

DAFTAR PUSTAKA

- Alvian, G. N., Purnawan, I., & Setiyono, D. (2019). Efektifitas mendengarkan murottal dan doa terhadap penurunan kecemasan pada pasien hemodialisis di RSUD Wates. *Jurnal Keperawatan Sriwijaya*, 6(2), 13–17.
- American Psychological Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.; DSM-5-TR). American Psychiatric Association Publishing.
- Anwar, K. K., Hadju, V., & Massi, M. N. (2019). Pengaruh murottal Al-Qur'an terhadap peningkatan kadar β -endorphin dan penurunan tingkat nyeri pasien post sectio caesarea. *Jurnal Kesehatan*, 10(2), 58–62. <https://doi.org/10.35730/jk.v10i2.394>.
- Asrul, A. (2023). Efektivitas terapi murottal Al-Qur'an terhadap kecemasan pasien pre operasi. *Jurnal Ilmiah Kesehatan Sandi Husada*, 12(1), 129–135. <https://doi.org/10.35816/jiskh.v12i1.913>.
- Chaerunisa, S., Merida, S. C., & Novianti, R. (2022). Intervensi perilaku untuk mengurangi gejala kecemasan pada lansia di Desa Mekarsari RW 12 Tambun Selatan. *Devotion: Jurnal Pengabdian Psikologi*, 1(1), 21–40.
- Damayanti, I. P., Husain, F., & Waluyo. (2024). Penerapan terapi murottal Al-Qur'an Surah Ar-Rahman terhadap tingkat kecemasan di ICU. *Jurnal Ilmiah Ilmu Kesehatan*, 2(3), 576–582. <https://doi.org/10.31004/jiik.v2i3.33098>.
- Ghiasi, A., & Keramat, A. (2018). The effect of listening to Holy Quran recitation on anxiety: A systematic review. *Iranian Journal of Nursing and Midwifery Research*, 23(6), 411–420. <https://doi.org/10.4103/ijnmr.IJNMR17317>.

- Hajiri, F., Pujiastuti, S. E., & Siswanto, J. (2019). Terapi murottal dengan akupresur terhadap tingkat kecemasan dan kadar gula darah pada pasien dengan penyakit jantung koroner. *Jurnal Keperawatan Silampari*, 2(2), 146–159. <https://doi.org/10.31539/jks.v2i2.507>.
- Hall, J. E., & Hall, M. E. (2021). *Guyton and Hall textbook of medical physiology* (14th ed.). Elsevier.
- Hamilton, M. (1959). The assessment of anxiety states by rating. *British Journal of Medical Psychology*, 32(1), 50–55. <https://doi.org/10.1111/j.2044-8341.1959.tb00467.x>.
- Irmawati, I., Hadju, V., Syamsuddin, S., & Arundhana, A. I. (2020). The effect of listening to the recitation of Qur'an (Murottal Ar-Rahman surah) on the level of anxiety of pregnant women in Siti Fatimah maternal and child hospital. *Enfermeria Clinica*, 30(Supl. 2), 238–242. <https://doi.org/10.1016/j.enfcli.2019.07.097>.
- Kementerian Kesehatan Republik Indonesia. (2022). *Profil Kesehatan Indonesia 2022*. Jakarta: Kemenkes RI.
- Luthfiyyah, Z., Mutarobin, M., Mumpuni, M., & Solihati, I. (2025). *Application of Al-Qur'an Murottal Therapy Surah Ar-Rahman in Reducing Anxiety Levels in ST-Elevation Myocardial Infarction (STEMI) Post Primary PCI Patients in ICCU Room*. *Jendela Nursing Journal (JNJ)*, 9(1), 77–84. <https://doi.org/10.31983/jnj.v9i1.13092>.
- Milne, R., Devereux, J., & Robertson, L. (2020). Physical and psychological symptoms of anxiety. *Journal of Mental Health*, 29(5), 509–515.

- Moulaei, K., Haghdoost, A.-A., Bahaadinbeigy, K., & Dinari, F. (2023). The effect of the holy Quran recitation and listening on anxiety, stress, and depression: A scoping review on outcomes. *Health Science Reports*, 6(12), e1751. <https://doi.org/10.1002/hsr2.1751>.
- Nikmah, N., Ilham, & Supriatna, L. D. (2022). Pengaruh terapi audio murottal Al-Quran surah Ar-Rahman terhadap tingkat kecemasan pasien pre operasi di ruang Gili Trawangan RSUD Provinsi. *Journal Nursing Research Publication Media*, 1(3), 144–151. <https://doi.org/10.55887/nrpm.v1i3.23>.
- Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. M. (2021). *Fundamentals of nursing* (10th ed.). Elsevier.
- Ramnani, A. P., Armellin, L., Rai, S., Purdy, M., Jacobs, E., & Deshpande, K. (2026). *Accuracy of a visual analogue scale for screening anxiety and depression in patients admitted to an intensive care unit: A comparison with the Hospital Anxiety and Depression Scale*. *Australian Critical Care*, 39(2), 101526. <https://doi.org/10.1016/j.aucc.2025.101526>.
- Reinhold, M., Bürkner, P. C., & Holling, H. (2018). Effects of expressive writing on depressive symptoms—A meta-analysis. *Clinical Psychology: Science and Practice*, 25(1), e12224. <https://doi.org/10.1111/cpsp.12224>.
<https://www.sciencedirect.com/science/article/pii/S0272735820301205>.
- Sari, D., et al. (2021). Tanda dan gejala kecemasan. *Jurnal Psikologi Kesehatan*, 5(2), 77–85.
- Setiawan, N. B., Aini, D. N., Wahyuningsih, & Arifianto. (2025). The effect of murottal therapy of Surat Ar-Rahman with translation on the anxiety level of patients treated in the ICU room of Roemani Muhammadiyah Hospital,

Semarang. *International Journal of Health Science*, 5(1), 187–193.

<https://doi.org/10.55606/ijhs.v5i1.4833>.

Sihombing, S. O., Liempepas, I., & Meichael. (2019). Analisis faktor-faktor yang mempengaruhi niat penggunaan berkelanjutan: Studi empiris pada mobile banking BCA. *Jurnal Riset Manajemen Sains Indonesia*, 10(2), 306–336.

<https://doi.org/10.21009/JRMSI.010.2.05>.

Simamora, F. A., & Daulay, N. M. (2021). Pengaruh terapi murottal Al-Qur'an terhadap tingkat kecemasan pasien pre operasi. *Jurnal Kesehatan Ilmiah Indonesia (Indonesian Health Scientific Journal)*, 6(1), 1–6.

<https://doi.org/10.51933/health.v6i1.388>.

Spielberger, C. D., Gorsuch, R. L., Lushene, R. E., Vagg, P. R., & Jacobs, G. A. (1983). *Manual for the State-Trait Anxiety Inventory (Form Y)*. Consulting Psychologists Press.

Stuart, G. W. (2022). *Principles and practice of psychiatric nursing* (11th ed.). Elsevier.

Tim Pokja SDKI, DPP PPNI. (2017). *Standar diagnosis keperawatan Indonesia (SDKI): Definisi dan indikator diagnostik* (Edisi 1). Dewan Pengurus Pusat Persatuan Perawat Nasional Indonesia.

Tim Pokja SIKI, DPP PPNI. (2022). *Standar intervensi keperawatan Indonesia (SIKI)*. Dewan Pengurus Pusat Persatuan Perawat Nasional Indonesia.

Tim Pokja SLKI, DPP PPNI. (2019). *Standar luaran keperawatan Indonesia (SLKI): Definisi dan kriteria hasil*

keperawatan (Edisi 1). Dewan Pengurus Pusat Persatuan Perawat Nasional Indonesia.

Utami, C. S., Setyowati, W. E., & Rochmawati, D. H. (2024). *Pengaruh Terapi Murottal Surat Ar-Rahman terhadap Kecemasan pada Pasien Pre Op Laparoscopy di Semarang*. *Vitamin: Jurnal Ilmu Kesehatan Umum*, 3(4).

Wahyuningsih, I. S., Sukartini, T., Dewi, Y. S., Amal, A. I., & Kismana, M. L. (2024). *The effect of murottal auditory therapy on anxiety and comfort levels in patients with cardiovascular disease*. *Healthcare in Low-Resource*

World Health Organization. (2022). *Mental disorders*. Retrieved from <https://www.who.int>.

Yudha, T. A., Ludiana, & Sari, S. A. (2021). Penerapan terapi murottal Al-Qur'an terhadap tingkat kecemasan pasien gagal ginjal yang menjalani hemodialisa di Kota Metro. *Jurnal Cendikia Muda*, 1(2), 194–203.

Yuniartika, W., Karunia, F. F., & Nurjanah, F. (2022). Literature review: Pengaruh terapi murottal terhadap kecemasan pada pasien hemodialisa. *Jurnal Kesehatan*, 11(2). <https://doi.org/10.37048/kesehatan.v11i2.429>.

Yunus, E. S., Arismunandar, P. A., & Rukanta, D. (2021). Scoping review: Pengaruh mendengarkan murottal Al-Quran terhadap tingkat stres orang dewasa. *Jurnal Integrasi Kesehatan & Sains*, 3(1), 110–116. <https://doi.org/10.29313/jiks.v3i1.7503>.

Zigmond, A. S., & Snaith, R. P. (1983). *The Hospital Anxiety and Depression Scale*. *Acta Psychiatrica Scandinavica*, 67(6), 361–370. <https://doi.org/10.1111/j.1600-0447.1983.tb09716.x>.

- Zofia, A., & Banowo, E. (2024). Pengaruh terpaan berita begal di media online terhadap tingkat kecemasan masyarakat. *Jurnal Ilmu Komunikasi*, 14(1), 1–14.
- Zung, W. W. K. (1971). *A rating instrument for anxiety disorders*. *Psychosomatics*, 12(6), 371–379. [https://doi.org/10.1016/S0033-3182\(71\)71479-0](https://doi.org/10.1016/S0033-3182(71)71479-0).

