

ABSTRACT

Lisa Purnamasari 3001120024

The difference of the anxiety level of the pre surgery cataract patient before and after murottal therapy with Surah Ar-Rahman in Specialized Eyes Hospital of South Sumatera.

SKRIPSI

HEALTH SCIENCES FACULTY

UNIVERSITY OF CATHOLIC MUSI CHARITAS

PALEMBANG

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Background: Cataract is a obscure the occurs in the lens of the eye and blindness. The blindness will happen cause require surgery. The surgery of patients cataract will make anxiety. Experienced anxiety normally associated with all of procedures that must be patient or surgery. The one distraction techniques to reduce levels of anxiety is murottal therapy Surah Ar-Rahman.

Aim: The goal of this research is to determine the difference of the anxiety level of the pre surgery cataract patients before and after murottal therapy Surah Ar-Rahman at Specialized Eyes Hospital of South Sumatera 2016.

Method: This research used pre-experimental design with one group pre-post test design. The sample was taken by using purposive sampling technique of 36 respondents. The instrument is Hamilton Rating Scale for Anxiety (HRS-A).

Result: The result of the statistic test found that the average of the anxiety level before the murottal therapy is 3,64 and after murottal therapy is 2,11. The analysis result test is *p value* = 0,001.

Conclusion: There is a significant difference between anxiety level of the pre-surgery cataract patents before and after murottal therapy with using Surah Ar-Rahman in Specialized Eyes Hospital of South Sumatera. Therefore, it is recomemended using murottal Surah Ar-Rahman as a complementary therapy for reducing anxiety level before cataract surgery. The nurses have a role to reduce the level of anxiety with murottal therapy Surah Ar-Rahman as a complementary therapy.

Bibliography : 31 (2002-2015)