

The Effect of Combining Benson Relaxation Therapy and Quranic Recitation (Murottal) Therapy on Pain Levels in Post-Laparotomy Patients at Haji General Hospital, East Java Province

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ABSTRACT

Background: Pain levels are always a major concern for postoperative patients. The aim of this study is to determine the effect of the combination of Benson relaxation therapy and listening to the Quranic recitation (murottal) therapy on the pain levels of patients post-laparotomy. ***Methods:*** The research design used was a quasi-experimental design with a Pre-Test and Post-Test with Non-Equivalent Control-Group Design. The dependent variable is the combination of Benson relaxation therapy and listening to the Quranic recitation therapy, while the independent variable is the pain level. The sample size calculation used the GPower application, resulting in a minimum total sample of 42 respondents, with 22 respondents in each group. The Mann-Whitney Test was used for paired tests and the Wilcoxon Signed Rank Test was used for unpaired tests. ***Results:*** The results of the Wilcoxon Signed Rank Test in the treatment and control groups showed a difference in pain levels between the pre-test and post-test. The results of the Mann-Whitney Test indicated that there was an effect of the combination of Benson relaxation therapy and listening to the Quranic recitation on the pain levels of patients post-laparotomy. ***Discussion:*** The combination of Benson relaxation therapy and listening to the Quranic recitation is effective in reducing pain levels in patients post-laparotomy. This therapy can be used as a safe and inexpensive non-pharmacological intervention to help manage postoperative pain.

Keywords: Benson Relaxation, Quranic Recitation (Murottal), Pain, Laparotomy