

ABSTRAK

Latar Belakang: Kanker menjadi penyebab kematian utama diseluruh dunia, penderita kanker mengalami masalah seperti psikologis, fisik, penurunan fungsi dan lainnya yang dapat berdampak pada kualitas hidup. Di Indonesia tingkat kebutuhan spiritual sangat kuat dan tidak dapat diabaikan. Agama dan spiritual memiliki peran penting dalam peningkatan kualitas hidup pasien kanker.

Tujuan: Untuk mengetahui pengaruh terapi murottal Al-Qur'an terhadap kualitas hidup pasien kanker

Metode: Penelitian *Quasy experiment* dengan rancangan *pre and post test control group*. Penderita kanker dibagi kedalam 2 kelompok (34 kelompok intervensi dan 34 kelompok kontrol). Terapi murottal diberikan 3 kali seminggu selama 15 menit dalam 1 bulan. Pengukuran kualitas hidup di minggu ke-2 dan 4 menggunakan EORTC QLQ-C30, uji hipotesis menggunakan *mann whitney* berulang dengan koreksi *bonferroni*.

Hasil: Rerata responden pada penelitian ini adalah wanita (70,5%) berusia 46-55 tahun (33,8%) memiliki tingkat pendidikan SMA (38,4%) menderita kanker organ reproduksi wanita (38,2%) stadium 3 (38,2%). Perbandingan kelompok intervensi dan kelompok kontrol menunjukkan nilai yang signifikan pada domain kualitas hidup secara global (0,000), fungsi fisik (0,004) , fungsi emosional (0,005) dan fungsi peran (0,015), mampu menurunkan gejala nyeri (0,000) dan kelelahan (0,000) di pengukuran minggu ke-2 dan 4 yang memiliki nilai $p < 0,016$.

Kesimpulan: Terapi murottal Al-Qura'n sebagai intervensi non-farmakologis dapat diberikan langsung oleh perawat kepada pasien kanker untuk meningkatkan kualitas hidup pasien kanker dengan mengurangi gejala dan meningkatkan status fungsional.

Kata Kunci: Kanker, Murottal Al-Qur'an, Kualitas hidup, EORTC QLQ-C30

ABSTRACT

Background: Cancer is the leading cause of death worldwide, people with cancer experience problems such as psychological, physical, decreased function, and others that impact quality of life. In Indonesia, level of spiritual needs is powerful and cannot be ignored. Religion and spirituality have an important role in improving the quality of life of cancer patients.

Objective: To determine the effect of qur'anic murottal therapy on the quality of life of cancer patients

Methods: Quasy experiment research using pre and post-test control group design. Cancer patients were divided into 2 groups (34 intervention groups and 34 control groups). Murottal therapy is given 3 times a week for 15 minutes in 1 month. Quality of life measurement at weeks 2 and 4 using EORTC QLQ-C30, hypothesis test using repeated mann whitney with bonferroni correction.

Results: The average respondents in this study were women (70.5%) aged 46-55 years (33.8%), had a high school education level (38.4%), suffered from female reproductive organ cancer (38.2%), and stage 3 (38.2%). Comparison of the intervention group and the control group showed significant values in the domains of quality of life globally (0.000), physical function (0.004), emotional function (0.005) and role function (0.015), ability to reduce symptoms of pain (0.000) and fatigue (0.000) in the measurement of weeks 2 and 4 which had a p-value of <0.016.

Conclusion: Murottal therapy as a non-pharmacological intervention can improve the quality of life of cancer patients by reducing symptoms of pain, fatigue, insomnia, nausea and vomiting, and improving functional status such as physical, emotional, and role functions.

Keywords: *Cancer, Qur'anic Murottal, Quality of life, EORTC QLQ-C30*