an also serves as a medium for remembrance of Allah, which is part of spiritual therapy. This is in line with the needs of cervical cancer patients because, in addition to experiencing anxiety, cancer patients are in a situation of uncertainty about death, making them vulnerable to spiritual distress. Murottal

Al-Qur'an provides a calming effect and stimulates the hormone endorphin to block stress receptors (Rowawi, 2017).

RESEARCH METHOD

Case study with nursing care applying Murottal Al-Qur'an therapy. This case study was conducted on one case managed by nursing care and selected by purposive sampling based on research criteria, namely patients who were cooperative, able to communicate well, willing to be respondents, and diagnosed with stage IIIB cervical cancer. This case study involved non-pharmacological intervention through the provision of Murottal Al-Qur'an therapy. The Murottal Al-Qur'an therapy was administered through several procedures. The patient was first positioned in a relaxed and comfortable state, then instructed to perform deep breathing relaxation techniques while closing her eyes. Next, Murottal Al-Qur'an was played for approximately 30 minutes. Nursing care was applied following the standard nursing care process, including assessment, nursing diagnosis, intervention, implementation, and evaluation. In carrying out this process, nurses utilized in-depth knowledge to assess the client's health condition, diagnose problems, determine health goals, and plan, implement, and evaluate nursing actions effectively.

The author evaluated the patient's anxiety using the Hamilton Anxiety Rating Scale (HARS) because of its proven validity and reliability. The evaluation process involved measuring anxiety before therapy on the first day and after 3 consecutive days of therapy, followed by an analysis of whether there was a decrease in anxiety. To measure anxiety levels before and after therapy, the Hamilton Anxiety Rating Scale (HARS) questionnaire was used as an objective assessment tool. The subject of this case study was Mrs. P, who was diagnosed with stage IIIB cervical cancer. Before the intervention, the patient's anxiety level was measured using the Hamilton Anxiety Rating Scale (HARS) questionnaire to obtain initial anxiety level data (pre-test), with a score of 39 indicating a severe anxiety level. Nursing care was provided from September 9 to 11, 2025, at RS-X Hospital in Malang.

Ahmad Irsan Fahmi, Muhammad Rosyidul Ibad*

Fakultas Keperawatan, Universitas Muhammadiyah Malang
Corresponding author: *E-mail: ibad@umm.ac.id

Doi: 10.56922/mhc.v4i4.1933

RESEARCH RESULTS

Table 1. Characteristics of Managed Cases

Identity	Description
Age	35 th
Gender	Female
Status	Married
Education	Junior High School
Occupation	House Wife
Marital History	Once
HARS Score	39 (Severe Anxiety)
Major Symptoms	Worried, restless, difficulty sleeping
Minor Symptoms	Complaints of dizziness, palpitations

Based on the results obtained from the study of Mrs. P, the following results are shown in Table 1. Table 1 shows that Mrs. P has cervical cancer. The intervention given to Mrs. P to overcome her anxiety was to build mutual trust when the patient was worried about undergoing chemotherapy. As a result, Mrs. P was willing to talk about her problems. followed by providing support with encouraging words such as "You can get through this," and "You must believe that you can get well," resulting in Mrs. P regaining her spirit and becoming optimistic about fighting her illness. The intervention continued with the use of Al-Qur'an recitation therapy for approximately 30 minutes using a mobile phone with a frequency of 50-60 dB. An evaluation of anxiety levels was conducted before and after the Al-Qur'an recitation therapy for 3 consecutive days, as shown in Table 2 below.

Table 2. Pre-test Observations on the Application of Al-Qur'an Murottal Therapy

	Anxiety Scores		Anxiety Level
	Pre	Post	
First	39	34	Heavy
Second	34	28	Medium
Third	28	19	Light

Table 2 shows the difference in pre- and post-anxiety scores for Mrs. P on the first day from 39 to 34 with a category of severe anxiety, on the second day from 34 to 28 with a category of moderate anxiety, and on the third day from 28 to 19 with a category of mild anxiety. Based on the results of the three-day evaluation, Al-Qur'an murottal therapy for ± 30 minutes at a frequency of 50–60 dB was proven to reduce Mrs. P's anxiety level. The reduction in anxiety was clearly visible after the intervention. These findings are in line with Gunawan's (2024) research, which states that Al-Qur'an recitation therapy is effective in reducing anxiety levels in cancer patients undergoing chemotherapy. Thus, it can be concluded that Al-Qur'an recitation

therapy is a highly effective non-pharmacological method for reducing anxiety in cancer patients.

DISCUSSION

The results of this case study show that administering Al-Qur'an recitation therapy for three consecutive days to Mrs. P, a stage IIIB cervical cancer patient, was able to gradually and significantly reduce her anxiety levels. The initial anxiety level based on the HARS score was 39, which is classified as severe anxiety. After murottal therapy on the first day, the anxiety score decreased to 34 but was still classified as severe anxiety. On the second day, the score decreased again to 28, which is classified as moderate

Ahmad Irsan Fahmi, Muhammad Rosyidul Ibad*

Fakultas Keperawatan, Universitas Muhammadiyah Malang
Corresponding author: *E-mail: ibad@umm.ac.id

Doi: 10.56922/mhc.v4i4.1933

anxiety, and on the third day, the score reached 19, which is classified as mild anxiety. This decrease in HARS scores illustrates that murottal therapy has a consistent effect in reducing anxiety in Mrs. P. This is in line with research related to anxiety in cervical cancer, which shows the anxiety levels of cervical cancer patients. Another supporting study also mentions that all respondents (100%) of cancer patients also experience anxiety (Syarif & Putra, 2024).

Anxiety in this case presents symptoms of worry, restlessness, and difficulty sleeping. This is in line with the theory that anxiety can be characterized by motor or sensory symptoms, sleep disturbances, feelings of anxiety, tension, cardiovascular symptoms, respiratory symptoms, urogestinal disorders, and restless behavior during assessment (Agustin, Oktaviana, & Nanda 2024). Anxiety is caused by a decrease in the neurotransmitters gamma-aminobutyric acid (GABA) and serotonin (5-HT) and an imbalance in the neurotransmitter norepinephrine. A decrease in gamma-aminobutyric acid neurotransmitters affects the control of activity and the level of combustion of neurons in the part of the brain responsible for anxiety. This decrease causes a person's serotonin to become hypersensitive to 5-HT receptors. This decrease causes dysregulation of the neurotransmitter norepinephrine, resulting in anxiety (Haslbeck, Bucher, Bassler, & Hagmann, 2017). The intervention carried out in both cases was the use of Al-Qur'an murottal therapy for 3 days. The murottal therapy was carried out for 3 consecutive days with a duration of approximately 30 minutes at a frequency of approximately 50-60 decibels. There was a significant reduction in anxiety in this case from severe anxiety to mild anxiety, namely from a HARS scale of 34 to a HARS scale of 19. These results are supported by other studies related to anxiety reduction through Al-Qur'an murottal therapy, which showed a decrease in anxiety from a severe anxiety level with a score of 29 in the severe anxiety category to 14 in the mild anxiety category (Asrul, 2022).

Listening to the recitation of the Qur'an provides benefits beyond mere temporary peace of mind. It also helps strengthen patients' spiritual connection with God, which is very important in providing a sense of hope and purpose during treatment (Nurhayati,

Waluyo, Kariasa, & Asih, 2024). Thus, reciting the Quran serves not only as a therapeutic tool but also as a form of spiritual support that can enhance the overall well-being of patients. This therapeutic approach can be considered an important part of comprehensive care interventions for cancer patients. Al-Qur'an recitation therapy can be integrated into a broader anxiety management program, which includes psychological and emotional support from medical personnel, family, and friends. The combination of these various approaches can provide the support patients need to face the physical and mental challenges they encounter during treatment (Yudono, Wardaningsih, & Kurniasari, 2019). The findings of this study are also in line with several previous studies. Murottal Al-Qur'an can reduce anxiety in breast cancer patients (Gunawan, Nuripah, & Nilapsari, 2019). Murottal is effective as a complementary therapy to reduce anxiety in cancer patients (Simanullang, 2019).

The consistency of these results proves that reciting the Qur'an is appropriate for use as a non-pharmacological intervention in the nursing care of cancer patients. The results of this case study reinforce that Al-Qur'an murottal therapy is an effective, safe, inexpensive, and applicable complementary intervention for cervical cancer patients experiencing anxiety (Rahmadi, Nasution, Mawar, & Sari, 2025). This intervention provides a relaxing effect, balances emotional conditions, and fulfills the spiritual needs of patients, making it highly relevant to integrate into nursing practice, especially in anxiety management for cancer patients. Murottal therapy is very useful for clients experiencing pain or anxiety. The Qur'an is the best solution, and by listening to the sacred verses of the Qur'an, neuronal vibrations return to stability and can even perform their principal functions well. Murottal Al Qur'an is able to stimulate the parasympathetic nervous system, which has the opposite effect of the sympathetic nervous system, so that the two autonomic nervous systems become balanced and a relaxation process occurs (Yuniartika, Karunia, & Nurjanah, 2022).

This process can ward off various diseases, reduce depression, anxiety, and sadness, and bring peace of mind to the respondents who were the subjects of the study. This proves that murottal therapy can reduce

Ahmad Irsan Fahmi, Muhammad Rosyidul Ibad*

Fakultas Keperawatan, Universitas Muhammadiyah Malang
Corresponding author: *E-mail: ibad@umm.ac.id

Doi: 10.56922/mhc.v4i4.1933

pain and make people feel more relaxed, thereby reducing anxiety. The Qur'an can influence the reduction of reflexive nerve tension, making it very useful for overcoming anxiety (Rustandi, 2018). Al-Qur'an murottal therapy can be applied regularly to help reduce anxiety and improve the psychological calmness of patients. Consistent therapy can maintain emotional stability, especially in cancer patients undergoing invasive procedures or chemotherapy. This therapy is also expected to become part of routine interventions in anxiety management. In addition, nurses can combine murottal with deep breathing relaxation techniques to obtain more optimal results (Azwardi, Mulyadi, & Aisyah, 2022).

CONCLUSION

Al-Qur'an recitation therapy can reduce anxiety levels in cancer patients. Al-Qur'an recitation is an effective intervention for overcoming anxiety through relaxation mechanisms, allowing endorphins to form naturally and the body to become calmer. Nurses are expected to use Al-Qur'an recitation therapy to address anxiety and develop it further by combining it with other therapies such as deep breathing relaxation. This therapy also improves patients' psychological calmness and emotional balance, so it can be integrated into health services as a non-pharmacological intervention that supports a holistic approach to cancer care.

REFERENCES

- Agustin, F. R., Oktaviana, W., & Nanda P. A. M. N. (2024). Gambaran kecemasan pada pasien kanker payudara yang sedang menjalani kemoterapi. *Jurnal Keperawatan Jiwa (JKJ)*, 12(4), 815-822.
- Anggara, E. A., Sutrisno, R. Y., & Badriyah, B. (2025). Efektivitas Foot Massage Terhadap Penurunan Intensitas Nyeri Dan Kecemasan Post Laparatomi Pada Pasien Cancer Sigmoid: Studi Kasus. *Jurnal Online Keperawatan Indonesia*, 8(1), 1-7.
- Antari, N. K. W., Jayanti, D. M. A. D., & Sanjiwani, A. A. S. (2023). Hubungan Resiliensi dengan Tingkat Kecemasan Pasien Kanker Payudara yang Menjalani Kemoterapi. *Jurnal Keperawatan Jiwa*, 11(2), 293-304.
- Asrul, A. (2022). Efektivitas Terapi Murottal Al-Quran Terhadap Kecemasan Pasien Pre Operasi. *Jurnal Ilmiah Kesehatan Sandi Husada*, 12.
- Azwardi, A., Mulyadi, M., & Aisyah, P. A. (2022). Implementasi Keperawatan Pasien Kanker yang Menjalani Kemoterapi dengan Masalah Kecemasan. *JKM: Jurnal Keperawatan Merdeka*, 2(1), 73-80.
- Gunawan, R., Nuripah, G., & Nilapsari, R. (2019). Pengaruh Mendengarkan Murottal Al-Quran terhadap Tingkat Kecemasan Pasien Kanker Payudara Sebelum Menjalani Kemoterapi di RSUD Al-IHSAN. *Prosiding Kedokteran ISSN*, 2460, 657X.
- Haslbeck, F. B., Bucher, H. U., Bassler, D., & Hagmann, C. (2017). Creative music therapy to promote brain structure, function, and neurobehavioral outcomes in preterm infants: a randomized controlled pilot trial protocol. *Pilot and feasibility studies*, 3(1), 36.
- Lutfiani, R., & Mariyati, M. (2023). Penerapan Relaksasi Guided Imagery Untuk Menurunkan Kecemasan Pada Pasien Kanker Serviks. *Prosiding Akademi Keperawatan Widya Husada Semarang*, 5(1), 46-55.
- Nurhayati, N., Waluyo, A., Kariasa, I. M., & Asih, S. R. (2024). Pendidikan Kesehatan: Manajemen Kecemasan dengan Terapi Relaksasi Autogenik pada Pasien Kanker di Kota Bandung. *Jurnal Abdimas Sains*, 1(2).
- Nuwa, M. S., & Kiik, S. M. (2020). Pengaruh Spiritual Guided Imagery and Music terhadap Kecemasan Pasien Kanker yang Menjalani Kemoterapi. *Jurnal Ners dan Kebidanan (Journal of Ners and Midwifery)*, 7(1), 095-106.
- Pratiwi, S. R., Widiyanti, E., & Solehati, T. (2017). Gambaran faktor-faktor yang berhubungan dengan kecemasan pasien kanker payudara dalam menjalani kemoterapi. *Jurnal Pendidikan Keperawatan Indonesia*, 3(2), 167-174.

Ahmad Irsan Fahmi, Muhammad Rosyidul Ibad*

Fakultas Keperawatan, Universitas Muhammadiyah Malang
Corresponding author: *E-mail: ibad@umm.ac.id

Doi: 10.56922/mhc.v4i4.1933

Murottal al-qur'an therapy to reduce anxiety in patient with cervical cancer

- Rahmadi, M. A., Nasution, H., Mawar, L., & Sari, M. (2025). Pengaruh kecemasan terhadap kepatuhan pengobatan kanker payudara. *Jurnal Medika Nusantara*, 3(3), 01-26.
- Rowawi, R. (2017). Hubungan Siklus Kemoterapi dengan Tingkat Kecemasan pada Penderita Kanker Payudara di RSUD Al Ihsan Provinsi Jawa Barat. *Jurnal Sehat Masada*, 11(2), 219-231.
- Rustandi, B. (2018). Pengaruh Terapi Relaksasi Otot Progresif Terhadap Nilai Kecemasan Pada Pasien Ca Paru Yang Sedang Menjalani Kemoterapi di RS. Dr. HA Rotinsulu Kota Bandung: Pengaruh Terapi Relaksasi Otot Progresif Terhadap Nilai Kecemasan Pada Pasien Ca Paru Yang Sedang Menjalani Kemoterapi Di Rs. Dr. Ha Rotinsulu Kota Bandung. *Jurnal Keperawatan'Aisyiyah*, 5(1), 25-30.
- Simanullang, P. (2019). Pengaruh progressive muscle relaxation (PMR) terhadap kecemasan pada pasien kanker yang menjalani kemoterapi di RSU Martha Friska Brayan Medan. *Jurnal Dharma Agung Husada*, 5(1), 1-8.
- Syarif, H., & Putra, A. (2024). Pengaruh Progressive Muscle Relaxation Terhadap Penurunan Kecemasan Pada Pasien Kanker Yang Menjalani Kemoterapi; A Randomized Clinical Trial. *Idea Nursing Journal*, 5(3), 1-8.
- Syukuriyah, E., & Alfiyanti, D. (2023). Murrotal Al-Qur'an Menurunkan Kecemasan Pasien Kanker Serviks dengan Kemoterapi. *Ners Muda*, 4(2), 126.
- Tobing, D. L., Keliat, B. A., & Wardhani, I. Y. (2024). Pengaruh progressive muscle relaxation dan logoterapi terhadap kecemasan, depresi, dan kemampuan relaksasi. *Jurnal Keperawatan Padjadjaran*, 2(2).
- Yudono, D. T., Wardaningsih, S., & Kurniasari, N. (2019). Pengaruh terapi psikoreligius (dzikir) dan progresive muscle relaxation dengan pendekatan caring terhadap kecemasan pada pasien tindakan kemoterapi. *Health Sciences and Pharmacy Journal*, 3(2), 34.
- Yuniartika, W., Karunia, F. F., & Nurjanah, F. (2022). Literature Review: Pengaruh Terapi Murottal Terhadap Kecemasan Pada Pasien Hemodialisa. *Jurnal Kesehatan*, 11(2), 106-112.

Ahmad Irsan Fahmi, Muhammad Rosyidul Ibad*

Fakultas Keperawatan, Universitas Muhammadiyah Malang
Corresponding author: *E-mail: ibad@umm.ac.id

Doi: 10.56922/mhc.v4i4.1933