

ABSTRACT

DIFFERENCE IN EFFECTIVENESS OF AR-RAHMAN HOLY QUR'AN RECITATION WITH JASMINE (*Jasminum*) AROMATHERAPY OIL INHALATION ON THE SCALE OF PRIMARY DYSMENORRHEA PAIN IN MOSLEM STUDENTS OF THE FACULTY OF MEDICINE UNIVERSITY OF LAMPUNG

By

FIKTA ZAKIA NURFAIZAH

Background. Primary dysmenorrhea is menstrual pain without a pathological state and usually begins at the onset of the ovulation cycle after menarche. About 72.7% of primary dysmenorrhea is mostly experienced by female students.

Methods. This type of research is quantitative pre-experimental research, using a three-group pretest and posttest design with control group. The sample in this study was 40 samples using the random sampling method. Data were analyzed using the Wilcoxon test and paired T test.

Results. From the Kruskal-Wallis test, the value of $p = .000$ ($p < 0.05$) means that there is a significant relationship between the 4 groups on changes in the scale of pain pretest and posttest. From the Mann-Whitney Post Hoc test there was a statistically significant relationship between the control group and the Ar-Rahman Holy Qur'an recitation group with a value of $p = .000$ ($p < 0.05$), there was a significant relationship between the control group and jasmine aromatherapy oil inhalation group with a value of $p = .000$ ($p < 0.05$) and there was a significant relationship between the control group and the combination group with a value of $p = .000$ ($p < 0.05$).

Conclusion. There is an effect of Ar-Rahman Holy Qur'an recitation for 30-minute on dysmenorrhea in moslem students at the Faculty of Medicine, University of Lampung, there is an effect of jasmine aromatherapy oil inhalation for 20 minutes on dysmenorrhea in moslem students at the Faculty of Medicine, University of Lampung, there are effect of combination from Ar-Rahman Holy Qur'an recitation for 30 minutes and jasmine aromatherapy oil inhalation for 20 minutes with pain scale of primary dysmenorrhea in moslem students of the Faculty of Medicine, University of Lampung and there are differences in the effectiveness of Ar-Rahman Holy Qur'an recitation with jasmine aromatherapy oil inhalation with the scale of primary dysmenorrhea pain in moslem students at the Faculty of Medicine, University of Lampung.

Keyword: Scale of Pain, Primary Dysmenorrhea, Moslem Student, Ar-Rahman Holy Qur'an Recitation, Jasmine Aromatherapy Oil Inhalation.

ABSTRAK

PERBEDAAN EFEKTIVITAS MUROTTAL AL-QUR'AN SURAH AR-RAHMAN DENGAN INHALASI MINYAK AROMATERAPI MELATI (*Jasminum*) TERHADAP SKALA NYERI DISMENOIRE PRIMER PADA MAHASISWI MUSLIM FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

Oleh

FIKTA ZAKIA NURFAIZAH

Latar belakang. Dismenore primer merupakan nyeri haid tanpa keadaan patologis dan biasanya dimulai saat onset siklus ovulasi setelah menarke. Sekitar 72,7% dismenore primer paling banyak dialami oleh mahasiswa.

Metode penelitian. Jenis penelitian ini ialah penelitian kuantitatif *pre-experimental*, menggunakan rancangan penelitian *three group pretest and posttest design with control group*. Sampel pada penelitian ini sebanyak 40 sampel dengan menggunakan metode *random sampling*. Data dianalisis menggunakan uji *Wilcoxon* dan uji T berpasangan.

Hasil penelitian. Dari uji *Kruskal-Wallis* diperoleh nilai $p = ,000$ ($p < 0,05$) berarti terdapat hubungan yang bermakna antara 4 kelompok terhadap perubahan skala nyeri *pretest* dan *posttest*. Dari uji *Post Hoc Mann-Whitney* secara statistik terdapat hubungan yang bermakna antara kelompok kontrol dengan kelompok murottal Al-Qur'an Surah Ar-Rahman dengan nilai $p = ,000$ ($p < 0,05$), terdapat hubungan yang bermakna antara kelompok kontrol dengan kelompok inhalasi minyak aromaterapi melati dengan nilai $p = ,000$ ($p < 0,05$) serta terdapat hubungan yang bermakna antara kelompok kontrol dengan kelompok kombinasi dengan nilai $p = ,000$ ($p < 0,05$).

Simpulan. Terdapat pengaruh murottal Al-Qur'an Surah Ar-Rahman selama 30 menit terhadap dismenore pada mahasiswa muslim Fakultas Kedokteran Universitas Lampung, terdapat pengaruh inhalasi minyak aromaterapi melati selama 20 menit terhadap dismenore pada mahasiswa muslim Fakultas Kedokteran Universitas Lampung, terdapat pengaruh antara kombinasi murottal Al-Qur'an Surah Ar-Rahman selama 30 menit dan inhalasi minyak aromaterapi melati selama 20 menit dengan skala nyeri dismenore primer pada mahasiswa muslim Fakultas Kedokteran Universitas Lampung serta terdapat perbedaan efektivitas murottal Al-Qur'an Surah Ar-Rahman dengan inhalasi minyak aromaterapi melati dengan skala nyeri dismenore primer pada mahasiswa muslim Fakultas Kedokteran Universitas Lampung.

Kata kunci: Skala Nyeri, Dismenore Primer, Mahasiswa Muslim, Murottal Al-Qur'an Surah Ar-Rahman, Inhalasi Minyak Aromaterapi Melati.