

Pengaruh Intervensi Mendengarkan Murottal Al-Qur'an Terhadap Kualitas Hidup Pasien Lupus Eritematosus Sistemik = The Effect of Listening to Quran Recitation on the Quality of Life of Systemic Lupus Erythematosus Patients

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Abstrak

Latar belakang: Lupus eritematosus sistemik (LES) adalah penyakit autoimun multisistem kronik dengan perjalanan penyakit yang berfluktuasi dengan insiden yang semakin meningkat. Dengan berkembangnya diagnostik dan terapi LES, kesintasan pasien semakin meningkat. Namun, kualitas hidup pasien LES berkurang karena bertambahnya komorbiditas pasien dan efek samping terapi. Intervensi mendengarkan murottal Al-Qur'an merupakan salah satu modalitas terapi untuk meningkatkan kualitas hidup. Tujuan: Mengetahui pengaruh intervensi mendengarkan murottal Al-Qur'an pada kualitas hidup pasien LES. Metode: Penelitian ini merupakan penelitian eksperimen kuasi dengan rancangan studi pretest posttest yang dilakukan pada pasien LES di Poliklinik Alergi Imunologi RSCM periode Februari-April 2024. Pasien yang mendapatkan psikofarmaka, steroid setara prednison 20 mg/hari, tidak dapat membaca atau menulis, serta menolak ikut penelitian tidak diikutsertakan dalam penelitian. Kelompok intervensi diperdengarkan murottal Al-Qur'an (QS. Ar-Rahman) dengan durasi minimal 15 menit sebanyak 2 kali setiap hari selama 40. Sebelum dan setelah intervensi, dilakukan evaluasi kualitas hidup, aktivitas penyakit LES, dan HADS. Hasil: Sebanyak 65 subjek penelitian, 32 di kelompok intervensi dan 33 di kelompok kontrol diikutkan dalam penelitian ini. Pada kelompok intervensi didapatkan rerata peningkatan kualitas hidup pasca intervensi dibandingkan sebelumnya (rerata kualitas hidup pasca vs pre intervensi, $82,33 \pm 11,37$ vs $77,47 \pm 13,78$), $p = 0,02$. Kelompok yang sebelumnya rutin mendengarkan murottal mengalami peningkatan signifikan rerata kualitas hidup (rerata kualitas hidup pasca vs pre intervensi, $85,57 \pm 9,02$ vs $79,78 \pm 10,82$), $p = 0,03$. Intervensi mendengarkan murottal Al-Qur'an mengakibatkan peningkatan signifikan selisih median domain pasca intervensi pada domain kesehatan fisik (median (min-maks), 3,10 (-25 -40,60), $p = <0,001$) dan domain beban bagi orang lain (median (min-maks) 8,30 (-16,70 -75), $p = 0,003$). Selain itu, mendengarkan murottal Al-Qur'an juga menurunkan secara signifikan ansietas pada kelompok intervensi, $p = 0,01$. Kesimpulan: Intervensi mendengarkan murottal Al-Qur'an dapat meningkatkan secara signifikan kualitas hidup pasien LES.

.....Objectives With the development of systemic lupus erythematosus (SLE) diagnostics and therapy, patient survival has also increased. However, the quality of life (QoL) of SLE patients is reduced due to comorbidities and side effects of therapy. Spiritual activity is one of the interventions that can improve QoL. This study aims to assess the effect of listening to Quran recitation on the QoL of SLE patients. Methods A quasi-experimental study with a pretest-posttest study design was conducted on SLE patients at the allergy immunology polyclinic of Cipto Mangunkusumo Hospital from February–April 2024. Women aged 18 years or older, diagnosed as SLE based on EULAR/ACR 2019 criteria, Muslim, have no hearing loss, and receive steroids equivalent to prednisone 20 mg/day were enrolled in this study. Patients were assigned to intervention and control groups. The intervention group listened to Quran recitation (QS. Ar-Rahman) for a minimum duration of 15 minutes, two times daily, for 40 days. We assessed the changes in the QoL score

using the LupusQoL questionnaire after the intervention. The SLE disease activity and Hospital Anxiety and Depression Scale (HADS) were also evaluated. Results A total of 65 research subjects, 32 in the intervention group and 33 in the control group were included in this study. In the intervention group, there was a mean increase in QoL post intervention (mean QoL post vs pre intervention, 82.33 ± 11.37 vs 77.47 ± 13.78), $p = 0.02$. The group that previously regularly listened to Quran recitation experienced a significant increase in mean QoL (mean QoL post vs pre intervention, 85.57 ± 9.02 vs 79.78 ± 10.82), $p = 0.03$. Listening to Quran recitation resulted in a significant increase in the post-intervention median domain difference in the health domain in the physical health domain (median (min-max), 3.10 (-25–40.60), $p = <0.001$) and burden for others domain (median (min-max), 8.30 (-16.70–75), $p = 0.003$). Listening to Quran recitation also significantly reduced anxiety in the intervention group, $p = 0.01$. Conclusion Listening to Quran recitation can significantly improve the QoL of SLE patients, especially in the group that previously regularly listened to Quran recitation. There was a significant increase after the intervention in the physical health and the burden on others domain. The intervention of listening to Quran recitation can also significantly reduced anxiety.