

**THE EFFECTIVENESS OF QURANIC MUROTTAL RECITATION AND
BREATHING RELAXATION ON PAIN INTENSITY IN POST-MAJOR
SURGERY PATIENTS AT LAVALETTE HOSPITAL, MALANG**

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ABSTRACT

Postoperative pain is a common issue experienced by patients following major surgical procedures and can affect the recovery process. Pain management is not only conducted pharmacologically but can also be supported through non-pharmacological approaches, such as listening to the murottal of the Qur'an and practicing deep breathing relaxation techniques. This study aimed to compare the effectiveness of listening to the murottal of the Qur'an and deep breathing relaxation techniques in reducing pain intensity among patients after major surgery. The research employed a quasi-experimental design with a two-group pre-test and post-test approach involving 32 respondents at Lavalette Hospital, Malang, divided into two intervention groups through purposive sampling. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the interventions, and the data were analyzed using the Wilcoxon Signed Rank Test and the Mann-Whitney test. The Wilcoxon test results showed that both groups experienced a significant reduction in pain ($p = 0.000$). Meanwhile, the Mann-Whitney test yielded a p -value of 0.007 ($p < 0.05$), indicating a significant difference in effectiveness between the two groups. Listening to the murottal of the Qur'an resulted in a greater reduction in pain with a mean rank of 20.78, compared to 12.22 in the deep breathing relaxation group. In conclusion, both techniques were effective in reducing postoperative pain, but listening to the murottal of the Qur'an was proven to be more effective and is recommended as a non-pharmacological intervention in postoperative pain management.

Keywords: postoperative pain, Qur'anic murottal, deep breathing relaxation, pain management