

ABSTRAK

ASUHAN KEPERAWATAN BAYI PREMATUR DENGAN POLA NAPAS TIDAK EFEKTIF DENGAN PENERAPAN TERAPI MURROTAL AL - QUR'AN DI RUANG NEONATUS RSI SURABAYA JEMURSARI

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Prematuritas merupakan salah satu penyebab utama morbiditas dan mortalitas neonatal di Indonesia. Bayi prematur memiliki risiko tinggi mengalami gangguan sistem pernapasan akibat imaturitas organ, yang menyebabkan pola napas tidak efektif. Penelitian ini bertujuan untuk mengeksplorasi penerapan terapi murrotal Al-Qur'an Surah Ar-Rahman sebagai intervensi keperawatan nonfarmakologis terhadap bayi prematur dengan pola napas tidak efektif.

Metode penelitian yang digunakan adalah studi kasus pada dua bayi prematur yang dirawat di ruang neonatus RSI Surabaya Jemursari. Intervensi berupa terapi murrotal surah Ar-Rahman diperdengarkan selama 20 menit, satu kali sehari.

Hasil menunjukkan adanya peningkatan stabilitas respirasi berupa penurunan frekuensi napas dan peningkatan saturasi oksigen setelah dilakukan terapi secara konsisten. Terapi murrotal juga memberi efek menenangkan, yang memperbaiki fungsi fisiologis bayi

Simpulan dari studi ini menunjukkan bahwa terapi murrotal Al-Qur'an dapat digunakan sebagai pendekatan holistik yang mendukung asuhan keperawatan pada bayi prematur dengan pola napas tidak efektif. Diharapkan intervensi ini dapat menjadi alternatif intervensi keperawatan yang efektif dan bernilai spiritual dalam perawatan neonatal.

Kata kunci: bayi prematur, pola napas tidak efektif, terapi murrotal, keperawatan anak

ABSTRACT

NURSING CARE FOR PREMATURE INFANTS WITH INEFFECTIVE BREATHING PATTERNS IN THE APPLICATION OF MURROTAL AL - QUR'AN THERAPY IN THE NEONATE ROOM RSI SURABAYA JEMURSARI

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Prematurity was one of the main causes of neonatal morbidity and mortality in Indonesia. Premature infants had a high risk of respiratory system disorders due to organ immaturity, which caused ineffective breathing patterns. This study aimed to explore the application of Qur'anic murrotal therapy of Surah Ar-Rahman as a non-pharmacological nursing intervention for premature infants with ineffective breathing patterns.

The research method used was a case study on two premature babies who were treated in the neonatal room of RSI Surabaya Jemursari. The intervention, in the form of murrotal therapy of Surah Ar-Rahman, was listened to for 20 minutes, once a day.

The results showed an increase in respiratory stability in the form of a decrease in respiratory rate and an increase in oxygen saturation after consistent therapy. Murrotal therapy also had a calming effect, which improved the physiological function of the infants.

The conclusion of this study showed that Qur'anic murrotal therapy could be used as a holistic approach to support nursing care for premature infants with ineffective breathing patterns. This intervention was expected to be an effective and spiritually meaningful alternative nursing intervention in neonatal care.

Keywords: *premature infant, ineffective breathing pattern, murrotal therapy, pediatric nursing*