

ABSTRACT

A DECREASE IN THE LEVEL OF PAIN IN PATIENTS POSTOPERATIVELY BY CAESAREAN SECTION AUDITORY THERAPY QURAN

By: Taufik

Introduction: Cesarean section (CS) is a way of fetus delivery by making an incision or surgery on the front wall of uterus through abdominal wall. The problem that often arises in postoperative patients of CS is moderate to severe pain. Proper pain management is needed to overcome the pain response. Understood Qur'an and believed could stimulate endorphin release for decreasing the level of pain in postoperative patients of CS. This study aims to explain the therapeutic of auditory Qur'an can decrease the level of pain in postoperative patients of CS. **Method:** This is a quasi-experimental study with pretest - posttest control group design. Sample amount was 48 enrolled by means of consecutive sampling technique. Sample was divided into three groups: treatment, positive and negative control groups. Independent variable was auditory Qur'an while dependent variables were pain level, perception and behavioral response. Instruments used were mobile phone with disc-man, Visual Analogue Scale and perception questionnaire. Data collection methods were direct observation and interview. Data analysis was using descriptive statistic, Paired t-test, ANOVA, Bonferroni test; $\alpha < 0.05$. **Result and Discussion:** Paired t-test result of treatment day 0 and day 1 showed that there was significant difference in the Mean of pain level, blood pressure, pulse, and respiration rate before and after treatment. ANOVA test result showed that there was no difference in pain level, sistole and diastole. Respiration rate and pulse on treatment day 0 was significant but not significant on treatment day 1. Perception test result showed that before and after treatment of all groups was significant. This meant there was significant difference between groups. The highest decrease in pain occurs in the group given auditory therapy Al - Quran. This study result suggests that auditory Qur'an therapy as nursing pain management for decreasing postoperative pain after CS procedure.

Keywords: Auditory Qur'an, postoperative pain, Caesarean section.