

The Effectiveness of Audio Visual Murottal Therapy Using The Zoom Application For Covid-19 Anxiety Patients Relaxation

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Abstract. The Covid-19 pandemic has had various impacts on every aspect of people's lives, both sick and healthy. One of the impacts that occur on the psychological aspect is the occurrence of mild to moderate anxiety to severe anxiety in the community due to the relatively fast spread of the virus. This study aims to determine the effectiveness of murottal audio-visual relaxation therapy through the zoom application on anxiety levels in Covid-19 patients at the Isolation Home of the Health Education and Training Unit of West Borneo Province. The type of research used is a quantitative quasi-experimental design with pre-test and post-test non-equivalent control groups. The sampling technique was non-probability sampling with consecutive sampling method with a total sample of 30 respondents with the experimental group being given murottal audio-visual relaxation therapy and the control group being given audio-music therapy. This research was conducted online using the zoom application and chat media to minimize the transmission of the Covid-19 virus. The data test technique in this study used the Wilcoxon Signed Ranks Test statistical test, the results obtained in the experimental group that the p-value of anxiety level was $0.001 < \alpha = 0.05$, meaning that murottal audio-visual relaxation therapy was effective against anxiety levels in Covid-19 patients and the results of the control group were p-values for anxiety level is $0.001 < \alpha = 0.05$, meaning that audio music therapy is effective against anxiety levels in Covid-19 patients. The results of the Mann-Whitney Test analysis showed that the p-value of the anxiety level was $0,022 < \alpha = 0,05$, which means that there was a significant difference in the provision of murottal audio-visual relaxation therapy and audio music therapy on anxiety levels in Covid-19 patients.

1. Introduction

At the end of 2019 WHO declared the spread of the Coronavirus also known as Covid-19 as a world pandemic. WHO named this new virus as Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV-2) and the name of the disease as Corona Virus Disease 2019 [9]. This virus originated from a market in the city of Wuhan, the capital of Hubei Province, Central China. The Covid-19 outbreak was declared a public health emergency and became a worldwide concern, so this period is called the Covid-19 pandemic period. Covid-19 cases were declared to have entered Indonesia in March 2020. Based on worldometer.info in December (2020) the number of Coronavirus cases in Indonesia entered the 21st rank with the number of confirmed cases 678,125 cases with a death rate of 20,257 and a cure rate [10]. The number of confirmed Covid-19 cases in West Borneo is 3,093, patients recovered with a total of 2,709 and 27 patients died [7].

The Covid-19 pandemic has had various impacts on every aspect of people's lives, both sick and healthy. One of the impacts experienced by the community is from a psychological perspective. It can be seen the occurrence of anxiety from mild to moderate to even severe anxiety in the community due to the relatively fast spread of the virus. Other influences are also caused by news information in the media which is very excited, making people increasingly anxious. The American Psychiatric Association (APA) conducted a survey of more than 1000 adults in the United States found that 48% of their respondents were worried about contracting the Coronavirus, around 40% were worried about

getting seriously ill or dying from the Covid-19 virus, and 6% worried about their family. or their loved ones are infected ^[1].

Anxiety is an individual's psychological and physiological response to an unpleasant situation or a reaction to a situation that is considered threatening ^[4]. The anxiety experienced by Covid-19 patients can worsen the disease already suffered. Several factors that can affect the patient's anxiety are due to the illness he is suffering from, the pain experienced by the patient, isolation which makes the patient feel alone and lonely, fear because he thinks the illness can take his life or experience death, anxiety transmits the virus to family and loved ones, and always listen to the issues circulating about the dangers of the Covid-19 virus.

Maintaining a mental state so as not to be too anxious and stressed is certainly very important, especially because the effect will affect the immune system. As we know, one way to deal with the Covid-19 pandemic is to maintain and increase the body's immunity, thus everything that can cause anxiety must be avoided and controlled so that the body's immunity does not decrease ^[1]. Anxiety in Covid- 19 patients can be overcome in various ways, including doing positive activities such as physical activity, exercise, eating nutritious food, having good relations with family and friends virtually, doing meditation to control anxiety. Relaxation therapy and taking a spiritual approach by surrendering to God is a method to get self-calm so as to avoid negative psychological influences.

The psycho religious approach by using objects that are considered sacred by individuals shows significant results in reducing stress levels. In the XVII conference of the American Medical Association, listening to the holy verses of the Koran had a significant effect in reducing reflective nervous tension and this result was recorded and measured quantitatively with computer-based tools ^[5]. One of the surahs in the Qur'an that has a therapeutic effect is Surah Ar-Rahman which consists of 78 verses that have meanings about the merciful and loving nature of Allah to His servants and there is a verse that is repeated 31 times about the blessings of Allah which are not infinite ^[2].

Based on observations made on July 3, 2021, the number of Covid-19 patients isolated in the Upelkes isolation house from March to June 2021 was 352 patients who were isolated and treated at the Upelkes isolation house. From the results of interviews with the field coordinator of the Upelkes isolation house, Covid-19 patients carry out daily activities such as generally eating 3 times a day given drug therapy and are encouraged to exercise and sunbathe. It was found that some patients who experienced anxiety due to several factors had never done murottal relaxation non-pharmacological therapy.

In addition, the development of information and technology also plays an important role in improving the health status of patients, one of which is nursing. The provision of health services to Covid-19 patients has now begun to be carried out by utilizing technology, although not all services can be digitized, handling psychological health problems as above can be done online without face to face. One of the media that can be used is the zoom application.

Based on some of the problems and opportunities above, the author tries to provide non-pharmacological therapy such as audio-visual relaxation therapy murottal al-Qur'an through a virtual zoom application. This method is expected to be an alternative for monitoring Covid-19 patients in additional nursing interventions to reduce anxiety levels. This research was conducted at the Isolation House of the Health Training Unit of the Province of West Borneo.

2. Research Methods

The research design that will be used in this research is a quasi-experimental research design (quasi-experimental) with pre-test and post-test nonequivalent control groups, research that uses 2 groups, namely the experimental group and the control group. In this design, observations were carried out 2 times, namely before the treatment and after the treatment. The population in this study were all Covid-19 patients at the Isolation Home of the Health Training UPT of West Borneo Province in July 2021. The sampling technique in this study used a non-probability technique with consecutive sampling. Non-probability sampling is a non-random sample selection technique that produces unequal opportunities for individuals in the population to be selected as samples ^[3]. Consecutive

sampling is a sampling technique that is carried out by selecting all individuals encountered and meeting the selection criteria until the desired number of samples is met ^[3]. The sample used in this study is the sample found during the research that meets the inclusion criteria, while the sample that has the exclusion criteria is not eligible to be used as a sample. The sample size of this research is 30 respondents in 2 groups. In the experimental group 15 samples and the control group 15 samples.

3. Results and Discussion

Research has been carried out on the effectiveness of murottal audio-visual relaxation therapy through the zoom application in the experimental group and audio music therapy in the control group on the anxiety level of Covid-19 patients at the Isolation House of the Health Education and Training Unit of West Borneo Province. This research was conducted from June 28, 2021, until July 14, 2021, with the number of respondents in each group as many as 15 respondents according to the inclusion criteria and exclusion criteria. The presentation of the data is divided into two parts, the first is to analyze univariately which includes the characteristics of the respondents based on age, gender and level of readiness before and after being given therapy in each group. Second, analyzing the bivariate presented based on the results of the effectiveness of murottal audio-visual relaxation therapy through the zoom application and the effectiveness of audio music therapy through chat media on the level of anxiety in Covid-19 patients at the Hospital Isolation Home. UPT Health Education and Training West Kalimantan Province.

The research design used in this study was a quasi-experimental research method with a two-group pre-test and post-test design. This research was conducted in a way, the experimental group was given murottal audio-visual relaxation therapy through the zoom application and the control group was given audio music therapy using chat media. Prior to therapy, a pretest (initial measurement) of anxiety levels was carried out using the Depression Anxiety Stress Scale (DASS) which focused on measuring anxiety levels using an online google form questionnaire. After that, the experimental group was given murottal Al-Qur'an Ar-Rahman audio-visual relaxation therapy through the zoom application and the control group was given relaxation instrument music audio therapy using chat media every day for 2 consecutive days with a duration of 10 minutes, then on the third day after being given therapy, a post-test (final measurement) of anxiety levels was carried out using the Depression Anxiety Stress Scale (DASS) scale, focusing on measuring anxiety levels using an online google form questionnaire to get results measuring anxiety levels after therapy for each group.

3.1. The Effectiveness of Giving Murottal Audio Visual Relaxation Therapy Through the Zoom Application on Anxiety Levels in Covid-19 Patients

After conducting research on 15 respondents in the experimental group, before being given murottal audio-visual relaxation therapy, 14 people (93.3%) experienced moderate anxiety and 1 person (6.7%) experienced mild anxiety. After being given murottal audio-visual relaxation therapy for 2 days, the respondents' anxiety level was 12 people (80.0%) experienced mild anxiety and 3 people (20.0%) experienced normal anxiety. The patient's response was obtained after being given murottal audio-visual relaxation therapy, the patient felt calmer and relaxed. This change in anxiety levels shows that Surah Ar-Rahman audio-visual relaxation therapy through the zoom application is effective in reducing anxiety in Covid-19 patients who experience anxiety.

After carrying out the Wilcoxon Signed Ranks Test statistic before and after being given murottal therapy, the results were significant on the level of anxiety with a significance level of α (0.05), the p-value obtained was 0.001. After obtaining the p-value for the level of anxiety $<\alpha$ (0.05) this means that H_0 is rejected and H_a is accepted because there is a change in the level of anxiety in the provision of audio-visual relaxation therapy murottal Al-Qur'an Surah Ar-Rahman through the zoom application. The conclusion from the results of this statistical test is that there is the effectiveness of providing murottal audio-visual relaxation therapy through the zoom application on the level of anxiety in Covid-19 patients.

Murottal Al-Qur'an therapy is a religious therapy that will provide a therapeutic effect for those who listen to it. Stimulation given to the auditory murottal has a distraction effect, namely increasing the formation of endorphins. The increase in total endorphins will result in muscle relaxation as well as a modifier of attention from pain. Murottal therapy will stimulate the hypothalamus which is useful for producing neuropeptides that will have an impact on the body, namely the amount of the hormones cortisol, epinephrine, norepinephrine and dopamine ^[8].

Based on the results of the research above, the researchers analyzed that audio-visual relaxation therapy murottal Al-Qur'an Surah Ar-Rahman can reduce anxiety levels because Surah Ar-Rahman is one of the surahs in the Qur'an which has a therapeutic effect consisting of 78 The verse has meaning regarding the generosity and compassion of Allah to His servants and there is a verse that is repeated 31 times regarding the favours of Allah. This surah is not too long and not too short so that when the murottal of Surah Ar-Rahman is played it only takes 10-15 minutes which is enough time to relax the body, the researcher also provides audio-visual media facilities so that respondents not only hear but also can interpret the beautiful meaning of Surah Ar-Rahman so that it can have a calming effect and can help reduce anxiety. This has been proven by several experts, one of them by Ahmad Al Khadi, the main director of the Islamic Medicine Institute For Education and Research in Florida in the XVII conference of the American Doctors Association that listening to the holy verses of the Koran has a significant effect in reducing reflective nerve tension and stress. These results are recorded and measured quantitatively by computer-based tools ^[5].

3.2. The Effectiveness of Providing Music Audio Therapy Through Chat Media on Anxiety Levels in Covid-19 Patients

The results of research conducted on 15 respondents before being given audio music therapy showed that the anxiety level of the respondents was 3 people (20.0%) who experienced severe anxiety, 10 people (66.7%) experienced moderate anxiety and 2 people (13.3%) experience mild anxiety. After being given audio music therapy for 2 days, the respondent's anxiety level was 7 people (46.7%) experiencing moderate anxiety, 5 people (33.3%) experiencing mild anxiety and 3 people (20.0%) experiencing normal anxiety. The patient's response was obtained after being given audio music therapy, the patient felt calmer and relaxed. This change in anxiety levels shows that audio music therapy through chat media is effective in reducing anxiety in Covid-19 patients who experience anxiety.

After carrying out the Wilcoxon Signed Ranks Test statistical test before and after being given music therapy, the results were significant on the level of anxiety with a significance level of α (0.05), the p-value obtained was 0.001. After obtaining the p-value for the level of anxiety $< \alpha$ (0.05), this means that there is a change in the level of anxiety in the provision of audio music therapy through chat media. The conclusion from the results of this statistical test is that there is an effect of providing audio music therapy through chat media on the level of anxiety in Covid-19 patients.

Music therapy is health therapy using music that aims to improve physical, emotional, cognitive, and social conditions for individuals of various ages ^[6]. Music enters through the ear, vibrates the eardrum, shakes the fluid in the inner ear and vibrates the hair cells in the cochlea and then through the cochlear nerve to the brain, such as the limbic system associated with emotional behaviour. By listening to music, the limbic system is activated and the individual becomes relaxed ^[6]. Based on the results of the research and the theoretical statements above, it can be concluded that audio music therapy can reduce anxiety levels because music therapy can have a positive impact in dealing with stress/anxiety. Music therapy is a technique that is very easy to do and affordable, but its effect shows that music can affect a person's tension or relaxed state because it can stimulate the release of endorphins and serotonin which are types of natural morphine in the body and also methanony to make the body feel more relaxed. ^[6].

3.3. The results of the difference in pre-test and post-test anxiety levels in the experimental group and control group

Table 1. The results of the difference in pre-test and post-test anxiety levels in the experimental group and control group

Number	Respondent Group	Normal	Anx			p	
			Light	Medium	Critical		
1	Eksperimenta 1 Group	Pre Test	0	1	14	0	0,00 1
		Post Test	3	12	0	0	
2	Control Grou	Pre Test	0	2	10	3	0,00 1
		Post Test	3	5	7	0	

Based on **Table 1.** the results of the difference in anxiety levels before and after being given therapy in the experimental group and the control group using the Wilcoxon Signed Ranks Test, the p-value (Sig 2-tailed) in the experimental group was $0,001 \leq \alpha=0,05$ and p-value (Sig 2-tailed) in the control group was $0,001 \leq \alpha=0,05$. So it can be concluded that audio-visual relaxation therapy murottal Al-Qur'an Surah Ar-Rahman through the zoom application and audio music therapy through chat media are equally effective against anxiety levels in Covid-19 patients who experience anxiety.

3.4. Differences in Effectiveness between Murottal Audio Visual Relaxation Therapy and Audio Music Therapy on Anxiety Levels in Covid-19 Patients

Table 2. Differences in Effectiveness between Murottal Audio Visual Relaxation Therapy and Audio Music Therapy on Anxiety Levels in Covid-19 Patients

Anxiety Level	Group	N	Mean Rank	p-value
Post Test	Experiment	15	11,9	0,022
	Control	15	19,1	

Based on **Table 2.** the Mann-Withney Test above shows the level of anxiety in the two groups giving murottal audio-visual relaxation therapy and audio-music therapy, the result is a significant p-value (Sig 2-tailed) of $0,022 < \alpha=0,05$ this means showed that there were significant differences in the two groups giving murottal audio-visual relaxation therapy through the zoom application and audio music therapy through chat media on the level of anxiety in Covid-19 patients.

Murottal Al-Qur'an therapy is a religious therapy that will provide a therapeutic effect for those who listen to it. Stimulation given to the murottal auditory has the impact of distraction, namely an increase in the formation of endorphins in the descending control system. The increase in total endorphins will result in muscle relaxation as well as a modifier of attention from pain. Murottal therapy will stimulate the hypothalamus which is useful for producing neuropeptides, neuropeptides will have an impact on the body, namely the amount of the hormones cortisol, epinephrine, norepinephrine and dopamine ^[8].

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Based on the theory above, the researchers concluded that both therapies can both make a person feel happy so it stimulates the hypothalamus to secrete endorphins and dopamine hormones that can help a person feel relaxed, calm and happy so that anxiety decreases. Murottal audio-visual relaxation therapy and audio-music therapy were both effective in reducing anxiety levels. Both of these therapies can be done every day or done anytime when needed. This therapy can be done independently at home or in the open. From the analysis of the discussion above, the researcher can draw the conclusion that audio therapy has an effect on the patient's level of anxiety.

As we know, anxiety is a mental health disorder characterized by feelings of restlessness, worry and even fear that can interfere with daily activities, which will affect the body's immunity for anxiety sufferers. Immunity is the body's immune system to ward off all kinds of diseases that enter the human body. So that by giving murottal relaxation therapy which is associated with decreasing anxiety levels, it can increase the body's immunity of anxious sufferers. In Covid-19 patients, if the body's immunity increases, it can support the healing process of the disease.

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