

**THE INFLUENCE OF COMBINATION OF SPIRITUAL EMOTIONAL
FREEDOM TECHNIQUE AND MUROTTAL AL-QUR'AN THERAPY ON
BLOOD SUGAR LEVELS IN TYPE II DIABETES MELLITUS PATIENTS
AT ISLAMIC HOSPITAL AISYIYAH MALANG**

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ABSTRACT

Diabetes mellitus is a metabolic disorder characterized by high blood sugar levels (hyperglycemia). If left untreated, it can cause damage to organs such as the heart, brain, kidneys, eyes, nerves, and even gangrene, which carries a risk of amputation. The combination therapy of SEFT and Murottal Al-Qur'an is a complementary treatment used to help lower blood sugar levels. This study aims to determine the effect of this therapy on patients with type II diabetes mellitus at RSI Aisyiyah Malang. The study used a time series design with a one-group pretest-posttest approach. A total of 54 respondents were purposively selected based on predetermined inclusion criteria. The combination of SEFT and Murottal Al-Qur'an therapy was administered for 15 minutes, three times over three days. Data collection was conducted using questionnaires, blood sugar level measurements, and therapy standard operating procedure. On day 1 pretest, the majority had blood sugar levels of 286.41 mg/dL, indicating uncontrolled hyperglycemia. Before therapy on day 2, blood sugar levels decreased to 208.52 mg/dL, showing improvement. After therapy, blood sugar levels dropped to 252.78 mg/dL on posttest day 1 and 173.00 mg/dL on posttest day 2. The Wilcoxon test results showed a statistically significant decrease in blood sugar levels, with a p-value of 0.000 (<0.05). As healthcare professionals, this additional therapy can be considered in managing blood sugar levels in patients with type II diabetes.

Keywords: SEFT, Murottal Al-Qur'an, Blood Sugar Levels, Type II Diabetes Mellitus.