Abstract

Background. Hemodynamic instability in ICU (Intensive Care Unit) patients generally occurs due to critically ill patients experiencing life-threatening organ failure, necessitating appropriate non-pharmacological treatment, one of which is Quranic recitation relaxation therapy. The purpose of this study was to determine the effect of Quranic recitation relaxation therapy on the hemodynamic status of patients in the ICU of M.M. Dunda Limboto Regional Hospital. The research methodology used a quantitative pre-posttest experimental design with 15 respondents using accidental sampling. The results showed that before the intervention, the majority of patients were unstable, but after the therapy, there was improvement in blood pressure, respiratory rate, and oxygen saturation. Conclusion: Quranic recitation therapy is an effective non-pharmacological nursing intervention that is easy to implement.

Keywords: *INTENSAIVE Care Unit, hemodynamic status, murottal relaxation therapy.*

Abstrak

Latar Belakang. Ketidakstabilan status hemodinamik pada pasien ICU (Intensive Care Unit) umumnya terjadi karena pasien kritis yang mengalami gagal organ yang mengancam nyawa, sehingga dibutuhkan penanganan non farmakologi secara tepat, salah satunya terapi relaksasi murottal Al Qur'an. Tujuan penelitian untuk mengetahui pengaruh terapi relaksasi murottal terhadap status hemodinamik pada pasien di ruangan ICU RSUD M.M Dunda Limboto. Metodologi penelitian menggunakan kuantitatif desain eksperimen pre-posttest dengan jumlah responden 15 orang menggunakan accidental sampling. Hasil penelitian menunjukkan sebelum intervensi mayoritas pasien tidak stabil, namun setelah terapi terjadi perbaikan tekanan darah, frekuensi napas, dan saturasi oksigen. Kesimpulan: terapi murottal efektif sebagai intervensi keperawatan non farmakologis yang mudah diterapkan.

Kata kunci: Intensive Care Unit, status hemodinamik, terapi relaksasi murottal.

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