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**TERAPI MUROTTAL BERPENGARUH TERHADAP PENURUNAN TINGKAT NYERI SELAMA PERAWATAN ULKUS DIABETIKUM (Murottal Therapy Affecting Decreasing the Level of Pain During Diabetic Ulcer Wound Care) Istiroha\*, Erni Hariati\*\* \* Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Gresik Jl. A.R. Hakim No. 2B Gresik, email: istiroha08@gmail.com\*\* Mahasiswa PSIK FIK Universitas Gresik ABSTRAK Perawatan ulkus diabetikum menimbulkan rasa nyeri akibat rangsangan dan trauma pada syaraf. Salah satu manajemen nyeri yang dapat dilakukan adalah dengan terapi non farmakologi yaitu terapi murrotal. Tujuan penelitian ini adalah menjelaskan pengaruh terapi murrotal terhadap tingkat nyeri selama perawatan ulkus diabetikum. Penelitian ini menggunakan rancangan Quasy Experiment dengan pre-posttest control design. Sampel penelitian ini adalah 26 pasien di Ruang Bedah RSI Darus Syifa Surabaya diambil dengan teknik purposive sampling tanggal 10 September-30 Oktober 2017. Intervensi yang diberikan pada kelompok perlakuan adalah terapi murrotal surat Ar Rahman selama 15-30 menit sedangkan intervensi yang diberikan pada kelompok pembanding adalah teknik relaksasi napas dalam sesuai standart rumah sakit. Variabel independen penelitian ini adalah terapi murrotal sedangkan variabel dependen adalah tingkat nyeri selama perawatan luka. Instrumen penelitian adalah lembar skala nyeri numerik 0-10 (AHCPR) dan SOP terapi murrotal. Uji statistik yang digunakan Wilcoxon Sign Rank Test dan Mann Withney Test. Hasil uji Wilcoxon Sign Rank Test pada kelompok perlakuan didapatkan p value=0.002, sedangkan pada kelompok pembanding didapatkan p value=0,003 artinya ada perbedaan signifikan tingkat nyeri sebelum dan sesudah diberikan intervensi pada kedua kelompok. Hasil Mann Withney Test menunjukkan p value=0,000 artinya ada perbedaan signifikan tingkat nyeri sesudah diberikan intervensi antara kedua kelompok. Sebelum dilakukan terapi murrotal responden memiliki tingkat nyeri sedang dan setelah dilakukan terapi murottal tingkat nyeri menurun menjadi ringan hal ini terjadi karena mendengarkan murottal dapat menstimulasi hipotalamus yang berpengaruh pada peningkatan endorphin sehingga kadar kortisol menurun. Terapi murrotal dapat digunakan menjadi SOP dalam perawatan ulkus diabetikum. Kata kunci: Terapi murottal, tingkat nyeri, perawatan ulkus diabetikum. ABSTRACT Diabetic ulcer wound care causes pain because of stimulation and trauma to the nerves. One of the pain management is by non-pharmacological therapy that is murrotal therapy. The aim of this study was to explain the effect of murrotal therapy on the level of pain during diabetic ulcer wound care. This study used the Quasy Experiment with pre-posttest control design. The samples of this study were 26 patients in the Surgical in Ward Room of the Darus Syifa Hospital Surabaya taken by purposive sampling technique from 10 September-30 October 2017. The intervention in the treatment group was murottal therapy of Ar Rahman's letter for 15-30 minutes while the intervention in the comparison group was relaxasition technique according to hospital standard. The independent variable of this study was murrotal therapy while the dependent variable was the level of pain during wound care. The research instruments were numerical pain scale sheets 0-10 (AHCPR) and Murrotal therapy SOP. The statistical test used was the Wilcoxon Sign Rank Test and Mann Whitney Test. The Wilcoxon Sign Rank Test in the treatment group shown p value=0.002, whereas in the comparison group p value=0.003 mean that there were a significant differences in the level of pain before and after intervention in both groups. The Mann Whitney Test showed p value=0,000 meaning that there was a significant difference in the level of pain after being given intervention between two groups. Before murottal therapy, respondents had moderate pain levels and after murottal therapy the level of pain decreased to mild, this happened because listening murottal could stimulate the hypothalamus which had an effect on increasing endorphins so that cortisol levels decreased. Murottal therapy can be used as an procedure during diabetic ulcers wound care. Keywords: Murottal therapy, pain level, and diabetic ulcer wound care.**

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