

Scoping Review: The Effect of Murottal Al-Qur'an Therapy on the Anxiety Levels of Pregnant Women Pre-Caesarean Operation

Widya Rahayu^{1*}, Farida Kartini²

¹Universitas 'Aisyiyah Yogyakarta, Yogyakarta, Indonesia

²Center for Women, Family, and Disaster Studies Universitas 'Aisyiyah Yogyakarta, Yogyakarta, Indonesia

(Correspondence author's email, widyamiftah12@gmail.com)

ABSTRACT

Pregnant women may experience anxiety after a cesarean section with various complications. Intervention to reduce anxiety levels non-pharmacologically is through Murottal Al-Qur'an therapy. The aim of the research was to analyze the effect of Murottal Al-Qur'an therapy on the anxiety level of pregnant women before caesarean section. This research method uses a descriptive design with a scoping review approach. Article searches used four journal databases, PubMed, ScienceDirect, EBSCO, and Google Scholar. Articles that met the inclusion criteria, including a publication range from 2013 to 2022 in English and Indonesian and free access to the full-text PDF, were evaluated before selection. The research results show that from all the articles studied, Al-Qur'an Murottal therapy can reduce pre-operative anxiety in pregnant women. Listening to the Murottal reading of the Qur'an via audio is an alternative that can be a calming reminder and remind yourself. Advice for pregnant women who will undergo surgery not to think about bad things that can make them feel anxious because the effect of Al-Qur'an murottal intervention can reduce anxiety in pregnant women before Caesarean surgery.

Keywords: Anxiety, Sectio Caesarea, Murottal AL-Qur'an

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INTRODUCTION

Surgery is an invasive process with incisions made in the body. Surgery is performed on clients if the best therapy for the disorder they are experiencing is repair, removal or replacement of tissue or organs. Surgery is a type of treatment that uses invasive techniques by opening the part of the body to be treated through an incision which ends with closing and suturing the wound. Caesarean section is an operation to remove a baby by making an incision in the skin, abdominal muscles and mother's uterus ¹. Caesarean delivery is defined as the birth of a fetus through an incision in the abdominal wall (laparotomy) and uterine wall (hysterotomy). Mothers who give birth via caesarean section not only pose

medical risks but also psychological risks, one of which is difficulty being close to their baby. In fact, it is rare to be able to breastfeed compared to giving birth normally because of the discomfort caused by a caesarean section ².

WHO (World Health Organization) data shows that the countries with the highest number of caesarean births are Tuvalu at 20.18%, Indonesia at 18.92%, Tonga 14.34%, and Zimbabwe 9.28% ². 2018 Riskesdas data, the number of caesarean births in Indonesia was 17.6% with the highest figure in DKI Jakarta Province at 31.1%, Bali 30.2% and the lowest in Papua province at 6.7% ³.

Caesarean section always causes anxiety in mothers. Anxiety includes feelings of discomfort, restlessness, heart palpitations, reduced appetite, cold sweats, and difficulty

sleeping⁴. The impact of anxiety will result in physical and psychological changes that can activate the sympathetic autonomic nerves, resulting in an increase in heart rate, blood pressure and breathing⁵. Anxiety is a mental condition filled with worry about what might happen. Anxiety is different from fear, the characteristic of fear is that there is a certain source object that can be identified and can be explained, while anxiety is defined as confusion⁶.

Factors that cause anxiety include anxiety about oneself, such as fear of death, fear of separation from the baby (birth trauma), anxiety about health, anxiety about pain during childbirth, possible complications during pregnancy or childbirth, anxiety caused by feelings of guilt towards mother, worried about not getting enough time⁷. receive help and care during childbirth⁸. The second anxiety factor is indirectly related to birth, such as: household problems, husband's work, problems in sexual relations, body shape after giving birth, fear of husband not being present at birth, fear of life's burdens. gaining weight, fear of responsibility as a mother, and so on⁹.

The third factor is related to the child in the womb, such as having a disabled baby, fear of the baby experiencing bad luck because of sin, death in the womb, fear of the gender and the baby's condition not meeting expectations. The impact that occurs if the anxiety experienced is not handled properly can cause physical and psychological changes which in the end can increase the work of the sympathetic nerves and increase heart rate, respiratory frequency, blood pressure, cold sweat, heartburn. , urinary tract problems and overall generally lowers energy levels in the Pregnant mother to the detriment of the Pregnant mother themselves⁸.

Lack of mental preparation greatly affects the Pregnant mother's physical condition. There are several things that need to be prepared so that Pregnant mothers who will undergo surgery feel anxious and afraid. If the sufferer feels afraid and anxious, there will be physical increases such as increased pulse rate, breathing, uncontrolled hand movements, damp palms, always asking sentences over and over again, likes to urinate⁶. Infection and other post-operative complications are also a concern worldwide with various illnesses requiring surgery or surgery. In 2011, there were 140 million Pregnant mothers in hospitals

worldwide, an increase of 148 million in 2012, and 1.2 million were recorded in Indonesia in 2012. Surgical procedures are known to cause personal stressors. Mental nursing reviews state that surgical procedures cause internal problems, namely crisis situations, stress due to stressful events, threats and increased feelings of anxiety².

One of the efforts to reduce anxiety levels non-pharmacologically is by using Murottal Al-Qur'an therapy. Listening to Murottal Al-Qur'an has a calming effect on the body because it reduces levels of the hormones epinephrine, dopamine and cortisol. The decrease occurs because chanting the Koran stimulates the hypothalamus of the brain to produce neuropeptides⁹. Al-Qur'an Murottal therapeutic intervention is a type of religious therapy, and one of the distraction techniques used to overcome pre-Caesarean section anxiety. Even though reading the Al-Qur'an (Murottal) is not music or poetry, what is interesting is that if the Al-Qur'an is read with the correct rules it will present beautiful musical rhythms, because the basic elements of music such as rhythm, tone and tempo are also in the Al-Qur'an¹⁰.

Because sound can reduce stress hormones, activate natural endorphins, increase feelings of relaxation, and divert attention from fear, anxiety and tension, improve the body's chemical system thereby lowering blood pressure, slowing breathing, heart rate and wave activity brain¹¹. Murottal works on the brain, where when stimulated with Murottal therapy stimuli the brain will produce chemicals called neuropeptides. These molecules will connect with receptors and provide feedback on pleasure and comfort. Based on this background, the research aims to analyze the effect of Al-Qur'an Murottal Therapy on the Anxiety Levels of Pregnant Women Before Caesarean Operation.

METHOD

The author intends to use Scoping Review research as a research design. A scoping review is used as an introduction to a systematic review, aiming to identify the types of evidence available on the topic discussed, providing an overview of how research is conducted on a particular subject or field, and identifying important characteristics or factors associated with a study. Study. Concepts, and

explains systematic reviews. Two people from the same educational institution, one lecturer and one student, wrote this scoping review¹².

The preparation of this scoping review used guidance from the expanded Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) in the scoping review checklist. A customized review includes (1) Identification of documents through systematic search. (2) Filtering articles based on title and abstract. (3) Assessment of the suitability of the article in full text. (4) Critical Appraisal. (5) inclusion of related articles. The author added article files for the last ten years (2013-2022) and open-access and original research articles. Then, the articles from the search results are downloaded and saved as references. After obtaining evidence, a critical appraisal was

carried out using the Critical Appraisal Skills Program (CASP) format to assess the quality of the article. The data selected is based on the criteria determined by the researcher.

Searching for articles through three databases found 2,543 articles (PubMed 685 articles, SinceDirect 1,777 articles, EBSCO 31 articles, and Google Scholar 50 pieces). Initial screening was performed using Mendeley from the total articles obtained, filtering according to the title. From this filtering, 2,542 irrelevant articles and 73 duplicates were found. Then, 18 articles were screened according to the inclusion criteria, and five relevant articles for use in the scoping review were found. Next, the search results are documented in the PRISMA Flowchart as follows:

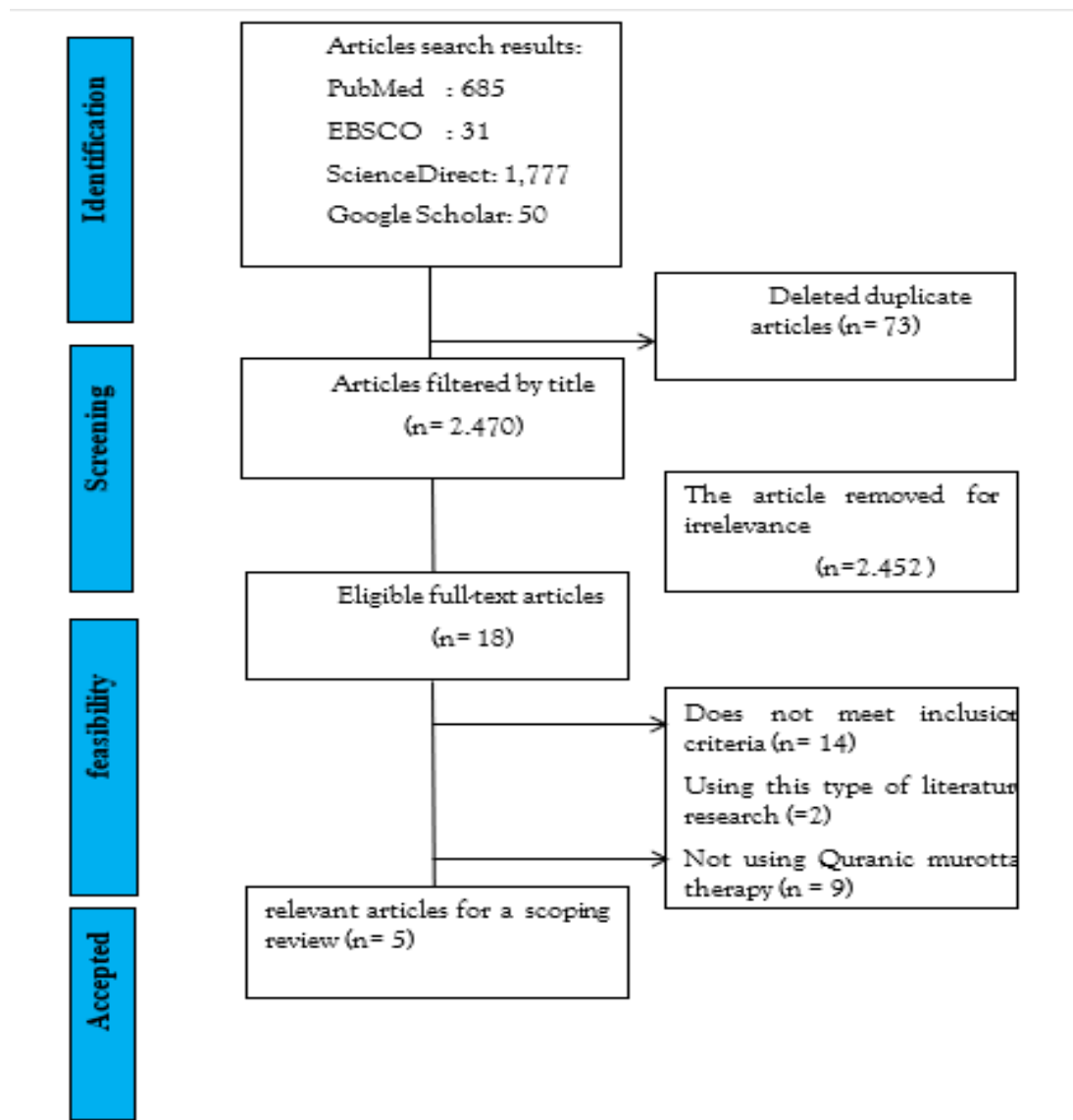


Figure 1. Prisma Flowchart

Table 1. Data Charting

No	Research title/author/year	Country	Purpose	Design Study	Population,sample,research,Instrument	Research results
1	The effect of Al-Qur'an ic murottal therapy on anxiety levels in pre-operative Pregnant mothers of <i>sectio caesarea</i> ⁹ .	Indonesian	evaluating the impact of Al-Qur'an Murottal therapy on pre-Caesarean section Pregnant mothers' anxiety	<i>Quasi experimental</i>	Population: Cesarean section pregnant women who meet the criteria Sample: 30 respondents Sampling technique : <i>consecutive sampling</i> Instrument: STAI-S (<i>State Trait Anxiety Inventory-State</i>)	The analysis test results found a significant difference (p <0.08). It showed the benefit of Al-Qur'an ic murottal therapy in reducing pre-operative anxiety in Pregnant mothers.
2	Al-Qur'an ic murottal therapy to reduce anxiety levels in Pregnant mothers postoperative <i>sectio caesarea</i> ¹⁰	Indonesian	To ascertain the impact of Al-Qur'an murottal therapy on postoperative Pregnant mothers' anxiety levels..	<i>Quasi Eksperimental Desain</i>	Population: Post-operative Pregnant mothers section Caesar Sample: 20 respondents Sampling technique : <i>accidental sampling</i> Instrument: Hars (<i>Hamilton Anxiety Rating Scale</i>)	The paired sample T-test analysis test results produce a value of Sig =.000 on the variable level of anxiety. There is an effect of Al-Qur'an ic murottal therapy on postoperative anxiety levels of sectio caesarean Pregnant mothers.
3	The effect of Al-Qur'an Murottal therapy on reducing the anxiety level of pre-operative <i>mothers sectio caesaria</i> at Grand Medistra Lubuk Pakam hospital ¹⁴	Indonesian	Understanding the impact of Qur'an Murottal therapy on pre-operative caesarean section mothers' anxiety levels	<i>Quasi eksperimental design</i>	Population: pregnant women who will undergo <i>cesarean section</i> Sample: 22 respondents Sampling technique: <i>Purposive sampling</i> Instrument: Murottal Al-Qur'an	The average anxiety level of respondents following Qur'an recitation therapy was 15.23. It has a positive psychological impact.
4	The effect of Qur'an Murottal therapy on anxiety levels in pre-operative <i>sectio caesarea Pregnant mothers</i> at Ridhoka Salma Hospital	Indonesian	to evaluate the effect of Qur'anic Murottal therapy on the mothers' anxiety prior to undergoing caesarean section.	<i>Quasi eksperimental design</i>	Population: pregnant women who want to give birth by <i>Sectio Caesarea</i> Sample: 30 respondents Sampling technique : <i>Purposive sampling</i>	After being given Murottal therapy Al_Qur'an, it was found that mothers before <i>cesarean section</i>

	Cikarang (Azzahroh et al., 2020)				Instrument: HRS-A (Hamilton Rating Scale Anxiety)	<i>experienced decreased anxiety levels.</i>
5	<i>The effect of Murottal AL-Qur'an therapy on pain in post cesarean surgery Pregnant mothers at Abby Mother and Child Hospital, Lhokseumawe City</i> ¹⁵	Indonesian	to ascertain the impact of Al-Qur'an Murottal therapy on pain following caesarean delivery.	<i>Quasi eksperimental design.</i>	Post-cesarean Pregnant mother population. Sample: 43 respondents. Instrument: NRS (Numeric Rating Scale)	According to the NRS pain measurement tool, the number of Pregnant mothers reporting normal pain levels rose to 28 (65.1%) and reporting mild pain to 15 (34.9%).

RESULTS And DISCUSSION

Anxiety in pre-SC surgery Pregnant mothers must be treated, because it can have an impact on the physiological condition of the body, including increasing blood pressure. This will cause difficulties during surgery because it can cause bleeding and take longer to heal the surgical wound, and the impact of anxiety will also be detrimental to the mother and fetus. The mother's blood pressure and heart rate will increase, causing uterine contractions¹⁷. This will also cause an increase in the fetal heart rate. Pregnant women who are waiting for the SC surgery procedure experience a very anxious condition, especially if they have high anxiety. Therefore, they need appropriate support or intervention. Pregnant mothers who tend to have higher anxiety when facing SC surgery also experience stronger negative psychological side effects during SC surgery.

Listening to the holy verses of the Qur'an has the effect of bringing calm and reducing tension in the reflective nerves and can provide peace of mind and cure diseases, as is the case in research conducted, where it was found that there was a difference in the average reduction in anxiety levels in mothers giving birth during the active phase before and after given Murottal therapy, there was also a decrease in anxiety in mothers after caesarean section surgery². In contrast to previous research conducted by (Azzahroh et al., 2020), it was stated that listening to Murottal Al-Qur'an can increase self-confidence and positive thinking to prepare for a cesarean section by slightly reducing the worry that the Pregnant mother has been feeling. Pre-caesarean section mothers who experienced moderate levels of anxiety after being given Murottal Al-Qur'an therapy changed to mild levels of stress, and mothers with severe levels of stress changed to average levels of anxiety. This is because by listening to the Murottal Al-Qur'an, the mother becomes calm and surrenders to the idea that everything belongs only to Allah. Even though she doesn't understand and doesn't understand the meaning of the verses of the Koran, because of her sincerity and surrender, the mother is ready to face the risks that occur after undergoing a cesarean section.), the research results showed that the average level of anxiety before carrying out Al-Qur'an Murottal therapy was 42.59 and after carrying it out was 15.23. With

specifications, before being given Murottal therapy, 4.5% of Pregnant mothers experienced moderate anxiety and 95.5% experienced severe anxiety, then after being given Murottal therapy, 90.9% of Pregnant mothers experienced mild anxiety and 9.1% of Pregnant mothers experienced moderate anxiety. This therapy has a positive psychological impact because when the Murottal of the Koran is heard and reaches the brain, the Murottal of the Koran will be translated by the brain.

Listening to reading the Koran has been proven to reduce reflex nervous tension. The stimulation obtained from chanting the Koran to the sense of hearing will have a muscle relaxation effect and reduce pain disorders due to an increase in endorphin hormones⁷. In addition, the hypothalamus is also stimulated to release neuropeptides. This neuropeptide will reduce the amount of the hormones cortisol, dopamine and nor epinephrine which cause anxiety so that the body becomes more relaxed and comfortable. Another opinion also emphasizes that murottal is a stimulant dominated by central and frontal delta waves which will stimulate the release of neuropeptides so that anxiety can be reduced. This shows that calm can be achieved by listening to selected verses of the Koran. The sound of the Koran is a melody with a certain frequency and wave height. This singing produces a melodious melody that restores balance and coordination and affects brain cells. Ultimately it will affect the human soul and psychology to defend themselves from disease⁸.

Preoperative anxiety in Pregnant mothers can influence the course of surgery and lead to adverse outcomes. Distraction is used as a measure to reduce preoperative anxiety in Pregnant mothers. An operating room nurse visit prior to surgery can be an effective method to reduce Pregnant mother anxiety levels¹¹. Murottal Al-Qur'an therapy has a positive effect in reducing anxiety levels in the nursing process in preoperative Pregnant mothers. Although listening to the Koran or natural sounds was effective in reducing preoperative anxiety, head-to-head comparisons did not find significant differences. Listening to the Murottal of AL-Qur'an Surah Ar-Rahman is effective in reducing anxiety in Pregnant mothers. Anxiety is an unpleasant feeling accompanied by abnormal hemodynamic changes. The number of preoperative Pregnant

mothers experiencing anxiety is increasing. Overcoming anxiety requires a spiritual therapy approach. There is an influence of Murottal AL-Qur'an Surah Ar-Rahman audio therapy on preoperative Pregnant mother anxiety levels ¹⁶.

Analysis of all articles (five articles discussing pre-cesarean section Pregnant mothers and one article discussing post-cesarean section Pregnant mothers) reviewed shows that AL-Qur'an Murottal therapy is very effective in reducing the anxiety level of pre-operative Pregnant mothers. Therefore, AL-Qur'an Murottal therapy intervention needs to be given to pre-caesarean section Pregnant mothers to reduce the level of anxiety in mothers who will undergo a surgical procedure. Data synthesis uses thematic analysis by repeatedly reading the findings from each article, followed by determining coding and determining the themes and subthemes discussed between the two authors. Based on a review of the 5 articles that have been carried out, 2 main themes were found that emerged from the results of the scoping review regarding the Effect of Murottal AL-Qur'an Therapy on the Anxiety Level of Pre-Caesarean Section Pregnant mothers.

The Murottal function of the Al-Qur'an Therapeutic intervention

Interventions that can be done to reduce anxiety can be done through therapeutic measures. These therapies can be pharmacological and non-pharmacological. Al-Qur'an ic murottal therapy is one non-pharmacological method for overcoming fear. It is a type of religious therapy and one of the methods for reducing pre-cesarean anxiety through distraction ¹⁰. According to research ⁴ said that the Al-Qur'an has a term, namely As-Shifa, which means the Al-Qur'an is a cure for various physical and non-physical diseases, it cures non-physical diseases such as diseases of the heart and soul, such as anxiety, heartache and sadness.

Psychological

Pregnant mothers with anxiety disorders who receive Al-Qur'an Murottal treatment have improvements in their psychological well-being before surgery. There will be a sense of serenity and less psychological anxiety. ¹⁸ The result of listening to the Murottal of the Al-Qur'an brings calm. It

lowers the tension of reflective nerves and can provide mental peace, and reduce anxiety levels in Pregnant mothers who will perform a pre-cesarean section. Hearing Al-Qur'an ic verses causes physiological changes in the body, reduces anxiety and sadness and gets calm because the Murottal sound of the Al-Qur'an can speed up the rhythm of the body system. ¹⁹. The presence and support of family members significantly reduce pre-operative anxiety in addition to Murottal therapy. Where it is explained in Surah Al-Kahf verse 10, which reads :

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

Meaning: Oh our God. Give us mercy from Your side and perfect our moral guidance in our affairs.

Effects of Murottal Therapy Decreased Anxiety Levels

Activating body cells through Al-Qur'an Murottal therapy involves transforming sound vibrations into waves absorbed by the body and can reduce pain receptor stimulation and provide peace of mind. Al-Qur'an ic sounds are audio frequencies or sound waves sent through the air to the ear and then enter the brain, after which the waves enter the ear and turn into electrical signals and vibrations that affect the cortex in the brain. After that, brain cells command the body to respond to sounds ¹.

Listening to the strains of Qur'anic verses has a tremendous impact on various diseases due to the perfect harmony in the repetition of words and letters, the impact of balanced rhythm on the poetry of the Qur'an, the effect of information on each verse and the beautiful harmonization. The recitation of the Qur'anic physically contains the human voice, a unique and easily accessible healing instrument. Sound activates natural endorphins, lowers stress hormones, increases relaxation, and reduces stress, dread, and anxiety. Enhance the body's chemical system by lowering blood pressure and heart rate, breathing, pulse, and brain activity. A deep and slow breathing rate is perfect for controlling emotions, causing calm, better metabolism and deeper thinking ¹⁷. The soul can be calmed by hearing the Al-Qur'an verses to reduce anxiety, as explained in Surah Al Ra'd verse 28, which reads.

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Meaning: (that is) believers and their hearts are at peace with the remembrance of Allah. Remember, it is only by remembering God that the soul becomes at ease.

The above verse clearly explains that peace of mind can be achieved by remembering God.

CONCLUSION

The research results show that from all the articles studied, AL-Qur'an Murottal therapy can reduce anxiety in preoperative Pregnant mothers. Listening to Murottal readings of the Qur'an via audio is an alternative that can be a calming reminder and remind yourself. Advice for Pregnant mothers who will undergo surgery not to think about bad things that can make them feel anxious. The effect of AL-Qur'an murottal intervention was to reduce anxiety in pre-SC Pregnant mothers. Murottal AL-Qur'an is one of the complementary therapies that can be chosen to reduce the anxiety of pre-SC Pregnant mothers because a lot of literature shows that this therapy is easy for anyone to do, economically, the benefits can also be scientifically proven without side effects from use.

It is hoped that this literature review study can be a non-pharmacological intervention other than reducing relaxation techniques and anxiety distractions before a Caesarean operation. The results of this literature review study provide experience and additional knowledge about the effectiveness of murottal AL-Qur'an in reducing anxiety levels in pre-Caesarean section Pregnant mothers.

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CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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