

Abstrak

PENGARUH KOMBINASI TERAPI HIPNOSIS LIMA JARI DENGAN MUROTTAL SURAH AR-RAHMAN TERHADAP SKOR DISTRESS PENDERITA DIABETES MELITUS TIPE 2

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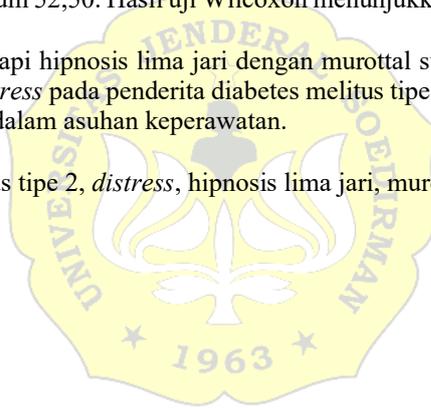
Latar Belakang: Penggunaan terapi nonfarmakologis seperti kombinasi terapi hipnosis lima jari dengan murottal surah Ar-Rahman dapat menjadi salah satu strategi mengatasi *distress* diabetes. Penelitian ini bertujuan untuk mengetahui bagaimana pengaruh terapi hipnosis lima jari dengan murottal surah Ar-Rahman terhadap penurunan skor *distress* pada penderita DM Tipe 2.

Methodology: Penelitian ini menggunakan pendekatan pre-eksperimental dengan desain *one grup pretest-posttest*. Sampel dalam penelitian ini berjumlah 47 orang. Data yang tidak terdistribusi normal dianalisis menggunakan uji *Wilcoxon Signed Rank Test*.

Hasil Penelitian: Karakteristik partisipan menunjukkan median usia 58 tahun dengan rentang usia 34 – 73 tahun. Sebagian besar partisipan berjenis kelamin perempuan (80,90%), berpendidikan terakhir sekolah dasar (46,8%), dan memiliki durasi menderita diabetes lebih dari 5 tahun (51,1%). Median skor *distress* sebelum intervensi adalah 43,75 dengan nilai minimum 40,00 dan maksimum 57,50. Setelah diberikan intervensi median skor *distress* menurun menjadi 40,00 dengan nilai minimum 23,75 dan maksimum 52,50. Hasil uji *Wilcoxon* menunjukkan nilai *p-value* 0,01 ($p < 0,05$).

Kesimpulan: Kombinasi terapi hipnosis lima jari dengan murottal surah Ar-Rahman berpengaruh terhadap penurunan skor *distress* pada penderita diabetes melitus tipe 2 dan dapat menjadi alternatif intervensi nonfarmakologis dalam asuhan keperawatan.

Kata kunci: Diabetes melitus tipe 2, *distress*, hipnosis lima jari, murottal surah Ar-Rahman



Abstract

THE EFFECT OF COMBINING FIVE-FINGER HYPNOSIS THERAPY WITH MUROTTAL RECITATION OF SURAH AR-RAHMAN ON DISTRESS SCORES IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

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Background: The use of non-pharmacological therapies, such as the combination of five-finger hypnosis therapy and murottal recitation of surah Ar-Rahman can be one strategy to manage diabetes-related distress. This study aimed to determine the effect of five-finger hypnosis therapy combined with murottal recitation of surah Ar-Rahman on reducing distress scores in patients with type 2 diabetes mellitus.

Methods: This study used a pre-experimental approach with one group pretest-posttest design. The sample consisted of 47 participants. Data that were not normally distributed were analyzed using the Wilcoxon Signed Rank Test.

Result: The characteristics of the participants showed a median age of 58 years (range 34 – 73 years). Most participants were female (80.9%), had primary school education as their highest level of education (46.8%), and had been living with diabetes for more than five years (51.5%). The median distress score before the intervention was 43.75 with a minimum score of 40.00 and a maximum score of 57.50. After the intervention, the median distress score decreased to 40.00 with a minimum score of 23.75 and a maximum score of 52.50. The Wilcoxon Signed Rank Test showed a p-value of 0.01 ($p < 0.05$).

Conclusion: The combination of five-finger hypnosis therapy and murottal recitation of surah Ar-Rahman had a significant effect on reducing distress scores in patients with type 2 diabetes mellitus and can be considered as an alternative non-pharmalogical intervention in nursing care.

Keywords: Type 2 diabetes mellitus; distress; five-finger hypnosis; murottal recitation of surah Ar-Rahman.

