



ORIGINAL RESEARCH

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Application of Relaxation Guide Imagery Murrotal Al-Qur'an in Patients with Acute Pain Disorders



Zhavira Aulia Putri^{1*}, Rochmayanti¹, Wasis Widodo¹

¹Departement Of Nursing, Annisa Institute of Health and Business, Bogor

*Correspondence:

Zhavira Aulia Putri

Zhaviraulia@gmail.com

Abstract

Background: The need for comfort is a state that makes a person feel comfortable, protected from psychological threats, free from pain, especially pain. Pain management can be done with two approaches, namely pharmacological and non-pharmacology. Based on Katherine Kolcaba's theory, the function of the nurse that emphasizes the importance of providing comfort holistically includes physical, psychospiritual, sociocultural, and environmental dimensions. The application of relaxation of the Qur'anic murrotal imagery guide is carried out to calm the mind, reduce emotional and physical tension so as to provide comfort, overcome pain, stress or anxiety.

Methods: Using a descriptive method in the form of a case study with 2 respondents focusing on the implementation of guided imagery therapy and Qur'an murrotal therapy was carried out 2 times in 1 day for 3 days with a time of about ±10-15 minutes each session with the NRS (Numeric Rating Scale) measurement evaluation sheet scale.

Results: Research shows that after the implementation of relaxation of the Qur'an's murrotal imagery guide There was a decrease in the pain scale as evidenced on the 3rd day of Mr.S from scale 2 (mild pain) to scale 0 (no pain) and Mrs. W from scale 1 (mild pain) to scale 0 (no pain), It can be done independently with 2x for 15 minutes.

Conclusions: The application of relaxation therapy guided *imagery* and murrotal Al-Qur'an in patients with acute pain disorders is effective in reducing pain, in this case where the role of the nurse function is able to provide positive things in nursing interventions independently, especially in meeting physical and psychological needs, providing comfort in an effort to suppress the stimulation of patients with pain disorders in accordance with the concept of pain and comfort Kolcaba (*Comfort Theory*).

Keywords: Acute pain, kolcaba theory, Guide Imagery, Murrotal Al-Qur'an

Introduction

Pain is an discomfort that causes damage to tissues in a certain place. As for the feeling of pain expressed by (Cholifah &Azizah, 2020). Pain is an unpleasant sensory and emotional experience and is related to actual and potential tissue damage, resulting in the condition of

pain. Pain can be classified into two groups, namely physical and psychological causes. Physically, for example, the causes of pain are trauma (both mechanical, thermal, chemical or electrical trauma), neoplasms, inflammation, blood circulation disorders, and others.

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Psychologically, the cause of pain occurs due to psychological trauma (Aprilia, 2022). As for the theory of the nursing model that the researcher takes, according to the Kolcaba Nursing Theory based on 4 basic components of human needs, namely physical, psychospiritual, social, environmental, and environmental. In the Kolcaba theory, the 3 components of comfort not only mean being free from physical pain (repair), but also include peace of mind (ease) and the patient's ability to cope with their pain better (Transcendence).) through this therapy patients are guided to imagine a calm atmosphere while listening to the murrotal of the-Qur'an, thus providing positive stimulation to the mind and body, The results in six respondents show the existence of a gradual pain scale that realizes physical and emotional satisfaction according to the concept of Kolcaba theory. Irna Susanti 2024).

In the non-pharmacological management of this therapy is very influential in patients with pain disorders, relational therapy guide imagery which can be defined as a therapeutic activity that makes the patient to imagine pleasant things and use soothing music and make the patient have a way of thinking that focuses on the things they like by ignoring the current health problems. Acute Pain (Susanti W, 2013). Pharmacological pain management is an important aspect of healthcare, which aims to reduce discomfort and improve quality of life for patients with acute or chronic pain. Pharmacological methods are the main approach to pain management, including a wide variety of drugs that work through different mechanisms.

Based on this background, the author is interested in raising a title "The Application of Relaxation Guide Imagery Murotal Al-Qur'an" to reduce the pain scale in post op patients and sick patients with pain disorders and hopes that after the relaxation therapy of guide imagery murottal Al-Qur'an can be applied as a non-pharmacological therapy in the world of health sciences to overcome pain in patients. During the preliminary study at PMI Bogor hospital from the data obtained by researchers in the rose room, prevalence data was obtained in cases of pain disorders with the majority of age in a group that experienced pain at the age of 17-25 years as many as 6 respondents (40%) and 4 respondents (27%).female gender was the majority in the intervention group as many as 13 respondents (87%) in the level of pain with patients with diseases related to moderate pain (67%) and pain mild (73%). And in the case of fractures at PMI Hospital in Bogor City that caused fractures, among others, 3.8% of the

incident was a fall, 1.7% was punctured by objects. In BPH cases as many as 13% and UTI (urinary tract infection) 24% at PMI Hospital Bogor City

According to the results of the study (M.Nur Faizal Darmadi, et.al 2020) with the title "The application of the Qur'anic murrotal relaxation method is better known by using the NRS (Numeric Rating Scale) method, the application of the Qur'anic murrotal imagery guide on the pain symptoms of pain patients", when the first stage of pain the patient is still on the mild, moderate and severe pain scale, but after the application of Qur'anic murrotal therapy with short holy verses that are carried out During 3 days of regular application, the pain scale becomes mild, which shows that the therapy for the application of relaxation guide imagery murrotal Al-Qur'an in patients with post op and diseases related to pain and this therapy can reduce pain levels. According to the WHO it is 40.8%. Incidence figures Gastritis in several regions in Indonesia is quite high with a prevalence of 274,396 cases from 238,452,952 population. A study in Indonesia stated that of 550 patients who underwent endoscopic examination, 44.7% of them had acute gastritis. In addition to being caused by the bacteria helicobacter pylori, gastritis can also be caused by other diseases, namely the use of NSAIDs (Nonsteroidal anti-inflammatory drugs).

The Ministry of Health of the Republic of Indonesia explained that the incidence of gastritis every year is quite high and the prevalence is 40.8% or 274,396 cases in 238,452,952 people. in 2018 it increased even further to 31%. West Java is one of the provinces with a fairly high rate of GERD cases of 46.35% of all Indonesian provinces (Ministry of Health 2019). Meanwhile, 5% or 21,341 GERD cases were found in the Bogor sub-district area (Bogor City Health Office, 2018). Then based on data obtained from medical records at the Cileungsi MH Hospital unit. Thamrin. In 2023 from November to January 2024, there were 164 patients diagnosed with GERD. According to PMI Bogor hospital data from data obtained by researchers in the rose room, prevalence data was obtained in post op cases with pain disorders with the majority of age in a group that experienced pain at the age of 17- 25 years as many as 6 respondents (40%) and 4 respondents (27%).female gender was the majority in the intervention group as many as 13 respondents (87%) at the level of pain with post-op patients with moderate pain-related diseases as much as (67%) and mild pain (73%). And in the case of fractures at PMI Hospital in Bogor City that caused fractures,





among others, 3.8% of the incident was a fall, 1.7% was punctured by objects. In BPH cases as many as 13% and UTI (urinary tract infections) 24% at PMI Hospital in Bogor City.

Methods

This research uses a case study descriptive method in its writing. This study uses 2 respondents who will be given relaxation techniques of guide imagery murrotal Al-Qur'an and patients with acute pain. The instruments used in this study were in the form of observation sheets containing general data of respondents and pain fill sheets, consisting of numbers, initials, age, hours of pain occurrence, pain scale results before the action was taken, duration and number of actions, and pain scale results after the action and pain intensity sheet in the form of NRS pain intensity scale (numeric rating scale) fulfilling the basic needs of safety and comfort, the case study is carried out in the nursing process method in case management in the patient, the author can describe patients who experience problems with acute pain with pain management interventions by providing the implementation of relaxation guide imagery murrotal Al-Qur'an, carried out at Kp.Cikempong RT/09 RW/09 in July 2025.

Results

NRS (Numeric Rating Scale) before the application of relaxation of the Qur'anic murrotal imagery guide on the first day of Mr. S pain scale 7 and after the application of the 5 scale (moderate pain) on the 2nd day before the application of pain scale 4 (moderate pain) and after the application to 3 (mild pain), On the third day before the application of pain scale 2 (mild pain) and after the application, the pain scale was 0 (no pain). The 2nd patient was Mrs. W on a pain scale of 6 (moderate pain) and after the application of a scale of 5 (moderate pain) on the 2nd day before the application of a pain scale 5 (moderate pain) and after the application became 3 (mild pain), on the third day before the application of the pain scale 1 (mild pain) and after the application the pain scale was 0 (no pain).

Table 1. Pain Scale Table before and after the application

Table with 4 columns: Initial, Day, Pre, Post. Rows for Mr. S and Mrs. W across 3 days.

measuring vital signs in patients Mr. S was obtained on the first day before being taught the application of the patient said pain in the heartburn, the patient was in pain on a scale of 7 (severe pain) which is too painful and the patient appeared to be grimacing, blood pressure measurement was carried out the results: 130/90 mmHg and Mr. S was taught relaxation techniques guide imagery Murrotal Al-Qur'an to reduce pain after the relaxation technique of guide imagery guide Murrotal Al-Qur'an Mr. S. was measured again on the pain scale and obtained a scale of 5 (moderate pain) results slightly increased. On the second day, the results of the pain scale before the application were obtained, namely a scale of 4 (moderate pain) and after the application of pain scale 3 (mild pain) the pain scale began to decrease and on the third day the application was again carried out by the patient and the results of the pain scale measurement were obtained before the application of pain scale 2 (mild pain) and after the application of pain scale 0 (no pain) the patient's pain scale decreased, the patient said the pain had begun to decrease and the patient seemed relaxed, The patient only performs the technique if taught by the nurse..

Table 2. Vital Sign

Table with 6 columns: Initial, Day, Pain Scale (Pre, Post), Blood Pressure (mmHg) (Pre, Post). Rows for Mr. S and Mrs. W across 3 days.

vital signs in patients Mrs. W obtained the results of the first day before being

taught the application of the patient said pain in the neck and neck, the patient was in pain on a scale of 6 (moderate pain) and the patient appeared to be grimaced, difficulty sleeping was measured blood pressure results: 144/90 mmHg and Mrs. W was taught relaxation techniques guide imagery Murrotal Al-Qur'an to reduce pain after the relaxation technique of guide imagery Murrotal Al- Qur'an Mrs. W was measured again on the pain scale and obtained a scale of 5 (moderate pain) results slightly increased. On the second day, the results of the pain scale before the application were obtained, namely a scale of 5 (moderate pain) and after the application to a scale of 3 (mild pain) the





pain scale began to decrease and on the third day the application was again carried out by the patient and the results of the pain scale measurement were obtained before the application of scale 1 (mild pain) and after the application of the scale 0 (no pain) the patient's pain scale decreased, the patient said the pain had begun to decrease and the patient seemed calm and comfortable, The patient only performs the technique if taught by the nurse.

Discussion

The application of the relaxation technique of the Qur'anic murrotal imagery guide which was carried out for 3 days in reducing acute pain complaints on the first day experienced by patients with acute pain disorders at Kp Cikempong RT/09 RW/09 on July 12-July 14, 2025 with 2 respondents. The purpose of this discussion is to analyze and combine the results obtained in the case study with the underlying theory, as well as answer the problems that have been formulated. Based on the results of a case study on the application of relaxation of the Qur'an murrotal imagery guide, Mr. S obtained a pain scale on the first day with a scale of 7 severe pain after being given the application of the relaxation technique of the Qur'an murrotal imagery guide, for 3 days the pain scale obtained decreased to a scale of 2 mild pain While in Mrs. W the results of the pain scale on the first day were obtained on the first day of a scale of 6 (moderate pain) after being given the relaxation technique guide imagery murrotal Qur'an for 3 days the application of the pain scale obtained decreased to scale 1 (mild pain) and both respondents said the pain had begun to decrease. It can be concluded that the results of the relaxation of the Qur'anic murrotal imagery guide -given to both respondents showed a decrease in the pain scale. From the results of the discussion related to the theory that can be used is Katherine Kolcaba's theory of comfort which emphasizes the fulfillment of physical, psychospiritual, sociocultural and environmental comfort through this theory nurses can design comprehensive and holistic interventions so as to be able to reduce pain intensity, increase comfort and accelerate the recovery process of patients with acute disorders optimally, This discussion is compiled to provide an overview of these pain problems. It can be concluded that the results after the relaxation of the Qur'an murrotal imagery guide given to the two respondents showed a

decrease in pain levels. To get maximum results, respondents must be willing and able to relax the Qur'an murrotal imagery guide independently to reduce pain levels on the moderate and mild pain scale. Based on the results of a case study on the application of Relaxation Guide Imagery Murrotal Al-Qur'an In Mr. S, the pain scale was obtained on the first day 7 (severe pain) after being given the application of relaxation of the guide imagery Murrotal Al-Qur'an for 3 days, the application of the pain scale obtained decreased to 0 (no pain). Meanwhile, Mrs. W obtained the results of the pain scale on the first day 6 (moderate pain) after being given a relaxation technique of guide imagery murrotal Al-Qur'an for 3 days, the application of the pain scale obtained decreased to 0 (no pain) and both respondents said that the pain was no longer there It can be concluded that the results of the application of relaxation guide imagery murrotal Al-Qur'an given to the two respondents showed a decrease in pain levels.

This research is in line with a parallel research conducted by M.Nur Faizal Darmadi et al (2020) which was carried out using three respondents for 3 days and the results were that there was a decrease in pain levels by performing Effectiveness Guide imagery can reduce the pain scale because this therapy can reduce pain and can reduce anxiety when listened to so that this therapy can be associated with the nursing theory of comfort put forward by Kolcaba. The research contained in the journal (Yusril et., al 2024) which was applied with one respondent and for 3 days and the results were that there was a decrease in the pain scale in the application of murrotal Al-Quran therapy and Deep Breathing to reduce pain in patients ca Cervical at Arifin Achmad Hospital, Riau Province. That therapy for the application of murrotal Al-Qur'an can reduce pain and the first responder successfully carried out this application, the pain scale has begun to decrease after 3 days of the application. And as for other supporters in the research contained in the journal (Yuli Yanti, 2022) which was applied with 1 respondent for 4 days and the results were a decrease in pain levels and non-pharmacological management interventions can reduce pain, anxious and stressed and encouraging relaxation with this technique will work if the patient follows the direction from the nurse.





Limitations

In this study, the pain characteristics of the implementation of this case study cannot be separated from the limitations experienced by the author in the case study that was carried out, namely two respondents who became participants in the application of relaxation guide imagery murrotal Al-Qur'an. Of the two respondents, there were 2 patients who showed a positive response to non-pharmacological interventions with a significant reduction in pain levels without the need for additional therapy. However, the other two patients must need analgesic assistance or pharmacological intervention to achieve effective pain reduction. This shows that relaxation therapy guides imagery murrotal Al-Qur'an has the potential as a supportive method in pain management, its effectiveness is not even in each individual, it may be influenced by psychological factors, the level of pain experienced and differences in pain tolerance between patients.

Conclusion

Based on the results of nursing evaluation in the application of guided imagery therapy and a combination of deep breathing relaxation therapy and Qur'an murottal to reduce the pain scale for 3 days of intervention with a time of about $\pm 10-15$ minutes each session, it showed a decrease in pain levels as evidenced by a decrease in the NRS pain scale in Mr. S and Mrs. W on day 3 around a pain scale of 2-1 (mild pain).

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