# APPLICATION OF MUROTTAL AL-QUR'AN THERAPY

# TO REDUCE INSOMNIA IN THE ELDERLY

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**ABSTRACT**

**Background:**  The elderly group complained more about having difficulty starting sleep due to extrinsic and intrinsic faculty. Insomnia treatment that can be done to improve sleep quality is with non-pharmacological treatment, namely by listening to the murottal of the Qur'an. *Murottal Al-Qur'an therapy* is a sound that is specially made to be able to provide a relaxation and calming effect in the body by providing psychological and neurological effects and being able to improve body mechanisms so that the quality of sleep in the elderly can improve.

**Methods:** This study uses a descriptive method with a case study approach. The instrument used is the *Insomnia Rating Scale* (IRS) questionnaire. The subject of this study consisted of 1 elderly person who suffered from sleep disorders (Insomnia).

**Results:** The study's results were obtained in the pre-test by being given an *Insomnia Rating Scale* (IRS) questionnaire sheet with a score of 32 in the category of severe insomnia. The post-test after being given the application of Qur'an murottal therapy by being given *an Insomnia Rating Scale* (IRS) a score of 22 was obtained with a mild insomnia category.

**Conclusion: The** provision of Qur'anic murottal therapy is beneficial, especially in improving the quality of sleep in the elderly, especially those who experience sleep disorders (insomnia).

**Suggestion:** As input material and provide scientific insight on the Application of Murottal Therapy Al-Qur'an to Overcome Insomnia in the Elderly, so that it can reduce the occurrence of insomnia

**Keyword:** Insomnia, The Elderly, Murottal Al-Qur’an,

**References:** 20 journals (2006-2024) and 6 books (2014-2021)