

THE EFFECT OF MUROTTAL SURAH AR-RAHMAN ON LABOR PAIN ADAPTATION AT H. PADJONGA HOSPITAL REGIONAL TAKALAR HOSPITAL.

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BACKGROUND: Labor is the process of opening and thinning of the cervix, causing pain due to uterine contractions. The aim of this study was to determine the effect of the recitation of Surah Ar-Rahman on pain adaptation during the first stage of labor.

METHOD: This study used a quantitative method, with a pre-experimental design (one-group pre-test - post-test). The respondent criteria were mothers in the first stage of labor aged 18-40 years. The population sampling technique used purposive sampling of 197 people and the sampling technique used the Lemeshow formula with a total calculation of 39 samples. The pain assessment scale used the Numeric Rating Scale (NRS) and data analysis was carried out using the Wilcoxon Signed-Rank test. This study was conducted from February 10 to March 10, 2025, at H. Padjonga Takalar Regional Hospital.

RESULTS & DISCUSSION: The results obtained before the intervention for mothers in the first stage of labor were moderate pain (15.4%), severe pain (61.5%), and severe, uncontrolled pain (23.1%). However, after the intervention for mothers in the first stage of labor, pain levels decreased to moderate pain (59.0%) and severe pain (41.0%). The Wilcoxon Signed-Rank test statistical analysis showed a statistically significant reduction in pain (p-value <0.001).

CONCLUSION: The conclusion of this study is that the recitation of Surah Ar-Rahman has a significant positive impact on adaptation to pain in the first stage of labor. This therapy is recommended as an alternative method for mothers in the first stage of labor and as an inspiration for further research on mothers in the second stage of labor and mothers pre-section caesarea.

KEYWORDS: Surah Ar-Rahman, Labor Pains