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The Effect of Classic Music Therapy and the Qur'an Murottal on Patient Anxiety Levels Before Tooth Extraction

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ABSTRACT

Handling anxiety can be done pharmacologically or non-pharmacologically. Several non-pharmacological therapies that can be used to reduce anxiety levels include relaxation therapy, sound therapy, and aromatherapy. Some examples of sound therapy are classical music therapy and murottal Al-Qur'an. The Aim of this research is to determine the effect of classical music therapy and Al-Qur'an murottal therapy on the patient's anxiety level before tooth extraction by observing changes in blood pressure before and after listening to classical music and Al-Qur'an murottal. This type of research is quasi-experimental with a pretest-posttest design. The research sample consisted of 30 patients with indications for tooth extraction divided into 2 groups: the group that was given classical music therapy Sonata in D major for two pianos, and the group that was given murottal therapy Al-Qur'an Al-Insyirah Surah and its translation and then assessed blood pressure before and after giving classical music therapy and murottal Al-Qur'an therapy. The distribution of patient anxiety which is known through the MDAS-Modification questionnaire shows that anxiety is in the moderate category. The Paired T-test results on blood pressure values of each pre and post intervention treatment group showed a p-value for classical music systole was 0.132, classical music diastole was 0.148, Qur'an murottal systole was 0.000, and Al-Qur'an murottal diastolic was 0.000. The results of the Independent T-test on blood pressure values between the two pre and post-intervention treatment groups were p-value systole of classical music and murottal Al-Qur'an was 0.000, and diastolic classical music and murottal Al-Qur'an was 0.000. The conclusion is listening to classical music and murottal Al-Qur'an can reduce patients' anxiety before tooth extraction. Murottal Al-Qur'an reduces patient anxiety before tooth extraction better than classical music

INTRODUCTION

Anxiety about dental treatment ranks 5th in situations that are considered scary (Kandou et al., 2013). Anxiety that is felt can be in the form of feelings of pressure, discomfort, stress or fear, feelings of uncertainty, and helplessness about something that will befall him (Mottaghi et al., 2011; Widayanti and Solechan, 2013). Each person's perception of anxiety is different based on the treatment experience that has been experienced by themselves and those closest to them, pleasant or not (Abdillah and Saleh, 2010; Rusdy and Beverly, 2015). One of the things that people worry about in dental care is post-treatment complications such as pain, swelling, and others (Prasetyo, 2005). People tend to worry about invasive dental procedures such as tooth extraction and other oral surgery (Alaki et al., 2012). The patient's feelings of anxiety can be identified through physiological signs in the form of increased blood pressure, heart rate activity, muscle tension, respiration, pulse, and sweating (Choi and Osuna, 2009; Pontoh et al., 2015). The level of public anxiety during tooth extraction through an online survey by Rusdy and Beverly (2015) showed that mild anxiety (46.22%), moderate anxiety (41.83%), high anxiety (7.32%), and severe anxiety/phobia (4.62%). Anxiety in tooth extraction is often caused by the use of sharp objects such as needles, elevators (bein), and pulling pliers (Pontoh et al., 2015).

Handling of anxiety can be done pharmacologically or non-pharmacologically (Prasetyo, 2005). Pharmacological treatment of anxiety can be done by administering benzodiazepines and other anti-depressant drugs (Moola, 2011). Generally, the administration of drugs has side effects that cause discomfort and new problems (Amelia and Trisyani, 2015). Currently, many non-pharmacological therapies have been developed to reduce anxiety levels, including relaxation techniques, sound therapy, and aromatherapy (Faridah, 2015; Simbolon, 2015).

Classical music therapy is an example of sound therapy. This therapy is widely chosen because it is economical and music can resonate naturally so that it enters the brain directly without going through cognitive pathways (Amelia and Trisyani, 2015). Many health workers use classical music to manage stress, anxiety, pain, provide comfort and reduce anxiety (Widayanti and Solechan, 2013). One of the classical music that can be used is Mozart's classical music. One of Mozart's works is Sonata in D major for two pianos (Abdillah and Saleh, 2010). Apart from classical music, another sound therapy that is also widely used is The Qur'an murrotal.

Murottal is a sound recording of the Qur'an performed by a qori (reader of the Qur'an) (Handayani et al., 2014). The Qur'an recitation consists of the sound of the qori and the meaning it contains (Wahyuni and Deswita, 2013). Listening to constant recitation of the Qur'an provides a relaxation response that creates calm, comfort, and peace (Abbas et al., 2016; Pramesthirini and Ediyono, 2016). Several studies have recommended the use of murottal Al-Qur'an as a non-pharmacological therapy to reduce preoperative patient anxiety in major surgeries such as Sectio Caesarea surgery (Shari, 2022; Simamora et al., 2021). One of the Surah in the Qur'an that can be used when someone is feeling anxious is the Al-Insyirah Surah. The content of the Al-Insyirah letter is related to gratitude for favors and invites to live optimistically in facing all tests from Allah SWT. Listening to Al-Insyirah Surah can influence the heart to remember Allah SWT so that it will improve aspects of life including fear, worry, and anxiety (Syarbini et al., 2012; Wahyuni and Deswita, 2013).

Based on the description above, the researcher wanted to know the effect of classical music therapy and The Qur'an murottal therapy on the patient's anxiety level before tooth extraction by observing changes in blood pressure before and after listening to classical music and the Qur'an murottal.

METHODS

The type of research used in this study was quasi-experimental with a pretest-posttest design. This research was conducted at the Oral Surgery Clinic, Dental and Oral Hospital, University of Jember. 30 respondents, consisting of 12 men and 18 women with the number of respondents who did not have experience in tooth extraction treatment as many as 9 people and 21 people who had. This study was divided into two groups based on the intervention, namely the classical music group and the Al-Qur'an murottal group. Each group consists of 15 people, 4 men and 11 women in the classical music group and the Murottal Al-Qur'an group consists of 8 men and 7 women.

The population in this study were patients with indications for tooth extraction at the Dental and Oral Hospital, University of Jember. The criteria for the study sample were patients with indications for tooth extraction, young adults (18-30 years old) to adults (31-65 years old), Muslim, had or had never had dental extraction treatment performed, and were willing to become research subjects. The equipment used is a mobile phone with an Mp3 player application and earphones to play classical music and the Qur'an murottal, mercury sphygmomanometer and stethoscope, stopwatch, explanation sheets, identity and informed consent sheets, MDAS-Modification questionnaires and sheets examination of research subjects, stationery.

Research procedure

a. Subjects have explained the purpose and benefits of the research.

b. Subjects were instructed to fill out an identity sheet and sign a consent form.

c. Subjects were instructed to fill out the MDAS-Modification questionnaire sheet.

d. Subjects sat in the dental chair with their legs straightened and waited for 5 minutes.

e. Blood pressure was measured.

1) Measurement using a mercury sphygmomanometer,

2) The subject is in a calm state, the body leans back with the elbow slightly flexed,

3) Arms are free from pressure due to clothing,

4) The cuff is not too tight or too loose, on the upper arm at the level of the heart and parallel to the brachial artery,

5) The bell of the stethoscope is placed under the cubital fossa, above the brachial artery,

6) The cuff is inflated rapidly to 200 mm Hg or 20 mm Hg above the estimated systolic pressure,

7) The pressure is reduced slowly at a rate of 2-3 mm Hg/sec. The first sound you hear is the systolic blood pressure

8) The release of pressure is continued, the last ticking sound heard before the sound completely disappears is the diastolic blood pressure,

9) Measurement of blood pressure is carried out 3 times with a delay between each measurement of 2-3 minutes.

f. Subjects were divided into two groups based on sound therapy, namely the classical music group (Sonata in D major for two pianos) and the Qur'an murottal group (Al-Insyirah Surah and translation) for 5 minutes. In a relaxed position, earphones are attached to the patient's ears and sound therapy is played using an mp3 player.

g. Blood pressure was measured again after a 5-minute interval to provide an opportunity for the subject to listen and feel calm.

Data analysis

The data obtained were tested using the Paired T-test and Independent T-test.

RESULTS AND DISCUSSION

The results of the study regarding the effect of classical music therapy and the Qur'an murottal therapy on patient anxiety before tooth extraction were measured using the MDAS-modification questionnaire and changes in blood pressure values. Can be seen in the table below.

Table 1. Research Results of Patient Anxiety Levels Based on Gender Before Listening to Classical Music or Qur'an Murottal at the Oral Surgery Clinic, Dental and Oral Hospital, University of Jember

Gender	n	level of anxiety			
		low (6-10)	moderate (11-15)	high (16-20)	severe/phobia (21-25)
male	12	3	8	1	0
female	18	6	7	3	2
amount	30	9	15	4	2

The level of anxiety before tooth extraction is divided into four categories, namely low, moderate, high, and severe anxiety/phobia. There were 9 people with low anxiety levels (5-10), moderate (11-15) 15 people, high anxiety (16-20) there were 4 people, and severe anxiety/phobia (22-25) there were 2 people (Table 1). The data shows that the anxiety level of women is higher than that of men.

Table 2. Average Systolic Blood Pressure in the Classical Music Group Based on the Experience of Tooth Extraction Treatment (mmHg).

Extraction treatment experience	n	*Pre*-intervention ± SD	*Post*-intervention ± SD
1st	4	107,5 ± 4,908	103,5 ± 6,501
2nd, 3rd, etc	11	112,67 ± 11,165	112 ± 10,271

The average systolic blood pressure in the first extraction experience group before listening to classical music was 107.5 mmHg and after listening to it decreased to 103.5 mmHg. The average systolic blood pressure in the second or more extraction experience group before listening to classical music was 112.67 mmHg and after listening to it decreased to 112 mmHg (Table 2). The difference in systolic blood pressure between pre and post-intervention in the two groups, namely post-intervention was lower than pre-intervention. The first extraction experience group decreased by 4 mm Hg and the second or more extraction experience group decreased by 0.67 mm Hg. Systolic blood pressure decreased after listening to classical music.

Table 3. Results of the Paired T-test Systolic Blood Pressure in the Classical Music Group.

Paired T-test	n	Sig.
The systolic blood pressure of the classical music group experiences the 1st and 2nd extractions, etc	45	0,132

The results of the paired T-test in table 3 show a value of 0.132 which means that there is no significant difference between systolic blood pressure before and after listening to classical music in patients before tooth extraction.

Table 4. Average Diastolic Blood Pressure in the Classical Music Group Based on the Experience of Tooth Extraction Treatment (mmHg)

Extraction treatment experience	n	*Pre*-intervention± SD	*Post*-intervention± SD
1st	4	69,167 ± 7,790	64,167 ± 8,757
2nd, etc	11	72,606 ± 8,536	72,121 ± 9,013

The mean diastolic blood pressure in the first extraction experience group before listening to classical music was 69.167 mmHg and after listening to it decreased to 64.167 mmHg. The average diastolic blood pressure in the second or more extraction experience group before listening to classical music was 72.606 mmHg and after listening to it decreased to 72.121 mmHg (Table 4).

The difference in diastolic blood pressure between pre and post-intervention in the two groups, namely post-intervention was lower than pre-intervention. The first extraction experience group decreased by 5 mm Hg and the second or more extraction experience group decreased by 0.484 mm Hg. Diastolic blood pressure decreased after listening to classical music.

Table 5. Results of the Paired T-test for Diastolic Blood Pressure in the Classical Music Group.

Paired T-test	n	Sig.
The diastolic blood pressure of the classical music group experiences the 1st and 2nd extractions, etc	45	0,148

The results of the paired T-test in table 5 show a value of 0.148 which means that there is no significant difference between the diastolic blood pressure before and after listening to classical music in patients before tooth extraction

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Table 6. Average Systolic Blood Pressure in the Murottal Al-Qur'an Group Based on Experience in Tooth Extraction Treatment (mmHg).

Extraction treatment experience	n	*Pre*-intervention± SD	*Post*-intervention± SD
1st	5	122,4 ± 15,896	113,867 ± 14,9
2nd, etc	10	116,267 ± 8,84	111,667 ± 9,22

The average systolic blood pressure in the first extraction experience group before listening to the Qur'an murottal was 122.4 mmHg and after listening to it decreased to 113.867 mmHg. The average systolic blood pressure in the second extraction experience group or more before listening to the Qur'an murottal was 116.267 mmHg and after listening to it decreased to 111.667 mmHg (Table 6). The difference in systolic blood pressure between pre and post-intervention in the two groups, namely post-intervention was lower than pre-intervention. The first extraction experience group decreased by 8,533 mmHg and the second or more extraction experience group decreased by 4.6 mmHg. Systolic blood pressure decreased after listening to classical music.

Table 7. Results of the Paired T-test Systolic Blood Pressure in the Qur'an Murottal Group

Paired T-test	n	Sig.
The systolic blood pressure of the Qur'an murottal group experiences the 1st and 2nd, etc	45	0,000

The results of the paired T-test in table 7 show that there is a significant difference in anxiety in systolic blood pressure after listening to Qur'an murottal in patients before tooth extraction.

Table 8. Average Diastolic Blood Pressure in the Qur'an Murottal Group Based on Experience in Tooth Extraction Treatment (mmHg).

Extraction treatment experience	n	*Pre*-intervention± SD	*Post*-intervention± SD
1st	5	78 ± 10,636	73.6 ± 8,458
2nd, etc	10	75,933 ± 8,84	71,867 ± 6,613

The average diastolic blood pressure in the first extraction experience group before listening to the murottal Al-Qur'an was 78 mmHg and after listening to it decreased to 73.6 mmHg. The average diastolic blood pressure in the second extraction experience group or more before listening to the Qur'an murottal was 75.933 mmHg and after listening to it decreased to 71.867 mmHg (Table 8). The difference in diastolic blood pressure between pre and post-intervention in the two groups, namely post-intervention was lower than pre-intervention. The first extraction experience group decreased by 4.4 mmHg and the second or

more extraction experience group decreased by 4.067 mmHg. Diastolic blood pressure decreased after listening to the Qur'an murottal.

Table 9. Results of the paired T-test for Diastolic Blood Pressure in the Qur'an Murottal Group.

Paired T-test	n	Sig.
The diastolic blood pressure of the Qur'an murottal group experiences the 1st and 2nd, etc	45	0,000

The results of the paired T-test in table 9 show that there are significant differences in changes in anxiety on blood pressure diastolic blood pressure after listening to Qur'an murottal in patients before tooth extraction.

Table 10. Average Systolic Blood Pressure in the Classical Music and the Qur'an Murottal Group (mmHg).

Group	n	*Pre*-intervention ± SD	*Post*-intervention ±SD
Classical music	15	111,289 ±10,101	109,733 ±11,755
The Qur'an Murottal	15	118,311 ±10,087	112,4 ±11,165

The average systolic blood pressure in the classical music group was 111.289 mmHg pre-intervention and post-intervention decreased to 109.733 mmHg. The average systolic blood pressure in the Qur'an murottal group pre-intervention was 118.311 mmHg and post-intervention decreased to 112.4 mmHg (Table 10). The difference in systolic blood pressure reduction between the classical music group and the Qur'an murottal group was that the decrease in the classical music group was lower than that of the Qur'an murottal group. The classical music group decreased by 1.556 mmHg and the Qur'an murottal group decreased by 5.911 mmHg. Systolic blood pressure decreased after listening to Qur'an murottal rather than classical music.

Table 11. Independent T-Test Results for Systolic Blood Pressure in the Classical Music and Qur'an Murottal Group.

Independent T-test	n	Sig.
Systolic blood pressure of classical music groups and murottal Al-Qur'an 1st and 2nd extraction experiences , etc.	90	0,001

The results of the Independent T-test in table 11 show that there are significant differences in anxiety in systolic blood pressure after listening to classical music and Qur'an murottal in patients before tooth extraction.

Table 12. Mean Diastolic Blood Pressure in the Classical Music and the Qur'an Murottal Group (mmHg).

Group	n	*Pre*-intervention ±SD	*Post*-intervention ±SD
Classical music	15	71,689 ±8,195	70 ±7,158
The Qur'an Murottal	15	76,622 ±9,545	72,444 ±7,110

The mean diastolic blood pressure in the pre-intervention classical music group was 71.689 mmHg and decreased to 70 mmHg post-intervention. The pre-intervention mean systolic blood pressure in the Qur'an murottal group was 76.622 mmHg and decreased to 72.444 mmHg post-intervention (Table 12). The difference in systolic blood pressure reduction between the classical music group and the Qur'an murottal group was that the decrease in the classical music group was lower than that of the Qur'an murottal group. The classical music group decreased by 1.689 mmHg and the Qur'an murottal group decreased by 4.178 mmHg. Systolic blood pressure decreased after listening to Qur'an murottal rather than classical music.

Table 13. Independent T-test Results for Diastolic Blood Pressure in the Classical Music and the Qur'an Murrotal Group

Independent T-test	n	Sig.
Diastolic blood pressure classical music group and murottal Al-Qur'an 1st and 2nd extraction experience, etc	90	0,007

The results of the Independent T-test in table 13 show that there are significant differences in changes in anxiety in systolic blood pressure after listening to classical music and the Qur'an murottal in patients before tooth extraction

Anxiety is a feeling of worry and fear of something that will happen to someone. Anxiety can affect a person's body condition, including increased blood pressure, heart rate activity, muscle tension, respiration, pulse, and sweating (Az-Zahrani, 2005). One of the causes of anxiety for dental treatment procedures is tooth extraction (Alaki et al., 2012). The patient's anxiety level before tooth extraction was categorized using the Modified Dental Anxiety Scale (MDAS) questionnaire with a modification so that it

resembles the situation during tooth extraction. This questionnaire has been used in Rusdy and Beverly's research (2015). Then blood pressure was measured as one of the physiological signs that appear when a person experiences anxiety. The research subjects were divided into 2 groups based on the intervention, namely the classical music group and the Qur'an murottal group.

The distribution of patient anxiety levels before pre-intervention tooth extraction was 9 people

with low anxiety (30%), 15 people with moderate anxiety (50%), 4 people with high anxiety (13%), and 2 people with severe anxiety/phobias (7%). From these data, the respondent's anxiety level is moderate level of anxiety. This shows that patients who will receive tooth extraction treatment experience feelings of insecurity and feel threatened.

The use of tools in tooth extraction procedures is one of the things that is associated with dental anxiety. The reason is that some of this equipment is sharp or invasive objects such as syringes, elevators (bein), and pulling pliers. Research by Kandou et al (2013) shows that the use of syringes can increase patient anxiety. When the needle enters the mucosa, it will cause pain. The emergence of pain will trigger the sympathetic nerves because the body is in a state of "alert" thereby increasing anxiety in patients and increasing cardiovascular activity.

There are differences in anxiety levels based on gender. It is known that male respondents experience mild, moderate, and high anxiety while female respondents experience mild, moderate, high anxiety, and some severe anxiety/phobias. The data above shows that the anxiety experienced by female respondents is higher than that of male respondents. Research by Bachri et al (2016) at the Dental and Oral Hospital University of Jember regarding patient anxiety before tooth extraction showed that women's anxiety was higher than that of men. Another study by Boky (2013) on the description of adult patients' anxiety about tooth extraction also showed similar results where female patients were more anxious than male patients. The high anxiety experienced by women is probably because women tend to be more sensitive in their feelings compared to men who have brave souls. Thus men have better management of fear and anxiety.

Tooth extraction causes anxiety and also has an impact on physiological conditions. One of them is blood pressure. Several things that affect blood pressure include physical activity, time of examination, age, and gender. Researchers cannot condition themselves to make observations at the same time or the same age as the patient. This limitation is due to having to adjust to patients visiting the Dental and Oral Hospital, the lecturer's shift schedule, and the operator's schedule.

Research respondents were divided into two groups based on sound therapy interventions, namely classical music and Qur'an murottal. The results showed that listening to classical music can reduce patient anxiety before tooth extraction. Decreased anxiety is seen from a decrease in blood pressure values. The difference between systolic and diastolic blood pressure after listening to classical music is 1.56 mmHg and 1.69 mmHg. This is similar to the study of Simbolon (2015) that giving classical music can reduce the anxiety of pre-surgery patients. Another study by Ismarina et al (2015) stated that giving classical music can reduce blood pressure values in people with hypertension. Classical music can be used as an alternative to sound therapy.

The classical music of Mozart makes the condition more relaxed. The state of relaxation triggers the activation of the parasympathetic nervous system as a counterbalance to the sympathetic nervous system. Sound waves from classical music make the hypothalamus stimulate the release of alpha brain waves in the frontal and parietal cortex cerebri. Alpha brain waves cause the release of serotonin and endorphins. These two chemical substances will stimulate the parasympathetic nerves, thereby easing the work of the cardiovascular system and causing a decrease in blood pressure values.

The results of this study also show that Qur'an murottal can reduce patient anxiety before tooth extraction. After listening to Qur'an murottal there was a decrease in blood pressure values. The difference between systolic and diastolic blood pressure values is 5.91 mmHg and 4.18 mmHg. Azhar et al (2016) in their research stated that listening to the recitation of the holy verses of the Qur'an can reduce patient anxiety before tooth extraction. Another study by Rachmayanti et al (2017) regarding the use of Qur'an murottal Al-Insyirah Surah was able to reduce the operator's blood pressure before carrying out tooth extraction at the Dental and Oral Hospital University of Jember.

The chanting of the holy verses of the Qur'an contains rhythm and meaning (Faradisi, 2012). The meaning contained in Al-Insyirah Surah can increase one's motivation to always remember Allah SWT. Qur'an Murottal can stimulate the parasympathetic nervous system to balance the work of the sympathetic nervous system. Qur'an Murottal can activate brain alpha waves causing the release of serotonin and endorphins. These two chemical substances can stimulate the work of the parasympathetic nervous system to balance the work of the sympathetic nervous system. This balance will ease the work of the cardiovascular system.

Classical music and Qur'an murottal are both able to reduce anxiety. Based on the research that has been done, the results of Qur'an murottal obtained reduced anxiety better than classical music. Similar research by Faradisi (2012) found that Qur'an murottal lowered the anxiety level of preoperative patients compared to classical music. Qur'an murottal therapy has an aspect that is very necessary for overcoming anxiety, namely its ability to form new coping. Coping is the ability to adapt to change and respond to something threatening. Coping is needed in anticipation of anxiety and stress due to painful conditions. The Qur'an murottal therapy has two important points, it has a beautiful rhythm and can also motivate and provide encouragement psychologically in dealing with problems. Meanwhile, music therapy only has one point, namely having a beautiful tone.

Classical music and Qur'an murottal as sound waves received through N.VIII (Auditory Nerve) which plays a role in the formation of alpha brain waves. Then forwarded to the limbic system. Impulses in the limbic system are transmitted to the hippocampus. One end of the hippocampus Relates to the amygdala. The role of the amygdala is an area of conscious awareness that operates on a subconscious level. The amygdala receives signals from the limbic cortex which are then forwarded to the hypothalamus (Guyton and Hall, 2014).

Hypothalamus Relates to the vasomotor center. This connection causes the hypothalamus to influence the parasympathetic nervous system. The basic principle of relaxation is the balance of the parasympathetic nervous system and the sympathetic nervous system. Sound waves will cause hypothalamic expenditure to stimulate alpha brain waves in the frontal and parietal cortex cerebri. Alpha waves affect anti-serotonin and endorphins (Hartono and Budiman, 2015). Research by Zulkurnaini et al (2012) shows that listening to Qur'an murottal increases alpha brain waves by 12.67% and classical music by 9.96%. The higher the alpha brain waves produced, the higher the endorphins and serotonin. Serotonin can increase feelings of comfort, optimism, calm, etc. Meanwhile, endorphins influence the sensation of pain and reduce anxiety. The release of these two chemical substances will activate the parasympathetic nervous system to balance the work of the sympathetic nervous system. The parasympathetic nervous

system causes vasodilation so that the work of the cardiovascular system becomes lighter.

Respondents to the study after listening to the Qur'an murottal experienced a significant decrease in systolic and/or diastolic blood pressure (>10mmHg). Based on the anamnesis conducted, several respondents were used to and often listened to murottal Al-Qur'an. The letters used are familiar and easy for respondents to follow. According to Az-Zahra (2016), the frequency of listening and the type of sound therapy that is familiar will make it easier for respondents to adapt so that it is easier to reduce anxiety. This condition is related to the meaning of the Az-Zumar Surah verse 23 which explains that remembering Allah SWT through His words will get peace of mind. Listening to Qur'an murottal with a steady rhythm, slow tempo, and harmony will cause calm and affect the physiology of the body including lowering blood pressure values (Rachmayanti et al., 2017).

CONCLUSION

From the results of the discussion above it can be concluded that:

a. Classical music can reduce patient anxiety before tooth extraction.

b. The Qur'an Murottal can reduce patient anxiety before tooth extraction.

c. The Qur'an Murottal reduces patient anxiety before tooth extraction better than classical music.

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