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## THE POSITIVE IMPACT OF RELIGIOUS TEACHER MUROTTAL ART THERAPY IN REDUCING THE ANXIETY OF ELDERLY PEOPLE

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### Abstract

The purpose of this study was to describe the application of religious teacher murottal art therapy in reducing anxiety in the elderly. The research method uses qualitative methods and makes direct observation and interviews as data collection techniques. The total sample is six respondents. The subjects of this study were elderly people who experienced anxiety at the "Joyah Uken" nursing home. Panti, Bebesen District, Central Aceh District. Researchers divided two informants, namely, the main informant and the key informant. Then, data collection is observation, in-depth interviews with six informants, and document review related to the anxiety of the elderly at the Nursing Home "Joyah Uken" Bebesen District, Central Aceh District. Data reduction with Categorize data according to needs. The presentation of data is done descriptively, and finally drawing, conclusions and verification. The results showed that the study of Art Therapy murottal Quran was able to have a positive impact on the anxiety of the elderly in nursing homes. Among them is being able to eliminate anxiety about death by increasing religiosity so that the elderly feel ready and are not worried about the material and non-material things when they die. The conclusion of the study is that art therapy murottal Quran can reduce anxiety levels and increase immunity in the elderly who experience anxiety in nursing homes.

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### Keywords

Anxiety, Art Therapy, Counselor, Elderly, Joyah Uken

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## INTRODUCTION

Art therapy or also often referred to as art therapy, is a type of psychotherapy that uses art as its main medium (Hidayat Dede Rahmat, 2018). This therapy is used as a solution to calm and increase self-awareness for people who experience psychological disorders or mental disorders (Irfannuddin, 2018). Therapy art is a technique based on the idea that creative expression is the main capital in using art therapy techniques because it strongly encourages healing and mental well-being. It is believed that art therapy can be used for a variety of problems, ranging from anxiety disorders, emotional disorders, and diets to family problems or connections. For this reason, art therapy can be used for everyone who is experiencing psychological disorders, whether it's women, men, children, teenagers, and the elderly (Brier, J. and Lia Dwi Jayanti, 2020). However, this time the author focuses more on one problem, namely anxiety disorders in parents.

Therapy Murottal Quran art has a spiritual purpose, bringing blessings and peace to the hearts of its listeners. Murottal is one of the art therapies that have a positive effect on hearing because music has an effect both physically and psychologically. Even in the Qur'an itself, Allah explains in His words (QS Al-Isra': 82)

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۖ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

Meaning: And we send down from the Quran something that is an antidote and mercy for those who believe, and the Quran does not add to those who are zholim other than losses (Kemenag RI, 2010).

This is explained further in the word of Allah swt again in (QS Al-A'raf verse 204)

وَإِذَا قُرِئَ الْقُرْآنُ فَاسْتَمِعُوا لَهُ وَأَنْصِتُوا لَعَلَّكُمْ تُرْحَمُونَ

Meaning: And when the Qur'an is recited, then listen (good) and pay attention quietly so that you will receive mercy (Kemenag RI, 2010).

From the explanation above, if you listen to the holy Quran reading correctly, you will also get good effects, such as making your heart calm, anxiety will slowly disappear, then Allah also sends down mercy on His servants who truly listen and read Quran well. Anxiety is a normal response as a sign of imminent danger in life (Keswara, 2017)

Worry is the feeling faced by individuals when they feel something that is felt to be threatening, and anxiety is also considered a part of everyday life (Dinakaramani & Indati, 2018). anxiety comes from feelings of fear because they feel that there is danger threatening themselves and feel helpless in a world full of threats. Anxiety also consists of two forms, namely, the form of

circumstances and characteristics (Annisa, DF, and Ifdil, 2016). Anxiety states are defined as temporary emotional states associated with the autonomic nervous system that are perceived as unpleasant, such as worry, fear, and anxiety. Meanwhile, the nature of anxiety causes an individual's tendency to feel anxious and to be more sensitive in accepting situations. Certain. Anxiety is an emotional state that causes physiological responses such as an unpleasant feeling of tension and worry about something bad going to happen (Ramaiah, 2003).

One of the methods to reduce anxiety and tension in the elderly who are afraid of death, namely by murottal Quran therapy. Listening to verses of the Quran can change blood circulation, changes in electrical currents in muscles, changes in heart rate, and blood levels in the skin. Quran murottal therapy has a positive impact on psychology by using audio as a means of relaxation in elderly hypertensive patients. The sound effects of audio are related to the process of sound impulses that are transmitted into the body and affect the body's cells (Ikhsan, 2020). Quran Therapy works on the brain, where when driven by external stimuli (Quran Therapy), the brain will produce a chemical called neuropeptide. This molecule will transport receptors in the body and will give feedback of comfort and enjoyment (Al Kahel, 2014).

In Indonesia, there are 30.16 million elderly as of 2021. In the Big Indonesian Dictionary, "old age" is the stage in a person's life where they have "moved" from a more enjoyable or useful time (<https://kbbi.kemdikbud.go.id/>, n.d.). Early elderly, namely between the ages of 60 – 70, and elderly, living to age 70 or beyond, are the two categories into which they fall. The elderly refers to people in middle age who have reached the final stage of their lives. There will be a process known as the Aging Process or aging process for groups of people who are considered old. Everyone who reaches old age will experience a natural progression towards old age as the final stage of the life cycle. This is a reality that no one can avoid. There is no way to escape this reality (Annisa & Ifdil, 2016).

Along with the more the increasing number of elderly people in Indonesia will increasingly cause quite complex problems, both physical and psychological problems that most often occur in the elderly, such as anxiety, loneliness, feelings of sadness, and depression (Diferiansyah, O., Septra, T., & Lisiswanti, 2015). Psychological symptoms such as anxiety are commonly experienced by the elderly. If the emotional state of the elderly changes, it can cause unstable blood pressure and lead to a decrease in the quality of life in the elderly (Diferiansyah, O., Septra, T., & Lisiswanti, 2015). Anxiety itself is one of the psychological factors that affect survival. The individual's general reaction to outside threats of pain that he is not prepared to deal with will be fear. Overwhelmed in the face

of excessive stimulation that cannot be controlled by the ego is what ultimately makes a person filled with anxiety (Krisnawardhani & Noviekayati, 2021).

In Aceh Province, there are 18 (eighteen) districts, one of which is Central Aceh District, whose capital is Takengon. This small town with cool air is often called the country above the clouds because the area is located on a plateau and has such beautiful tourist attractions. Central Aceh District itself also consists of 14 Districts, and one of them is the place of research that the author conducted, namely in Bebesen District, Central Aceh District (Aceh, n.d.). In Central Aceh District, there is only one nursing home in Bebesen District. Rumah Jumbo is called using the Gayo language, namely "Joyah Uken" Joyah means place, and Uken is the name for the area located at the top. Joyah is a place or place for the elderly to gain knowledge in order to prepare provisions for the afterlife (Sari, n.d.).

Rindayati 2020 revealed, in her research entitled Description of Events and Levels of Anxiety in the Elderly, concluded that setbacks that occur in the elderly could cause anxiety for some people and not for others. Attention, a sense of security, and the provision of health facilities are very important for the elderly to prevent anxiety and provide solutions for those who experience anxiety (Rindayati et al., 2020). Meanwhile, Amalia and Iqbal, 20220 revealed that there is a significant difference before and after being treated with the results of the stress scale score mean pre 27.19 and mean post 15.63, and the murottal al-Qur'an scale mean pre 39.38 and mean post 45.69 conclusions after using paired sample test t-test, the results obtained are  $p = 0.00$  with  $\alpha = 0.05$ , which shows that there is a difference before and after the intervention. This is the effect of stress levels on the elderly after listening to the murottal Qur'an at the Tresna Werdha Nirwana Puri Samarinda Institution (Amalia & Iqbal, 2020). In a study entitled Improving Sleep Quality for Elderly People Experiencing Anxiety During the Covid-19 Pandemic with Al-Qur'an Murottal Therapy also showed that there was an effect of Al-Qur'an murottal on sleep quality ( $p$ -value 0.001). In conclusion, Al-Qur'an murottal therapy is effective in improving the sleep quality of the elderly who experience anxiety during the COVID-19 pandemic (Tryastuti, 2022). Factors Associated with Elderly Anxiety at the Johar Baru Ii Jakarta Health Center, the results of the study. Family support, social support, and physical conditions have an influence on elderly anxiety, so it is hoped that there will be education for families, especially regarding family support and social and physical care needed by the elderly to prevent the occurrence of anxiety in the elderly which will have an impact on the quality of life of the elderly (Redjeki S, 2019). Application of Murottal Qur'an Therapy to Overcome Insomnia in

the Elderly 13 mild insomnia. Based on these results, it can be concluded that murottal Al Qur'an therapy can reduce the level of insomnia in the elderly (Supriyanti, 2021). The Effect of Al-Qur'an Murottal on Reducing Anxiety in Elderly Hypertension Sufferers at the Paguyaman Pantai Health Center The results showed that there were differences in the levels of Pre and Post anxiety in the intervention group given Murottal Al-Qur'an to get a p-value of 0.001 or p-value<0.05 means there is a significant difference. Conclusion: The conclusion of this study is that there is an effect of murottal Al-Qur'an on reducing anxiety in elderly hypertensives at the Paguyaman Pantai Health Center (Ryan et al., 2013).

Influence Provision of Murottal Qur'an Therapy (Surah Alinsyirah) Against Anxiety in the Elderly at the Elderly Pondok Pesantren Darul Ulum Peterongan Jombang Listen to the recitation of the Koran'An, has been shown to be able to feel major physiological changes, such as decreased depression, anxiety, sadness, and can even gain peace. Murottal Qur'an therapy can form psychological factors that are positive (free from anxiety), thereby increasing the body's immunity (immunity). So that the elderly who experience anxiety can be overcome not only by using anti-anxiety or anti-depressant sedatives. Keywords: Elderly, Anxiety Level, Murottal Qur'an Therapy (Sulaiman, 2018).

Based on the description above, theoretically, this research aims to develop a clinical psychology discourse, and the aim is pragmatic to find out the positive impact of Murottal Art Therapy of Religious Teachers in Reducing Anxiety in the Elderly.

## **METHOD**

This type of qualitative research is a case study in a nursing home "Joyah Uken", Bebesen District, Central Aceh District. Data and data sources Data are elderly people who experience anxiety at the "Joyah Uken" nursing home. The data source is six respondents consisting of clients 1 to 6. The data collection technique is carried out by observing at the "Joyah Uken" nursing home, with a duration of approximately one month with the theme of applying murottal art therapy for Religious Teachers in Reducing Anxiety in the Elderly. Interviews were conducted with the client concerned, and Documentation was done by searching for archives, such as client data documents about the problem at hand. Data analysis using triangulation techniques by collecting data, reducing data, presenting data, and concluding.

## FINDINGS AND DISCUSSION

### Findings

Anxiety is a response to a threatening situation and is a normal thing that happens with developments, changes, and new or never-before-done experiences in finding self-identity and meaning in life. The following is data on Elderly Anxiety Procedures for implementing Quran murottal art therapy and the methods used in applying Quran murottal art therapy at the Joyoh Uken Nursing HomeEx. Bebesan, Kec. Bebesan, Aceh.

**Table 1.** Elderly Anxiety at the Joyoh Uken Nursing HomeEx. Bebesan, Kec. Bebesan, Aceh

No	Subject	Forms of Anxiety	Impact
1	Client 1	Concern about the diseases suffered by the elderly, including chronic diseases such as diabetes mellitus, cardiovascular disease, and lung disease.	Cause a reaction to worry in the elderly because they suffer from illness and become weak.
2	Client 2	Lack of family support.	In the absence of social support, it will put a person at risk of experiencing psychological disorders, one of which is anxiety, because basically, if someone has strong support, the occurrence of anxiety will be reduced.
3	Client 3	Experience a setback, which in this case, is daily physical activity.	This causes interference in meeting daily needs, resulting in the dependence of the elderly in carrying out activities
4	Client 4	Worries about death	It causes the elderly concerned to always feel anxious
5	Client 5	Anxiety about death	It causes the elderly concerned to always feel anxious
6	Client 6	Anxiety about death	It causes the elderly concerned to always feel anxious

Based on the statement above, a meaning analysis can be drawn that some informants have an understanding of anxiety based on human behavior and also the surrounding circumstances that allow a person to experience anxiety. Anxiety is an unpleasant condition in which individuals feel uncomfortable, tense, agitated, and confused. Feelings of anxiety experienced can interfere with individuals in daily activities, even in the face of death. Meanwhile, death is a reality that will come at any time and to all creatures in this world without exception, and no creature can refuse it.

In essence, the life of this world does not end with the death of human beings individually or globally, but the Qur'an teaches that after the death of all human beings on planet Earth, there will be another long life in the eternal hereafter that will never end. Therefore, the elderly experience

anxiety. Anxiety in dealing with the death of the elderly is an emotional condition that is felt by the elderly when thinking about death. During this period, the elderly will feel anxiety which can interfere with the adaptation process in everyday life. Therefore the application of murottal Quran art therapy is one of the solutions to reduce the anxiety level of the elderly at the "Joyah Uken" boarding house, Bebesen sub-district, Central Aceh district.

**Table 2.** Procedures for Implementing Quran Murottal Art Therapy

No.	Stages	Core Explanation
1	Preparation phase	The initial stage of the process of implementing murottal Quran art therapy by the religious advisers of the orphanage is an emphasis on place conditioning and physical and spiritual readiness of the elderly. Orphanage administrators must pay attention to the readiness of the elderly and also a comfortable room for therapy, and the priority is the cleanliness and tidiness of the place used for therapy. The caretakers of the orphanage gather the elderly for their routine activities, namely reading the Koran on Fridays.
2	Implementation stage	Orphanage administrators and religious counselors direct the elderly to sit quietly in their respective chairs, and eyes facing forward, directing the elderly to relax first. Next, the religious instructor invited the elderly to pray and made a heartfelt intention that this therapy would run smoothly.
3	Closing stage	At this stage, summarizing the things that have been done in the implementation of Al-Qur'an murottal art therapy and closing with the recitation of a prayer by the Religious Counselor. Before ending the implementation of art therapy, the Religious Counselor gave positive words to the elderly, such as thanks and hopes.

Art therapy is carried out in groups with a duration of 15 minutes. In general, there are four main stages, namely the preparation, implementation, and closing stages.

**Table 3.** The Method used in Applying Quran Murottal art Therapy

No.	Method	Core explanation
1	Lecture method	Where in this method, the religious instructor conveys messages related to murottal Quran art therapy to the elderly directly, namely the religious instructor explains the meaning and benefits of listening to the audio murottal Quran to reduce anxiety in the elderly in nursing homes.
2	Question and answer method	In this method, the religious advisers of the orphanage provide an opportunity for the elderly to ask questions and also express opinions about what the elderly feel at the orphanage. This method lasts from the opening stage to the implementation stage, so after completing the implementation of murottal Quran art therapy at the orphanage, the

3	Appreciation method	<p>religious instructors of the orphanage also asked the elderly how they felt when they listened to Audio Quran Murottal.</p> <p>The appreciation method is the core method in applying murottal Quran art therapy in orphanages in order to get stimulation by reciting the verses of the Qur'an that are listened to, exploring feelings through what is heard from murottal Quran so that it can produce mental health effectively. The religious instructor at the orphanage provides time for the elderly at the orphanage to be able to listen and appreciate each <i>qori</i> read from audio for 15 minutes.</p>
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In the implementation of murottal Quran art therapy in joyah is carried out in groups two times a week, namely on Friday after finishing recitation and on Friday evening after finishing reading Yasin in the congregation. Art therapy is a technique for dealing with mental problems, one of which is anxiety disorders. In the application of murottal Quran art therapy, which was carried out at the "joyah uken" boarding house, Bebebesen Regency, Central Aceh Regency, several methods were carried out, namely the lecture method, question and answer, and appreciation.

**Table 4.** The Results of Applying Quran Murottal Art Therapy

No.	Results	Core explanation
1	Overcome anxiety disorders	Overcoming anxiety disorders experienced by the elderly, such as anxiety about death
2	Gives peace	provide calm and aware of the event that is feared.
3	Reducing fear	Has a major influence on the fear that makes the elderly anxious about death.

With the identification of problems and diagnoses that have been made by the religious advisors of the orphanage and caretakers of the Joyah Uken Orphanage, accompanied by indicators of the problems of the elderly in the orphanage, it is necessary to carry out approaches and techniques. Adapted to the abilities, developmental period, and needs of the elderly to eliminate anxiety about death. Art therapy murottal Quran has the potential to overcome anxiety disorders experienced by the elderly because this healing process is centered on the human soul, which can provide calm and awareness of the events that are feared. Scientifically this healing can have a major effect on the fear that makes the elderly anxious about death.

## Discussion

Based on the data that has been presented, the researcher obtained information that The melodious chanting and gratitude of the reciter in reciting the holy verses of the Koran, the soul of

the listener becomes peaceful, and the heart becomes calm. Anxiety slowly disappeared. Motivation also comes to strengthen faith in preparing oneself to look for provisions in the afterlife. Appreciation Which carried out on audio murottal Quran to get significant results, among others, the elderly in orphanages can view death positively by expanding self-awareness in increasing the ability to choose and be responsible for the direction of their life. So as to be able to provide mature preparation in the face of death. So that it has a positive effect on the anxiety of the elderly in orphanages. Among them is being able to eliminate anxiety about death by increasing religiosity and some Al-Qur'an healing techniques so that the elderly feel ready and not worried about leaving this world, both materially and non-materially. It is commensurate with what Solomon said about Influence Provision of Murottal Qur'an Therapy (Surah Alinsyirah) Against Anxiety in the Elderly at the Elderly Pondok Pesantren Darul Ulum Peterongan Jombang Listen to the recitation of the Koran'An, has been shown to be able to feel major physiological changes, such as decreased depression, anxiety, sadness, and can even gain peace. Murottal Qur'an therapy and can form psychological factors that are positive (free from anxiety), thereby increasing the body's immunity (immunity) so that the elderly who experience anxiety can be overcome not only by using anti-anxiety or anti-depressant sedatives.

Anxiety is a reaction that everyone can experience, but excessive anxiety, especially when it becomes a distraction, will hinder a person's functioning in life will make life uncomfortable, a subjective feeling of mental tension that is disturbing as a general reaction to the inability to solve problems or lack of control against anxiety. This feeling of uncertainty is generally unpleasant and will cause or be accompanied by physiological and psychological changes. In line with what was stated by Rindayati 2020 that setbacks that occur in old age could cause anxiety for some people and not for others.

Family social support in terms of providing feedback between family members to show there is mutual love and affection in the family is needed, especially for the elderly. As said by Redjeki, that family support, social support, and conditions Physical education have an influence on the anxiety of the elderly, so it is hoped that there will be education for families, especially regarding family support and social and physical care needed by the elderly to prevent anxiety in the elderly which will have an impact on the quality of life of the elderly.

With the identification of problems and diagnoses that have been made by the religious adviser of the orphanage and caretakers of the Joyah Uken Orphanage, accompanied by indicators

of the problems of the elderly in the orphanage, it is necessary to approach and technique. Adapted to the abilities, developmental period, and needs of the elderly to eliminate anxiety about death. Art therapy murottal Quran has the potential to overcome anxiety disorders experienced by the elderly because this healing process is centered on the human soul, which can provide calm and awareness of the events that are feared. Scientifically this healing can have a major effect on the fear that makes the elderly anxious about death.

## CONCLUSION

The results showed that the study of Art Therapy murottal Quran was able to have a positive impact on the anxiety of the elderly in nursing homes. Among them is being able to eliminate anxiety about death by increasing religiosity so that the elderly feel ready and are not worried about material and non-material things when they die. The conclusion of the study is that Art Therapy murottal Quran can reduce anxiety levels and increase immunity in the elderly who experience anxiety in nursing homes.

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